



## Ilford AC Press Report Week Ending Sunday 3rd November 2013

### Billericay Striders 10K Road Race Sunday 3 November

Six members of Ilford AC took to the roads in the Billericay Striders 10k road race on Sunday 3rd November. In very windy but bright conditions the Ilford men claimed 3rd team in a field of 592 finishers. In this well organised and well supported race Kevin Newell sprinted over the line in 35:57 in 6th place to lead the team home. Hot on his heels in 7th place came Steve Philcox in 36:22 to finish as 2nd over 40 veteran followed by Super Veteran Terry Knightley in 39:35 for 27th position and 3rd over 50 veteran. New club member Dan Cogan finished in 85th place for 43:03. Nicola Chester lead the ladies home in 58:21 in 460th place followed by Carol Muir in 60:06 for 494th.

Report & Pictures courtesy of Kim the Blur

### World Masters Championship

Porto Alegre Brazil

Sunday 27 October

It was a warm cloudy but slightly humid start of the World Masters Championship Half Marathon which started at 07:00am in conjunction with the Marathon. The course was a fast loop up and down the shoreline of Lake Guaiba and it was a quick start at the front of the field. Ilford AC's Rob Sargent was in the Great Britain M50 team, which fielded the same Bronze medal winning line up as in the previous Championship in Jyvaskyla, Finland and he started at a steady pace and maintained this until 15km into the 21,1 km event. At this point he pushed on to finish in 18th position in the M55 age category in a year's best of 1hr 42 mins 35 secs. He combined with Kevin Deakes, of the Isle of Man who came home 4th in his age group and Steve Doxey of Swinton AC, to repeat the result of 2012 as they took the Bronze medal once again, this time behind Argentina and Chile and ahead of Austria and Brazil.



Attached photo of Rob (Right) after the race with Kevin Deakes

Report by Ramon Racer

Frankfurt Marathon

Sunday 27 October

Blair McWhirter, a recent recruit from New Zealand, took part in the Frankfurt Marathon. Due to a few issues at the start he was a little disappointed with his time of 2:27:56. Nonetheless this was good enough for 52nd overall in a top quality field. In his own words "Great experience, incredible support and just makes me more determined for London in 5 months time."

Report by Neil Crisp

Beachy Head Marathon

Saturday 26 October

Saturday 26th October with very little marathon training Graham Williams with a friend ran in the Beachy Head Marathon. We were very lucky with the weather, very strong winds but dry and with a good deal of sunshine. Towards the end when tiredness set in we did a lot of walking so good times were out the window. Unfortunately with only yards to the finish and an extreme downhill bit I fell over and crashed into concrete smashing my left elbow and a trip to the hospital on the way home. Lucky for me no break. Finishing time was 5 hours 53 minutes 26 seconds about two thirds down the field. This was definitely my last marathon.

Report by Graham Williams



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