



## Ilford AC Walking Section - Press Report 07/01/2013

Ilford AC's walkers didn't have to wait long into 2013 for an important race as a mild Saturday afternoon saw the Southern Area 10 Kilometres Championship staged over 7 undulating circuits of an "around-the-houses" course in South Croydon. The day didn't start well as 2012 Champion FRANCISCO REIS withdrew on account of illness. With some members unavailable it provided opportunities for others to make team scoring positions. Much praise was heaped on Captain STEVE UTTLEY for his excellent 4th place in 53 minutes and 42 seconds, which was all the more commendable as 2 of those 3 competitors ahead of him were Olympians! Next Ilford man home was former Scottish International STUART BENNETT in 10th position closing 59.44, who by helping Ilford AC into 2nd team position, earned his first award since returning to race walking after a spell working in the Middle East. Bennett was particularly prominent in the earlier stages as he maintained rapid pace in good company. Closing home Ilford's team was STEVE ALLEN, 12th in 61.34. Allen spent 2012 concentrating on ultra-distances and is now settling back well into shorter events. Teamwise, Ilford were just prevented from retaining their team title by only 2 points from Sussex-based Steyning AC. The pick of Ilford's other entrants was ED SHILLABEER who belied his veteran status by filling 18th spot in a lively 64.59.

Issued by Ilford AC Walking Section