



Ilford AC Press Report Week Ending Sunday 24th November 2013

Downton Half Marathon near Salisbury

Salisbury

Sunday 24 November

On a cold crisp morning Kevin Newell lined up at the start of the Downton Half Marathon near Salisbury. The Ilford ac athlete is on a good run of form of late & he didn't disappoint this time. On a very up and down course taking the runners through the beautiful New Forest, passing the odd horse on the way, he led from start to finish to come home in a time of 80 mins 25 secs. 205 runners finished the race

Report courtesy of The Cowboy from the Abbey

Chelmsford 10km

Sunday 24 November

Six runners from the endurance squad of Ilford AC tackled the rural course of the 408 entrant strong Sunday Chelmsford 10k, which finishes on the Melbourne Park track. Heading up the team, who returned good times for the autumn season, was Malcolm Muir, just back from injury, in 11th with 34 mins 15 secs, with Steve Philcox 20th and 2nd in the M45 category with 37m 24s. Tony Hyde recorded 38m 08s for 36th and Darren Bottrill, who has returned to the team after a couple years away from the sport, 88th in 41m 43s with Bradley Brown just 2 places and 2 seconds behind.

Report by Hank in the Bushes

Southwark Park Run

Saturday 23 November

My dad Chris and I took part in our second Southwark Park Run yesterday, I had a grandstand view from my buggy as he pushed me round the flat 5Km course. He started well, running at a good pace mid field. My job was to psyche out the following runners so that they didn't overtake us, which I can do effectively as my buggy seat is rear facing. This I did for the first 3 and a half kilometres until



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I fell asleep, inevitable I'm afraid with the lulling motion of the buggy round the winding course. This gave the runner behind his opportunity and he passed us to leave us finishing in 16th place out of 34 runners. Dad's time of 22:57 was 53 seconds up on last week's effort and was good enough for 1st VM55 runner; not difficult as he was the only VM55! However, Park Run do a handicap % figure (the % of the world record for age and gender) and using this figure of 68.12% he was placed 3rd. Not bad as I'm sure the world record wasn't set pushing a buggy and baby! Report by Lukas Togwell (aged 9 months).