



## BMAF Track and Field Championship

Alexander Stadium Birmingham 14/15 September

The British Masters Track and Field Championship were held at the Alexander Stadium Birmingham over the weekend.

Among the 700 competitors were 2 endurance runners from Ilford AC.

On a calm but overcast Saturday morning Kevin Newell had a run out in the 1500m. In a fast race he recorded a seasons best of 4 mins 52.05 secs to take 7th spot in the M35 event

The weather changed for day 2 of the event on Sunday when the events were held in blustery cool and damp conditions.

Newell ran in his more favoured event, the 5000m and improved on his best for the season by 30 seconds to finish a competitive race in 6th with 17m 39.76s.

Club endurance coach Rob Sargent also turned out at this distance recording 22m 29.06s for 8th in the M55 category

Report by the Warrior in the stands

## The Dedham 10K Road Race

Ilford AC legend Terry Knightley bounced back into action after a Two Month lay off from a serious spinal and nerve injury at The Dedham 10K Road Race on Sunday 15th September. In unexpectedly pleasant but very blustery conditions 383 runners set off across the very undulating and hilly course. Terry breezed into 14th place in 39 minutes and 43 seconds claiming the 3rd Veteran Over 50 position.

Report & Pictures by the Kim the Blur

