



## Ingatestone 5

Sunday 18th September 2016

5 Ilford athletes lined up for the 32nd running of the Ingatestone 5 mile road race which took place last Sunday morning in dry almost ideal conditions, cool and with little wind.

On a challenging course starting from the Anglo-European School at Willow Green, the runners took the road up to Fryerning and on to Beggar Hill, before heading back via Blackmore Road to the finish. First home for Ilford was Steve Philcox in 5th place overall clocking an excellent 29.18 which won him the trophy for the fastest MV50 run of the morning. Ernie Forsyth was next in for the club recording 38.08 in 51st with Satha Alaga chasing him hard in 55th and a time of 38.54. Suki Jandu placed 99th with 46.44 and Julie Gillender was the club's only lady runner finishing in 50.13 for 107th. The race was won by Billericay's Crispian Bloomfield in a time of 26.42 with Liz Davies of Springfield Striders the top woman posting a very fast 29.29.

This charity race has strong links with Ilford AC being founded by Ilford Legend Howard Williams to raise money for Ingatestone Boys Club. Sadly Howard is no longer well enough to attend but nevertheless every year a willing team of Club volunteers keep Howard's legacy by providing a team to administer the on the day entries and results service. Special mention therefore goes to the team of John Mackenzie, Andy Catton, Billy Green, Neil and Dianne Crisp, Mr and Mrs Declan Cullen, Martin Clarke and also Ernie Forsyth who helped present the prizes.

British Masters Track And Field Championship  
Alexander Stadium Birmingham  
Saturday 17th and Sunday 18th September

Two endurance athletes from Ilford AC travelled up to Birmingham at the weekend to contest the British Masters Track and Field Championship, both bringing home medals.

Pam Jones ran in her first major championship in the F80 category winning gold, silver and setting a British age group record. In her first race she raced a close contest with fellow octogenarian Anne Martin of Wymondham AC in the 1500m finishing second in 8 mins 43.48 secs. The next day Pam ran a well judged race in the 5000m to win the gold medal in 30 mins 23.17 secs, a British record for the F80 age group.

Also in action was John Batchelor who won gold medals in both his races in the M75 age category. In the 800m his winning time was 2mins 56.08secs and in the 5000m 21mins 37.78 secs.



## Press Report 20th September 2016

Great North Run

Sunday 11th September 2016

Last Sunday on a very hot morning Ilford's Rohan Alexander completed the iconic Great North Run in 1.41.20 in what he described as a great experience.

