



Magor Marsh 10k

Gwent

Sunday 26 July 2015

Five members of Ilford Athletic Club travelled to the small village of Magor in South Wales to compete in the prestigious British Masters 10K Road Race Championships incorporated into the Magor Marsh 10K.

Battling the torrential rain around the Welsh country lanes against some of the elite of the Veterans in a field of 214 finishers the Ilford runners acquitted themselves well.

First home for the club winning the bronze medal in the Male Veteran 40-44 age category was Malcolm Muir in 29th Place overall in 36 minutes and 30 seconds while still nursing a stomach injury. Next home was Terry Knightley in 50th place and 9th in the Male Veteran 55-59 age category in a seasons best 38 minutes and 51 seconds. Andy Catton followed him home in 85th position in 41 minutes and 39 seconds and 11th in the Male Veteran 60-64 age category. These three Ilford Runners Won the British Masters Gold Team Medal.

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The two Ilford AC ladies were lead home by Carol Muir in her best time in months with 58 minutes and 33 seconds for 196th place and then Kim Baxter in 207th with a new Personal Best 65 minutes and 3 seconds.

British Milers Club Regional Meeting

Sutcliffe Park, Eltham

Wednesday 22 July 2015

Two track runners from Ilford AC travelled to the South London track to compete in the 5000m at the latest British Milers Club event at the Sutcliffe Park track in Eltham.

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They raced in the B heat which was run on good conditions at 9.30pm. Livlonita, who has just joined the club as a second claim member to compete in track competition, went with the early fast pace but tired in the second half of the race to finish in a fine third spot in 16 mins 33.22 secs. Sam Rahman ran a controlled race, lapping at a consistent 80 seconds and with



these tactics moved through the field to cross the line 5th in the 13 strong race in 16m 43.01s, beating his previous personal best by 18 seconds.

Swiss Alpine Marathon

Davos

Saturday 25 July 2015

This year the organisers put on a special new race to mark the 30th anniversary of the Swiss Alpine marathon. Ilford's Peter Spelman once again made his annual pilgrimage to the town of Davos where he was among some 943 entrants to compete in this ultra event.

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Billed as the highest marathon in Europe the race involved a lot of climbing and extensive walking along narrow paths. Running was virtually impossible except during the first and last sections. Peter proceeded cautiously finishing in 7 hours 27 minutes 7 seconds as shown below for 464th place and 32nd in his age category.

SCVAC - Match 4

Hemel Hempstead

Monday 13 July 2015

The Ilford AC Veterans team travelled to Hemel Hempstead on 13 July for the last match of the season. A fantastic performance resulted in the team finishing 2nd on the evening. The track started with first places for Stuart Bennett (11.12.7) and Steve Uttley (10.19.5) in the 2000m walk in the 35 and 50 plus age group.

In the 800m James Smith debuted in the 35 category finishing 2nd in 2.22.6. Malcolm Muir carrying an injury secured 2nd in the 40 category with a time 2.18.6. Andy Catton came down an age group to compete in the 50 category finishing 6th in 2.48.2.

Henry Ricketts covered the 35 age group over 200m finishing 2nd in 28.3. Rohan Alexander finished 3rd in 27.2 in the 40 category. Peter Whiting gained 5th place with 31.9 in the 50 age group while Andy Catton also placed 5th with 35.6 in the 60 age group.

James Smith won the 3000m in 9.44.0 in his age group. Rohan Alexander completed the distance in 11.11.8 for 4th in the 40 category. Rob Sargent came down an age group finishing 7th in 13.34.3 in the 50 age group. Andy Catton secured 2nd with 12.04.6 in the 60 category.

In the high jump Henry Ricketts cleared 1m for 5th in the 35 category. Peter Whiting also cleared the same height to place 6th in the 50 category. Rohan Alexander leapt to 4m 79 for



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2nd in the 35 long jump and Peter Whiting placed 3rd with 3m55 in the 50 age group. In the javelin Henry placed 4th with 25m 82 in the 35age group. Pete finished 2nd with 24m 79 in the 50 age group and Andy Cattonplaced 7th with 13m 19 in the 60 age group.

The 4 x200m relay team of Rohan, Henry, Pete and James finished 5th in a time of1.57.1. Fullresults are on thepowerof10.

The teamfinished 4th overall for the season. Barnet & District will go forward tothe end of season finale.