



## Press Report 12th May 2015

A small team of Ilford veteran athletes recently took to the track and field at Lee Valley competing in the first of four matches of the SCVAC season.

Due to injuries and the small matter of the London Marathon the day before the depleted team acquitted themselves well to finish 5th on the evening out of 10 teams.

Mike Horsey started the evening covering the 35 plus age group 100m in 14.4s. He also competed in the 400m and 1500m finishing in 69.8s and 6.13.1 respectively. His best placing being 4th.

Henry Ricketts covered the 40 plus age group with 13.7s for the 100m. In the field events 7m 57 was achieved in the shot, 24m 34 in the javelin and 4m 36 in the long jump. His best placing was also 4th.

Stuart Bennett showed great adaptability in the 50 plus age group. He placed first in the 2000m walk in a time of 11.23.4. He also competed in the 100m, 400m and 1500m in times of 16.8s, 85.0s and 6.45.6 respectively.

Steve Uttley competed as a 35 plus athlete finishing the walk in 10.30.6 for second place.

John Batchelor took part in the 70 plus age group where despite picking up an injury during the race he finished in 18.8s to secure 4th place. John is now out for the season.

Rob Sargent competing in the 60 plus age group completed the 400m in 86.5 and the 1500m in 6.46.9 with a best position of 4th.

Gerald Daniel debuted in the shot achieving 7m 95 to secure 3rd in the 60 age group.

Peter Whiting competed in the shot, javelin and long jump in the 50 age group. His respective distances of 7m 54, 4m 19 and 3m 44 saw a best placing of 5th.

The 4x100m relay team of Henry, Mike, Rob and Stuart brought the baton home in 62.6s for 5th in the last event of an increasing cold evening.

Match 2 is on Monday 18 May in Stevenage

### Baptism of Fire

Last Sunday, Kim Baxter, Normally the club photographer, made her official Running debut in the colours of Ilford Athletic Club at the Inaugural Rochford 10K Race organised by Rochford

### Running club.

On a tough course comprising of Trails, Grass, gravel paths and roads amongst 330 athletes, Kim finished in 70 minutes and 11 seconds.

Also running and still recovering from a serious foot injury was Over 50 Veteran, Terry Knightley, who finished in 9th Position in 40 minutes and 57 seconds.

The Race was won by local athlete Ty Farrar of Southend.

### Halstead Marathon

Nearly 500 runners took to the roads of North Essex last Sunday to compete in the Halstead and Essex Marathon. Ilford AC's Bree Nordin made up for missing out on the London Marathon last month by taking the Essex FV55 Gold medal in a time of 3hrs 48.45 nearly 7 mins clear of her closest rival Sue Spong of Havering 90. Nordin was also highly placed in the overall women's race and 134th overall.

