

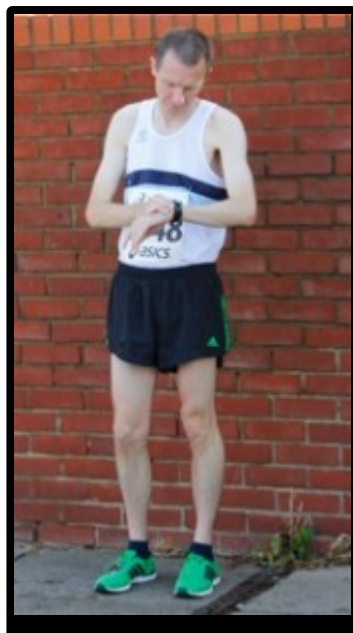


## Ilford AC Press Report 08/10/2012

Chingford League There were 7 runners from Ilford AC in opening fixture of this winter's Chingford league held at the Redbridge Cycle Circuit at Hainault. As Ilford do not compete in this league they ran for their second claim clubs or as guest in the 5km race featuring 4 stiff climbs, held on the 2000m unlit track with a 8pm start time on Tuesday. First home was the in form Kevin Newell, who will competing in the New York City Marathon in November, in 21st position in 18 mins 13 secs. Newell was representing Orion Harriers in this race as was Sally Gillam who was 28th lady in 26m 35s and Paul Emery with 26m 10s in 149th. Steve Philcox performed well as a guest in 25th spot with 18m 32, while Neil Crisp recorded 19m 10s for position 43. Rob Sargent wore Dagenham colours and finished 115th with 23m 26s. The group were completed by the evergreen Pam Jones who was 42nd lady in a time of 29m 42s. Report courtesy of Hank in the bushes and the shadows. ELVIS Series Last Friday saw the inaugural ELVIS presentation evening at the May and Baker Social Club. There was a good turnout from the 7 participating clubs and Ilford AC were among the many winners of the evening. Held over 7 races throughout the Summer the Women's team finished a very strong second overall. Pick of the Ladies were Dianne Crisp [2nd overall and 1st V45], Nicola Hopkinson [1st V45 ] and Pam Jones [1st V55]. In the Men's series there was a first ever tie with Ilford AC and East London Runners sharing the spoils. Pick of the men was Malcolm Muir who was 1st overall. Many thanks go to Martin Clarke and Sally Gillam for their unstinting support of the series. Ilford AC now go into the Winter season with the first Essex League at Brantree this Saturday. Report courtesy of Neil Crisp Southend 10k Iain Campbell disguised in his Metropolitan Police AC Vest lead the Ilford AC squad home in 34.26 at the Southend 10th Classic on Sunday 7th October, snatching the 1st male V50 prize from Billericay Strider Dave Butler. A large crowd, brought out by the pleasant late summer sun, enthusiastically cheered the 1255 strong field onto success. Ilford Ac Stephen Philcox ran an impressive 36:32 [1st V40] over the new seafront course and Terry Knightley showed excellent progress on his comeback trail by taking the 4th V50 place in 38:31. Rohan Alexander came home in 100th place in 41:30 and Pam Jones took the 1st female V65 prize in 53:55. Carol Muir pipped new club member Julia Ridley to the post in 61:13 and Steve Allen dressed as a Postman raced walked over the finish line in 62:02 Report and pictures courtesy of Kim "The Blur"



## Ilford AC Press Report 08/10/2012





## Ilford AC Press Report 08/10/2012

