



## Press Report 24th November 2015

Steve Philcox was the sole Ilford athlete at the Chelmsford 10k held at the traditional venue from the Melbourne track on Sunday afternoon. In a field of over 500 athletes packed with quality at the top end, Philcox ran an excellent time of 36 minutes dead for 19th position overall which was good enough to scoop the top male 50 prize of the day. The race was won by Billericay's Crispian Bloomfield in 32.09.

Earlier in the day over 750 Runners lined up on the chilly, freezing and windy Suffolk Seafront to run the 7th Annual Adnams Southwold 10K Road Race.

Held over a two and half lap hilly Multi-Terrain course around the town, Ilford AC's Terry Knightley found the going hard and yet still finished in 42nd place overall for 3rd place in the Veteran Over 50 Category for 41 Minutes and 10 Seconds.



Following him home in 728th position and 49th in her age category was Kim Baxter in 76 minutes and 19 Seconds.

All finishers received a bottle of Adnams Beer and medal as a memento of their efforts.

On Sunday 15th November at a very windy Epsom and hilly 10 mile course, superveteran and Ilford stalwart Graham Williams ran one of his better races in a time of 99 minutes and 48seconds.