



## Wix 5m

Sunday 20 October

Three Ilford runners competed in the Wix 5 mile road race near Manningtree on Sunday morning. Heavy morning showers had waterlogged the course but did not deter the field of 211 runners. First man home was the in form Kevin Newell who picked his way through the puddles to break the tape in a good time of 28.46 for 8th place. He was well supported by veteran Tony Hyde who ran 30.26 for 18th place. Martin Clarke, nursing a hamstring injury, closed the team in 89th place recording 37.32. Chris Burgoyne of Springfield Striders led the field home in 27.14 from local man Robert Reason of Harwich.

Report courtesy of Martin Clarke and The Cowboy in the D.I.Y store

## World Masters Championship □ 5000m

Porto Alegre, Brazil

Saturday 19 October

The men's 5000m races were held at the Sogipa Stadium in Porto Alegre on a sunny hot Saturday. Ilford AC's Rob Sargent ran in the M55 heats which started at 9,30am. There were 3 heats and the races are amalgamated to decide the results. Rob ran in the 3rd heat with the temperature reaching 30C by this time. He ran a steady race in the conditions to finish 8th in his heat in 22 mins 03,63 secs, which placed him 40th overall in a field dominated by South Americans.

Report by Ramon Racer