



Ilford AC Press Report Week Ending Sunday 8th September 2013

Essex County Relays – Colchester

Saturday 31 August

Ilford AC entered a male and female team in the 3 x 1600m which were staged for the first time at the Essex Relay championships at Colchester on a sunny afternoon.

Young Krystle Balogun lead off the ladies with a fine opening leg of 5mins 45 secs, passing on the baton to Breege Nordin who ran a solid leg of 6m 14s. On the anchor leg was Dianne Crisp who took the team home in first place to win the Championship and the gold medals in a total time of 18m 45.6s.

The men's team were led off by Kevin Newell in 5m 23s, with Sam Rahman on leg 2 running 5m 04s. Neil Crisp anchor leg of 5m 30s completed the race in a time of 15m 57.0s, which was just off the medal place with the team finishing 4th.

Report by the Warrior in the Stands

VAC 10000m Championship – Kingston

Wednesday 4 September

Kevin Newell was the sole Ilford AC representative in the latest Veterans AC Championship held over 25 gruelling laps of the Kingsmeadow track on a hot evening. Newell was in good form and ran consistently throughout the race finishing 4th overall in 36m 30.1s, to take the gold medal in the M35 category, his third VAC title this season.

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