



## Ilford AC Press Report Week Ending Sunday 22nd September 2013

Finally, Hank handed me the Ingatestone 5 report, a crumbled piece of paper with beerstains on it and incomplete information, while muttering something about the Rose and Crown, Clarkey and Ray! I was about to replace him as the field correspondence with Carolina Chuck when he also handed over the Pleshey report. Hank stays for now!

Ingatestone 5  
15 September

Ilford AC athletes took part in this annual roadrace at Ingatestone in Essex. Best of these was Steve Philcox in 9th place in a fast time of 28 mins 24 secs, just 1 second outside his personal best for the distance. Bree Nordin also had a good race placing 6th in the ladies race in 35m 09s and taking the W55 category prize. Carol Muir was 29th lady, Pam Jones 38th and first in the W65 grouping and Julia Ridley 48th. In 106th spot was Graham Williams in 42m 24s for 1st in the M70 age group. A little further back and in the same category was a rare appearance by Graham Pells placing 132nd with 53m 19s

Report by Hank in the Pub

Pleshey Half-Marathon  
22 September

For the second consecutive year the Essex County Half-Marathon Championship was held in the picturesque village of Pleshey, near Chelmsford. On an overcast, humid but still Sunday morning over 400 runners set off for the 13 mile race over a testing, rolling rural course. Ilford AC put in another strong team performance being led home by Malcolm Muir in 6th place in 1hr 14mins 35 secs. Next over the line for the club was Spencer Hempstead with 1m 18m 14s for 13th and the bronze medal in the M40 division, with the scoring team completing by Kevin Newell, now back to full action after a summer injury, in 19th with a year's best time of 1h 19m 14s. The team placed 3rd in the county Championship.

Sam Rahman was just a few seconds away from his personal best with 1h 21m 10s in 22nd, with Kevin Wotton one place and 13 seconds behind with a year's best of 1h 21m 23s. Terry Knightley recorded 1h 23m 22s in 37th to place 5th in the M50 category and 6th in the same group was Neil Crisp with 1h 26m 42s for 49th. Further down the order Graham Williams took the Essex bronze medal for the M70 age category in 2h 6m 57s.

Bree Nordin established herself as the leading F55 endurance runner in the county taking another Essex title in the grouping pacing 8th lady in the race with 1h 35m 54s, her best time



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for the distance this year by over 2 minutes.

Also ran: Bradley Brown (1.31.00 70th) Rob Sargent (1.42.52 168th) Declan Cullen (1.49.40 227th) Dianne Crisp (220th 42nd lady 1.48.41) Carol Muir (375th 2.18.23)

Report by Hank in the Bushes

Pictures courtesy of Kim The Blur and Ralph Nordin

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