



## **Orion Forest 5**

Ilford AC's Steve Philcox led a trio of club runners home in the first of Orion's 3 race forest 5 mile series held over the normal undulating multi-terrain course at Chingford Plain on Saturday morning. Philcox clocked 31.37 for 12th spot overall just missing out on the top male vet 50 run of the morning.

He was accompanied by Peter Spelman who managed 128th place with 46.56 and the legendary Pam Jones competing in the female over 55 category but incredibly in her 80th year and clocking 55.11 in 144th.

## **SCVAC - Match 2 Stevenage**

A small contingent of 3 travelled to Stevenage recently to compete in match 2 of the Vets League. Due to the schedule it was difficult to cover events resulting in the team finishing 9th out of 10.

Despite this it is possible that Henry Ricketts (35+) now holds a club Vets record having run in the 200m hurdles recording 33.2s for sixth place. He also finished 5th in the flat 200m in a time of 28.3s. The theme of 5th also continued in the shot with a distance of 7m 23.

Pete Whiting (50+) competing in the 200m finished seventh in 32.2s. In the Hammer he also finished seventh with 18m 84. His best placing was sixth in the discus with 22m 53.

Ted Skinner (60+) had the best results of the evening finishing fourth in the 200m in 34.1s and third in the 800m in 3.13.4.

A big thanks to Claire Levey who represented Ilford as an official timekeeper.

Match 3 moves onto Barnet Copthall on the evening of 13th June.



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