



## **Ingatestone 5 14th September 2014**

The 30th running of the Ingatestone 5 Mile Road Race took place last Sunday in ideal running conditions. Unfortunately the race's founder and Ilford AC legend Howard Williams was unable to be present having retired from Race organisation earlier this year and although intending to make a cameo appearance was laid up with flu. Nevertheless the Club provided an excellent team of race officials to co-host with Keith Cranmer of Ingatestone Boy's Club thus maintaining the legacy of this iconic Charity Race.

Twelve runners from the Club made the trip to compete over 5 miles of a rolling course. The team were in good form with Kevin Newell leading the way in 5th place with a new personal best time for the distance of 28mins 26secs. He was followed home by Steve Philcox in 7th in 28m 59s taking the prize for 1st in the M40 grouping and Neil Crisp with 30m 20s for 10th and first spot in the M50 age category. These three combined to win the team award.

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Leading the challenge for the ladies was Jenni Sheehan in 7th place, 49th overall, with 35m 45. with Bree Nordin taking the F55 category award in 8th with 35m 59s. The scoring team was completed by Dianne Crisp in 13th spot with 38m 27s. The ladies finished in 3rd place in the team event.

There was a rare race appearance by Ben Jones in 11th with 30m 31s, while Bradley Brown finished 40th in 34m 21s and coach Rob Sargent was 68th in 38m 27s. Carol Muir recorded a new best time for the distance with 43m 18s and Julia Galea recorded 45m 20s for 3rd in the F55 category and Pam Jones was 4th in the same age category with 48m 18s.

The race was won by Chelmsford's Ryan Prout in 26mins and 27 seconds with Nikki Brockbank of Springfield Striders taking the top women's prize in 30.59.

Ilford AC's Chris Togwell was also in action clocking 21.46 at Saturday's Southwark Park Run for 22nd place.

Further afield Peter Spelman ran the Auray Vannes half marathon in Brittany in 26 degree heat on Sunday finishing in 02:04:47

### **Walking News:-**

Yesterday (Sept 11th) at "The Harrow" in Hornchurch Ilford AC's walkers held a well-attended and enjoyable social luncheon. In attendance were 4 athletes who'd placed 2nd in



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the famous London-to-Brighton, 3 who'd won a British 100 Miles, a former GB Walking Team Manager, Ilford AC's President, a Commonwealth Games medalist and an Olympian & European Games medalist as well as 12 Centurions. It was also the 40th Anniversary of the 1974 Leicester-to-Skegness 100 Miles, when Ilford AC closed-in a team in such an event for a first time (scorers Dave Neagle, Alan Barber & Dave Ainsworth were all there to recollect that occasion). And we were able to welcome popular Centurion Steve King and his wife Jean as they visited us on the penultimate day of their UK visit (from Canada). Looking at empty plates being collected from our tables, the quality of food was much appreciated! Thanks to all who supported this function with their attendance. In attendance was former Ilford AC walker Alec Tiffin, who left his Art Class early in order to support our function. In 2 weeks time at Hornchurch's Queen's Theatre is an exhibition of work by talented local amateur artists. Alec will have 2 pictures on show, both portraits - with one being a portrait of well-known Ilford AC Club stalwart, the late Freddie Plumm. Admission if free. At our function, guest Pam Ficken announced that 3 tickets were still available for Saturday's Commonwealth Games Tribute Luncheon at the Tower Hotel (12 noon for 12.30pm). 2 tickets were snapped-up immediately - leaving just 1 solitary ticket if any of you have a second thought. If so, please call Pam on 01223-207411.





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