



Felsted 10km

The summer of success continued for Ilford AC on a hot sunny Sunday morning in the Essex 10km road Championship which was held on a rolling rural course around the Essex village of Felsted. The 11am start time did not help the field of over 400, which include 16 runners from Ilford AC, as they set off on the 6 1/4 mile event.

First home for the club was Malcolm Muir, whose good form continued, in 4th place overall in 33 mins 48 secs. Spencer Hempsted also put in a good performance for 8th, winning the V40 age category, in 34m 32s. Steve Philcox was next home for the club in 20th with 36m 35s and Sam Rahman 30th in 37m 32s. Further down the result sheet was Graham Williamson who found the going tough in the high temperatures finishing in 72m 23s but was rewarded with the bronze medal in the M70 age grouping.

The ladies side particularly impressed. Krystle Balogun lead home the team in 10th position, 93th overall, with 42m 54s with Mel Jones, in her best performance for a number of years, in 14th (110th overall) in 44m 24s. This earned her the silver medal in the W45 category. Breege Nordin continued her dominance of the W55 grouping with another gold medal run in 16th and 119th overall with 44m 49s. Jenni Sheehan was another who found the going hard in the sun coming home 25th lady and 159th overall in 47m 10s. Pam Jones also won gold taking the W65 medal in 58m 41s.

The club also featured in the team medals. The men finished 2nd with Muir. Hempsted and Philcox being the scorers. The women's team of Balogun, Jones and Nordin were in a close battle. They missed out on second by 4 points to Benfleet but secured the bronze by one point from Orion Harriers.

The team prizes made the Ilford Essex medal count for the day 7; 3 gold, 2 silver and 2 bronze.

Also in action were: Kevin Newell (43rd 38.58) Paul Holloway (56th 39.36) Neil Crisp (76th 41m 07s) Dianne Crisp (171st 47.44) Rob Sargent (182nd 48.35) Carol Muir (320th 58.36)

Report by Hank in the Bushes



Pictures Courtesy of Jenni Sheehan

Felsted Ladies Team & Coach - L-R Breege Nordin, Krystle Balogun, Mel Jones, Rob Sargent

Felsted Medalists - back Row L-R Graham Williams, Pam Jones, Breege Nordin, Krystle Balogun, Mel Jones, Steve Philcox, Front Row L-R Spencer Hempsted, Malcolm Muir

Felsted Mens Team - L-R Malcolm Muir, Spencer Hempsted, Steve Philcox

Waltham Forest Open Meeting - Wednesday 10th July

Sam Rahman took to the track in the last meeting at the Walthamstow track before it is refurnished. he ran in two middle distance events and returned good results

In the 800m Sam stuck to his gameplan and didn't go with the pace on the first lap. At the bell he picked up his pace to run several other athletes down to finish a close 2nd in a new personal best time of 2 mins15.53 secs.

An hour latter he was back on the track for the last race of the evening, the Mile, which strangely is not run very often in this country. The race was of good quality and Sam was in the main pack all the way to record 5m 1.56secs for 6th spot.

Report by the Man in the Shadows



