



## Ilford AC Press Report – Week Ending 9th June

### Round Up of the Week

The endurance runners of Ilford AC have been in action at a range of venues throughout London and Essex this week.

#### Great Easton 5 mile road race, near Great Dunmow, on Sunday 9th June

Two Ilford AC runners Terry Knightley and Spencer Hempsted boldly took on the hilly challenges of the Great Easton 5 mile road race, near Great Dunmow, on Sunday 9th June.

The race may have changed it's name from the Tilty Hilly 5, but the relentless hills still remain. In dull and cloudy conditions the small but strong field of 200 runners sped off down the first hill at lightening pace . As the race unfolded both Terry and Spencer held on to front places as the field quickly spread out amongst the undulating country lanes. Spencer charged up the final punishing half mile hill and gave a final push across a bumpy grass track to the finish 3rd in 27 minutes and 46 seconds and claim the first veteran over 40 position. Terry hot on his heels powered home in 31 minutes and 18 seconds taking both 9th place and the 2nd veteran over 50 position.

Report by “Kim the Blur”

#### New Eltham Joggers 5 Mile Off Road Race 9th June,2013

Club stalwart Graham Williams was also on fine form winning the over 70's category in 40 minutes 29 seconds.

Report by Graham Williams

#### Sri Chinmoy 5km

Steve Philcox was in action at the Sri Chinmoy 5km in Battersea park on Monday night. After a relatively slow start Steve quickly got into his run to move up to 10th spot in a personal best of 16 mins 34 secs, an improvement of over 30 seconds.

Report by Hank in the Bushes

#### Woodford Green AC Open Meeting

There were 5 club runners in action at Woodford on Tuesday evening. Bradley Brown tried



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the 100m and recorded a time of 15.24 secs. Steve Philcox was in action again, this time in the 800m where he won the third heat in 2m 18.29s. In the 3000m Kevin Wotton came home in 10m 25.23 s while Bree Nordin set a new personal best of 12m 20.23s. Krystle Balogun was also in this race but due to a lap counter error she ran a lap short while on course for a sub 12 minute clocking.

Report by the Man in the Stands

### Eastern Veterans League

At Southend on Wednesday the second round of this summer's Eastern Veterans League was held with two Ilford AC members running for their 2nd claim clubs. Tony Hyde placed 2nd in the 800m for Thurrock Harriers in 2m 25.2s while Rob Sargent was in Loughton colours and recorded a season's best of 13m 04.6 secs in the 3000m and ran the 3rd leg in the second placed 4 x 400m in the M50 relay

Report by the Man in the Stands

### Highgate Harriers Night of the 10000m

Thursday Night saw the first staging of the Highgate Harriers night of the 10000m. The idea behind this meeting was to give runners a chance to run in a quality 10000m track, an event which is rarely staged. There were 57 runners split into 3 races with awards being presented by former world record holder David Bedford. Kevin Newell was the Ilford represented and ran a steady race to finish in 37m 07.37s.

Report by the Man in the Stands

### Southend Half Marathon

Bradley Brown took part in the flat fast race on a cloudy, chilly Sunday morning and recorded a respectable 1h 27m 37s for 74th place in a large field. Two of the club's race walkers were also in the race. Steve Allen walked the course in 2h 12m 31s and Stuart Bennett 2h 17m 02s.

Report by Hank at the Seaside

### Blenheim Triathlon



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Steve Parker had a brief break from road racing to compete in the Blenheim Triathlon. On a cool day & in the biggest wave of the day he reports the swim went well in the lake. The bike leg was a hilly course around the estate, but because of a safety problems with a spectator bridge riders were asked to dismount & run for thirty metres on each of the three laps. The run was his best discipline on the two hilly lops. A finishing time of 1.37.29 put him 25th in his age group.

Report by Steve Parker

