



## SCVAC Match 4 - Monday 8th July 2013

The Ilford Vets Track and Field team travelled to Hemel Hempstead for the fourth and final leg of the season on Monday 8 July.

The evening started with the 2000m walk where Dave Ainsworth competed in the A string finishing fourth in 14.16.5. Francisco Reis competing in the 50 plus category dominated the event finishing first overall in 9.19.7.

In the 800m Malcolm Muir had to work hard down the final straight to win the A string in 2.12.9. Kevin Newell covered the B string finishing third in 2.29.1. Rob Sargent put in a fine performance to home third in the 50 plus age group in 3.05.4.

Malcolm and Kevin ran the 200m in 28.4 and 33.8 to finish sixth and fourth respectively in A and B string. Ted Skinner recorded 31.2 to place sixth in the 50 plus category. Dave Butler showed his versatility to finish second in 30.3 in the over 60 group.

The sprinters also covered the 3000m. Malcolm again won the A string in 9.33.2 while Kevin finished second in the B string timed at 10.35.1. Rob covering 50 plus category finished fifth in 13.24.9. Dave won the 60 plus event in a time of 9.48.7.

In the field events Henry Ricketts and Pete Whiting both cleared 1m 20 to place fourth and fifth respectively in the A and 50 plus categories. Both placed fifth on the long jump with distances of 4m 12 and 3m 67.

Pete was the only athlete who managed to throw the javelin where his distance of 25m 75 secured fourth place in the 50 plus age group.

The 4 x 200m relay team of Ted, Dave, Kevin and Malcolm finished the season to take the baton round in 2.06.3 for fifth.

The team finished fourth on the evening and third overall by virtue of gaining more match points than Herts Phoenix.

Barnet and District go on to represent the League in the end of season finale.

Full results are on Power10.

Thanks to all who represented, officiated, supported and sent best wishes. Stay healthy for 2014.



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Henry Ricketts

Vets T and F Manager