



Much merriment at Hatfield Broad Oak with some great techy prizes as runner up Malcolm Muir wins the new super slim transparent Iphone6S mini with 9.7 inch retina display and 500 megapixel camera. Watch the birdie!

A lady official has laughed her right arm off but all is not lost as her mum waits in the wings carrying her replacement prosthetic.

### **Hatfield Broad Oak 10k Monday 26th May 2014**

On Bank Holiday Monday a small number of Ilford Athletes took part in the popular 10k course on the figure of eight loop through the quiet country lanes of rural Essex.

First home and 2nd in the overall race was Malcolm Muir in a time of 32.54 . Muir put in a fine run to end a superb week of racing and results. Paul Holloway, who is returning to fitness completed his debut of the course in a time of 40.24.

In the ladies race, Jenni Sheehan continued her pb week to finish in 45.29, Carol Muir finished off her three consecutive days of racing with a course best of 56.56. New member, Julia Galea, on her debut race for the club was pleased with her time of 59.28, and Pam Jones, after racing on the previous day, enjoyed her run in an unrecorded time of 61 mins.



Report and picture by Jenni Sheehan

## **SCVAC - Match2**

### **Report for Monday 19 May.**

Ilford Vets travelled to Lee Valley for match 2 on 19 May.

The events started with the 800m where Malcolm Muir came home first in 2:12:6. Mike Horsey's time of 2:28:7 (PB) placed him fifth overall. Neil Crisp running in the age 50 group came home third overall also achieving a PB with 2:34:8.

In the 200m Mike Horsey recorded a time of 28.9s for third place. Rohan Alexander making a welcome return to track finished sixth overall in the 40 plus category with a PB of 27.2s. Pete Whiting picked up valuable points in the 50 plus category with a time of 31.6s for seventh. Malcolm Muir was a clear first in the combined 3000m with a time of 9:19:2. Dave Butler was also a clear first in the 60 age group with 9:55:9. Kevin Newell finished tenth overall in 10:13:0. Neil Crisp running in the 50 age group finished fifteenth overall in 10:50:7. Rohan Alexander and Rob Sargent running as guests finished seventeenth and twenty second in 11:15:7 and 13:13:2 respectively.

Wesley Clarke competing in the 50 plus hammer finished first with a throw of 46m 61. Pete Whiting moved down to the 35 plus age group throwing 17m 66 for seventh. Wesley also guested in the category throwing 39m 72 for third.

The evening closed with the 4x400m relay where the team of Rohan, Malcolm, Mike and Kevin placed third in a time of 4:14:7.

The team finished third on the evening and are placed third after two matches.

The next match is on Monday 16 June at the Allianz Stadium, Barnet where Pete Whiting will have the honour of Team Manager.

Full results are on Power 10.

Thanks to Claire Levey for her track officiating.

Rport by Henry Ricketts

Vets Manager

## **Westminster Mile**

### **St James' Park**

### **Saturday 24 May**

A series of one mile races were held on Saturday on the flat roads around St James' Park, starting on the Mall and finishing outside Buckingham Palace. A group from the Ilford AC



endurance squad were among the nearly 2000 entries in the adult open races.

Krystle Balogun was in excellent form finishing 9th female in 5mins 41 secs, beating her time from last year by over 20 seconds.

Sam Rahman also improved on his 2013 time with 4m 56s in 27th. Steve Philcox came home 45th and 5th in the M45 category with 5m 03s and Kevin Newell recoded 5m 18s in 90th. Group coach Rob Sargent also laced them up coming over the line 489th with 6m 43s.

Report by Robbo

## **BUPA 10K**

### **Sunday 25th May**

British internationals Andy Vernon and Gemma Steel were impressive winners at the Bupa London 10,000 last Sunday as record numbers turned out in bright sunshine for the seventh edition of the central London event on an excellent course taking in many of the capital's iconic sights.

Several runners runners paraded the Ilford Club vest proudly with Malcolm Muir once again being the pick of the bunch in 33.14. Stephen Philcox was next home in 35.51 followed by Kevin Newell in 36.34 with Satha Alaga 47.48, Billy Green, 50.25 and Peter Spelman 51.41. Pam Jones stood out for the ladies with her 58.25 giving her the 3rd best age graded time of the day. Melinda Jones and Nicola Hopkins recorded 43.56 and 48.14 respectively. Two other Ilford ladies enjoying good runs were Carol Muir and Nicola Chester with times of 55.02 and 55.46.

And later....

Having now perused the supporting photographic evidence (below) I am now delighted to confirm that Bree Nordin and Steve Parker did indeed compete in the BUPA 10k this weekend recording excellent times of 44.08 and 43.38 respectively. Apologies for their cruel omission from my original report compiled hastily at the 11th hour using BUPA's inferior online lookup software.

In addition Steve topped the charts of all runners sporting the surname of Parker beating 17 other family members in the process including brothers Peter "Spiderman" Parker and distant cousin Nosey. Not to be outdone Bree also topped all competitors with the surname Nordin and as for Satha .....well hang on I'll have to check.

Bree was an incredible 2nd in her age category and Steve 16th.

Report by A N Other



## Press Report 27/05/2014



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