



## **Pleshey Half Marathon**

incorporating the Essex County Championships

Sunday 20 September

On a calm Sunday morning a field of over 400 gathered in the picturesque Essex village of Pleshey for the annual half marathon, which once again included the Essex County Championships within the race. The route is over a rolling course on quiet roads around the village and is a test for all standards of runner.

Ilford AC fielded 10 entrants in then Championship and were led home by a great performance by Kevin Newell in 8th place in a new personal best of 1 hr 18 mins 19 secs. Supporting him were Steve Philcox in 12th with 1h 19m 04s, just seconds outside his best time for the distance, a run which won him the county silver medal in the M40 age group. The team scorers were closed by Neil Crisp. who showed good form with 1h 24m 31s in 37th and took the bronze medal in the M50 category. Ilford were placed 5th team in the county championship.[shashin type="album" id="141" size="medium" crop="n" columns="max" caption="y" order="date" position="center"]

Bree Nordin was best of the club's ladies placing 14th in the race with 1h 37m 18s and once again took the county title in the F55 category. Another club athlete putting in a good performance was Jenni Sheehan who in her debut at distance recorded 1h 41m 33s for 170th overall and showed much promise for the future. Dianne Crisp recorded 1h 51m 24s in 257th and Carol Muir was 330th with 2h 03m 25s.

Rob Sargent ran his best half marathon time for two years with 1h 42m 22 in 179th, with Declan Cullen close behind in 186th and 1h 43m 09s. The squad was completed by Graham Williams who finished 354th and 4th with M70 age category in 2h 04m 21s.

## **Blackwater Sprint Triathlon**

Sunday 21st September 2014

Ilford AC Super-Veteran Terry Knightley and club photographer Kim Baxter competed in the 12th running of the Blackwater Leisure Charity Sprint Triathlon on Sunday 21st September 2014 in Maldon. At 7.30am sharp the 200 competitors started lining up in their triathlon suits and goggles for the 400 metre pool swim to commence the event. After completing the weakest of his three disciplines in 11 minutes and 4seconds, Knightley raced into transition and speed off into a chilly headwind round the 23km undulating two lap bike course finishing in 49 minutes and 9seconds but he really came into his own on the 6km two lap multi-terrain

run which he completed in just 25 minutes and 17 seconds overtaking many competitors on the way !

The NineTimes Essex County Road Running Champion Knightley finished in 65th place overall in 1 hour 28 and 44 minutes taking 6th place in his age category while Baxter knocked 8 minutes off her personal best time and came home 130th in 2 hours 3 minutes and 40 seconds for the event.



### **BH5K - Sunday 21/09/14**

On Sunday Ilford AC's Chris Togwell took part in his 7th BH5K, a bi-annual fun run around the beautiful woodland grounds of the Naturist Foundation in Orpington (Brockenhurst Wood). The club is set in 50 acres on the side of a hill and the course is 2 and a half circuits of their perimeter path with a couple of circuits of the meadow first; this ranges from concrete roadways to woodland paths, which were rather pitted this time due to the excessive rains of the last year. There was a good turnout of 45 runners. Starting at the top of the course, Togwell led the field around the first circuit of the meadow, but dropped to 4th place on the



second. Running without a watch he guessed his pace was faster than normal but felt comfortable. Staying with this group, he was able to move up to 3rd place on the second main lap. However, this was at the cost of a slight twitch in his right ankle, so he settled in and held his position until the end finishing in a time of 20:04 on a course that was slightly less than 5k.

### **Round Norfolk Relay**

Saturday 20th September / Sunday 21st September 2014

Meanwhile Ilford AC 2nd claimer Sally Gillam competed in the prestigious Round Norfolk Relay which is a 197 mile continuous relay in 17 separate unequal multi-terrain stages, the ultimate club challenge and a unique experience. Sally ran leg 11 which was the 12.45 miles between the Norfolk villages of Eresham and Scole. Competing for her first claim Cub Harwich she set off slightly behind schedule at 10.40 pm on Saturday night on a miind blowing straight stretch virtually all on the A143. As this was a night leg on a major road she had to be accompanied by a support car with a flashing amber light and Ilford AC's Martin Clarke on a push bike. Undeterred by the rapidly falling temperature and the onset of a driving drizzle Gillam picked up the pace closing down some runners towards the end finishing very strongly and vrtually bang on her predicted time of 1hour 52 minutes being only 9 seconds adrift.