



## Press Report 16th February 2016 – Extra

In the awards :

Ilford's Dave Ainsworth won an individual silver medal in the Essex County Athletic Association's Indoor Championships at Lee Valley Arena on Saturday afternoon when clocking 12 minutes and 3 seconds for the 1 Mile Walk. Going into the penultimate lap, Ainsworth had more-or-less settled for trying to secure a bronze medal, as the competitor ahead, Southend's John Brock, seemed to have enough in hand to withstand any attack. That was until he was disqualified, so enabling the Ilford man to be promoted a place without actually doing much! It marks a considerable span of success at County level, as Ainsworth's first Essex individual medal came way back in 1975 when finishing 3rd in the Essex 50 Kilometres Championship at Basildon...and now came an individual medal 41 years' later!

The following afternoon over 8 laps of a windswept, cold and exposed Hillingdon Cycle Circuit, Ilford AC were 2nd team in the London 10 Kilometres' Walk, behind winners Surrey Walking Club. Pride of place went to Dave Kates who led the team home in a high 6th position in 64 minutes and 59 seconds. Kates also won a prize as "1st Centurion" – a category open to those finishers who had previously completed a 100 miles! This time it was Ilford's turn to be hampered by a crucial disqualification as veteran Ed Shillabeer fell foul of the judges with 3 laps to go, so preventing Ilford from winning the team race.

Issued by Ilford AC Walking Section (01708-377382)