

## Brooks Last Friday of the month 5K

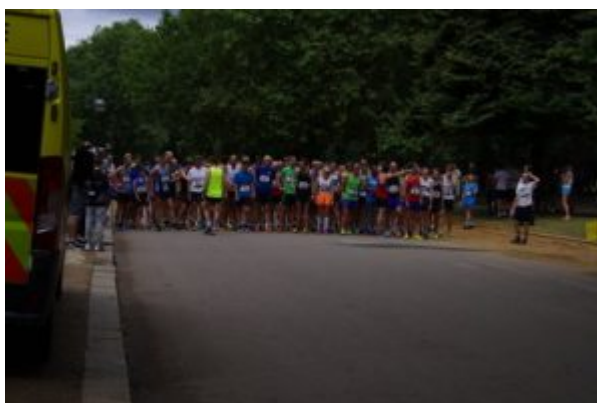
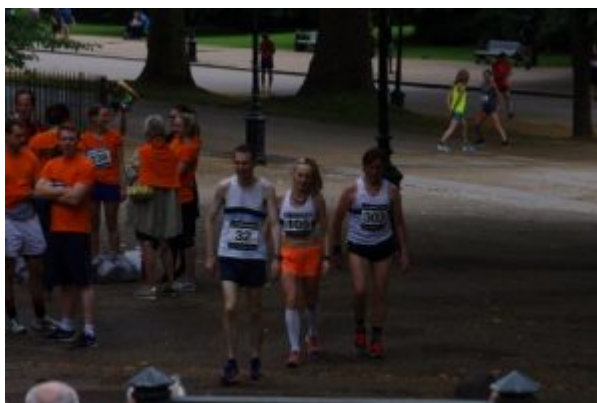
Hyde Park Friday 29th July

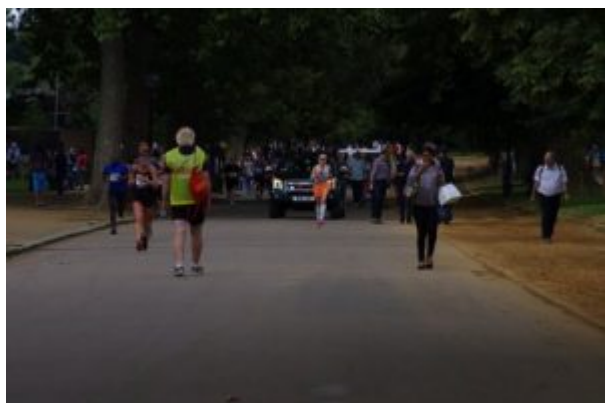
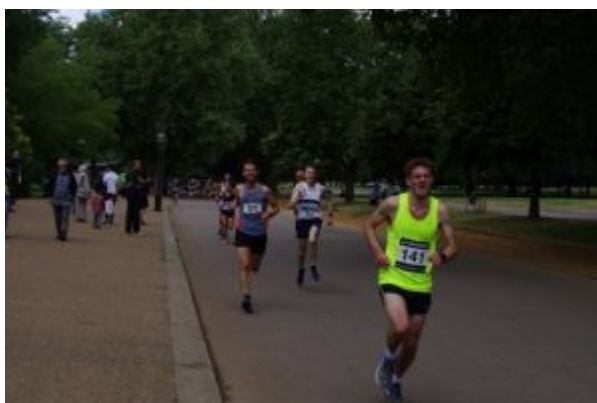
Ilford AC had 5 runners in the July edition of The 'Brooks last friday of the month 5k which took place at 12.30pm in warm breezy and fairly humid conditions. The race was notable as it saw new series records in both the W80 and M80 age groups. The field was of a high standard with the first 10 runners home breaking the 17 minute barrier.

Many congratulations to Ilford's Pam Jones for the W80 title whose time of 31.04 for 232nd place set the inaugural age group record for W80, having previously been the W75 record holder (still the record) set, remarkably, exactly 5 years previous.

Ilford's John Batchelor although not racing in this one has also set the V65, V70 AND V75 on this course, so a good race for Ilfords Vets.

Steve Philcox led the men home in a time of 17:36 to claim 1st M50 spot, followed by Breege Nordin, who continues her good form at the distance, who was first Ilford female home in 21:42 for 106th which remarkably place her 3rd overall in the age graded results with 85.4 per cent. Rob Sargent was next home in 189th clocking 25.13 and 7th M60 followed by Julie Gillender 226th in 29.00 for 7th F45.





## Swiss Alpine Marathon

Davos

Peter Spelman completed his 11th Swiss alpine marathon over the weekend. This is the highest marathon in Europe with the challenging route taking in some stunning views and mountain scenery. This year Peter perhaps unwisely ran with a bad cold which resulted in him walking a large part of the course and a slower time of 8:38:56.