



## They Went down well Ilford AC Walking Report 24th Feb 2014

Ilford AC were represented at race No.2 of the 12-event 2014 Enfield Walking League, which was a 5 Miles race around 5 laps of a traffic-free circuit inside the town's King George V Playing Fields on a mild Saturday afternoon. The contest didn't get off to a good start for Ilford's Walking Captain STEVE UTTLEY as he slipped on a tight spiral staircase at the dressing room on his way to the start line. Changing rooms at this location are a listed building and those wearing anoraks actually make pilgrimages to admire the said wrought iron spiral staircase...the Ilford Captain's opinion of it isn't printable! After a sit down, during which he contemplated scratching, he limped to the start line and hoped his discomfort would wear off as he made progress. From the "off" a good sized field were able to see 16 year old wonder-kid CALLUM WILKINSON of the host Club Enfield disappear into the distance leaving the rest challenging for 2nd spot. Ilford's FRANCISCO REIS took a firm hold on 2nd place and secured it by powering his way to a 40 minutes and 35 seconds completion, easily beating old rival FABIAN DEUTER (Hillingdon AC) who was 3rd in 42.09. In 4th came PETE RYAN who was in top form as he succeeded in putting some good "scalps" in his wake. He took a tumble during the closing staging, cutting his face, an arm and a hand. He quickly rose saying that as he was going so well and had some good names chasing him, he just had to finish - which he did in an excellent 43.35. After treatment and a night's sleep, come Sunday morning the hardy athlete was back on his feet training! Finishing in 6th spot with a 44.09 timing, was Uttley who'd experienced another tumble on his 4th lap before continuing unscathed. In 16th position came consistent STUART BENNETT with 49.33 on the stopwatch while STEVE ALLEN filled 19th position in 50.56 in his first appearance since suffering a hamstring injury in early November. Pride of place went to Club runner IAN KNIGHT who switched codes to make a sound race walking debut. Completing the race in 53.31 saw him gain 27th place and draw praise from both Club colleagues and rivals alike. The main talking point afterwards was of 4 competitors taking tumbles during the race, due to poor maintenance of footpaths inside this large public park, and as to whether more athletics should be staged there before improvements are made? Issued by Ilford AC Walking Section (01780-377382)