



Ilford AC Press Report for 07/04/2013

BRAINTREE "ESSEX" 5 – SUNDAY 7TH APRIL

There was a large party of 19 runners from Ilford AC taking part in last Sunday's Braintree 5 mile road race, which incorporated the Essex Championship. It was an excellent day for the club winning 6 Essex medals, including a number of fine performances.

The race was over a gently undulating rural course on a pleasant spring morning with just under 400 competitors and Malcolm Muir came home third in a fast time of 26 mins 35 secs to take the county bronze medal. He was well supported by Tom Gardner, 5th in 27m exactly and Spencer Hempstead 7th in 27m 06s, which was the gold medal performance in the M40 category. Together they combined to win the coveted county team prize ahead of Springfield Striders.

Graham Williamson collected the silver medal in the Essex M70 category with 40m 20s.

Next home was Steve Philcox in 22nd with 28m 24s for 4th in the Essex M40 championship, while there was a new personal best of 29m 11s for Sam Rahman in 36th spot. Terry Knightley recorded 29m 32s in 42th and Tony Hyde came 47th with a time of 30m 01s. [shashin type="album" id="114" size="medium" crop="n" columns="max" caption="y" order="date" reverse="y" position="left" clear="left"]Paul Holloway continued to show good form with a PB of 31m 02s for 61st and another runner recording a PB was Satha Alaganandasundaram in 246th, 41m 32s.

First home for the ladies was Breege Nordin in 136th overall in 35m 23s to win the Essex F55 gold medal. Nicola Hopkinson ran her best race for a number of years to finish in 36m 43s and 154th overall, with Dianne Crisp crossing the line 10 seconds and 4 places later. These three combined to finish 5th in the ladies team contest which is a fine achievement considering they are all masters athletes.

Pam Jones continues to impress, even after 50 plus years in the sport, as she won the F65 category championship with 46m 40s

Also in action were; Kevin Newell (121st 34m 37s), Steve Parker (125th 34m 53s), Rob Sargent (36m 44s 154th), Steve Cheal (40m 38s 232nd) and Carol Muir (47m 20s 330th)

Report by Hank in the Bushes

Picture, left, Malcolm Muir, Centre, Spencer Hempstead and right Tom Gardner by Neil Crisp



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VICTORIA PARK 5 - SATURDAY 6TH APRIL

Ilford AC's Tom Gardner was also in action the previous day at the keenly contested Victoria Park 5m road race. Over a flat course, and on his gradual return to fitness, he put in a solid run to finish in 26:21 [22nd place]. The race was won by Adam hickey of Southend AC in 23:36.

Report by Ian Gains