



## Stebbing Remembrance Day 10 Road Race

Sunday 10 November

Nearly 500 runners lined up for the start of the Stebbing 10 mile race on a very crisp and windswept Remembrance Day morning. Ilford AC were well represented with no less than 7 men and 6 women competing in this Essex Championship race over a rural course of quiet yet exposed country lanes and track.

The eye catching performance of the day came once again from Kevin Newell who continues to improve on his personal bests, this time clocking 58.53 for 14th place. He was ably supported by a strong well packing trio consisting of Steve Philcox 60.41 (24th) Kevin Wotton 61.06 (28th) and Sam Rahman 61.58 (33rd).

In the women's race Breege Nordin proved a class above her opposition winning the over 55 category in a good time of 73.37 and taking the Essex gold medal in the process. The mother and daughter pairing of Dianne Crisp and Jenni Sheehan closed the team with 79.58 (216th) and 81.10 (235th) respectively. Nicola Hopkinson 81.23 (240th) led the ladies B team home which also included good runs from Carol Muir 95.54 (420th) and Nicola Chester 97.50 (433rd).

Others performing with some distinction were Dan Cogan making his 10 mile debut for the club and coming home in a creditable 71.23 (117th) followed by superveteran Martin Clarke making a welcome appearance at a 10 mile finish with 77.59 (193rd).

The hapless Terry Knightley started the race but unfortunately had to pull out at 3 miles due to a troublesome hamstring injury.

Ilford's Claire Levey attended the race in her capacity of County President presenting the prizes afterwards as well as lending her considerable vocal support to the runners as they passed.

Top performer of the morning was once again Billericay's Crispian Bloomfield who triumphed over some stern opposition mainly provided by Orion Harriers



## Ilford AC Press Report Week Ending Sunday 10th November 2013

and Springfield Striders to blast home in 53.56.

Report by a man rapidly going backwards. Pictures below courtesy of Kim the Blur

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Chingford League - Hog Hill 5km  
Tuesday 5th November

The third match of this winter's Chingford League was held at the Redbridge Cycle Circuit and attracted a large field of 258 despite the clash with Bonfire Night. There were 11 in the race from Ilford AC's endurance squad, who ran as guests as the club are not members of the league. Heading the club home was Kevin Newell, who is in fine form at present, in 21st place in a good time of 17mins 55 secs for the demanding hilly course. Next home was Steve Philcox in 30th and 3rd in the M40 category with 18m 16s and Kevin Wotton in 19m 09s for 52nd. The leading lady for the club was Krystle Balogun in 97th and 7th in the ladies section with 20m 52s.

Rob Sargent finished 158th with 22m 50s and Ted Skinner was 163th in 22m 55s, while Breege Nordin was the second Ilford lady to finish placing 170 overall in 23m 10s.

Also in action were: Peter Spelman (227th) Nicola Chester (236th) Carol Muir (247th 30.01) and Meredith Floate

Report by Hank in the Darkness