

Open Track Meeting – Woodford The last open track meeting of the season at Woodford Green saw a small group of masters athletes from Ilford AC in action. On a chillier evening than of late the first distance event was the 1500m. Steve Philcox showed good late season form recording 4mins 42.12 secs, while Kevin Newell, currently training for the New York marathon, came home in 4m 50.79s. Also running this distance was Jessica Ferris from the junior squad who finished in 6m 05.49s. The last track race of the night was the 3000m where all the large field of entrants ran in one heat. First home for Ilford was Kevin Newell, who posted a fine time of 10m 16.58s in 10th place. Neil Crisp came home 19th in 10m 38.62s, while wife Dianne finished in 12m 38.89s for 27th spot. Also running in this race were under-15 Jack Maher, who finished 14th with an excellent run of 10m 28.18s and Jeffrey Nkrumah who recorded 10m 55.30s in 21st. Report courtesy of Hank in the Bushes Rotary Club Canvey Island Seafront 10K Inspired by London 2012 Terry Knightley raced down by the jetty in the Rotary Club Canvey Island Seafront 10K on Sunday. On Dr Feelgood's home turf, in blistering 27c temperatures, Terry was feeling good as he crossed the finish line in a respectable 41.51. Taking 13th place in a field of 163 Terry commented, "Back in the night I'd have been further up there, but I don't mind, it's one step forward". Adam Hickey of Southend-on-Sea AC beat Billericay Strider Crispian Bloomfield to the winning post in an impressive 32.09 and Kerry Holland, also of Southend-on-Sea AC lead the ladies home in a solid 41.41. Report and picture courtesy of Terry Knightley.

