



## Press Report 4th August 2015

Ilford AC's elder statesmen, Tony Nixon, completed a remarkably consistent run of results when competing in the 5th and final race of the Harwich 5k series last Tuesday evening. For the 4th consecutive race 67 year old Nixon posted the quickest age related time of the evening crossing the line in an excellent 19 mins and 17 seconds which equated to 14.34 on the age related scale. Unusually the wind had dropped along the Dovercourt seafront affording some pleasant running conditions for the competitors. The Ilford man was delighted to also run his fastest time of the series with his age related time slightly bettering his actual personal best for the distance set many years ago back in his heyday.



Orion Harriers also held their final run of a 3 race series last Saturday at Chingford Plain with 6 runners from Ilford AC making the trip. Steve Philcox led the squad home over the challenging 5 mile course clocking 31.22 for 11th spot. He was followed in by Kieran McKenna 37th in 34.24. Billy Green was delighted to break the 40 minute barrier for this race after years of trying recording an excellent 38.20 for 65th. Victoria Morgan was the sole female representative for the club with a solid run of 42.54 for 104th spot. Pathrose Louis was next in, 123rd in 44.26 and superveteran James Huddart chipped in with 57.02 for 163rd. Crispian Bloomfield of Billericay headed the 166 strong field posting a time of 27.32.

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