



## Ilford AC Press Report 16/10/2012 Ashford 10k

British Masters and Southern Counties Medals Galore for Ilford AC Ilford AC won a glittering array of Gold, Silver and Bronze team and individual medals at the Givaudan Ashford 10k on 14th October. This race hosted both the British Masters Athletics Federation (BMAF) and the Southern Counties Vets AC Championships, and started and finished in the magnificent Julie Rose Stadium. On the slightly undulating, fast course Ilford AC ran to success in all three races. In the main race Pam Jones won the V75 Trophy in in 53:54, whilst Stephen Philcox raced through a strong field of 914 finishers to lead the Ilford AC men home in a gun time of 35:42 and Dianne Crisp stepped up the pace and lead the ladies home in 44:40. In the Southern Counties Vets AC race Terry Knightley (V50) (38:30), Graham Williams ( V70) (48:44), Rob Sargent (V 55) (44:50) and Pam Jones (V75) all took Southern County age category medals. In the BMAF Championship the mens team (Neil Crisp (36:57), Stephen Philcox, Tony Hyde (37:53)) impressively outrun the high quality field and took Gold in the 45-54 age category, whilst the Ilford ladies (Dianne Crisp, Nicola Hopkinson, Pam Jones) proudly won a Silver team medal in the 45 -54 age category. Pam took individual gold in the BMAF ladies V75 category and Kevin, Rob and Graham Williams also achieved team success in the BMAF 35-45 category. Report and pictures courtesy of Kim "The Blurs" Cardiff Half Marathon Further afield Declan Cullen took part in the Cardiff Half Marathon on Sunday. He ran well for a new PB of 1:49:29 for 3613th out of more than 13000 finishers.





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