



**\*ILFORD AC PRESS REPORT. MAY 29th 2017 \***

**\*Southern Counties Vets Athletics meeting Monday 22nd May 2017\***

The Vets team travelled to a warm and sunny Stevenage on 22nd May for match 2 of the Track and Field program.

Cliff Warren covering the M35 200m and 800m finished 5th and 4th respectively in times of 28.1 and 2.35.2.

Andy Catton came down several age groups to cover the 3000m in the M35 finishing 6th in a time of 12.47.4. He also competed as a non-scorer on the 800m in a time of 2.55.8.

Henry Ricketts covered the M40 200m and 800m finishing 7th and 5th respectively in 30.0 and 2.53.9.

Tony Young ran the M50 200m finishing 7th in 33.6. Rob Sargent covering the M50 800m finished 7th in 3.21.2.

John Batchelor ran in the M50 3000m placing 7th in 12.37.9. He then moved up to the M60 800m finishing 3rd in 2.47.7.

Gerald Daniel placed 5th in the M60 200m.

In the field events Peter Whiting competed in the M40 shot achieving 6m 75 for 5th. He also finished 4th in the M50 hammer with a distance of 20m 29.

Henry finished 4th in the M50 discus with a distance of 24m 12.

Brian Meadows competed in the M60 shot reaching 7m 27 for 4th place.

The team of Henry, Tony, Cliff and Gerald closed the evening with the 4 x 400m relay coming home 6th in 4.57.1.

The team finished a credible 5th on the evening.

**\*Last Friday of the Month 5k. Hyde Park Friday 26th May 2017 \***

On a very hot Friday afternoon, 4 Ilford athletes lined up for the last Friday of the month 5k in Hyde Park.

Steve Philcox led the Ilford quartet home in 17:46, followed very closely by Sam Rahman in 17:59.

Two of Ilford's super vets made up the team, with John Batchelor coming in at 22:03 and Peter Ryan in 27:00

**\*Kent Circuit Marathon Saturday 27th May 2017\***

The inaugural Kent Circuit Marathon, which takes in 21 laps of the Kent Cyclopark was held



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on Saturday in scorching heat with no shade. The temperature was such a concern that next years event has been moved to March.

Peter Spelman was Ilfords sole representative in this race and finished in a very credible 4:49 for 151st place.

### **\*Folkestone Coastal 10k Sunday 28th May 2017 \***

Terry Knightley was the sole Ilford AC representative at the 6th Annual Folkestone Coastal 10K Road Race on Sunday.

Held over a flat promenade seafront course in blistering heat and sunshine, Knightley produced a seasons best time of 39 Minutes and 9 seconds to place 26th position in a field of Well over 600 runners !

This performance was good enough to win the Male Veteran Over 55 Trophy which he was defending from last years race.

### **\*Nottingham 10k Sunday 28th May 2017.\***

Whilst other Ilford runners were braving the weekend heat, club captain Billy Green travelled up to Nottingham for the Nottingham 10k, which took place in windy overcast conditions. The race started and finished on Lady Bay Bridge, just outside the City Ground, home of Nottingham Forest Football club.

Billy ran a relaxed 55:35, a time which he beat by over 6 minutes the following day in the London 10k.

### **\*Vitality London 10k Monday 29th May 2017 \***

14 Ilford athletes lined up for the annual London 10k this Bank Holiday Monday.

This iconic race which starts on the Mall in front of Buckingham Palace, and takes in such landmarks as Trafalgar Square, St Pauls Cathedral and Guildhall, was today held in particularly muggy conditions. Large crowds however and en-route showers and water stations ensured that the race was an enjoyable event.

Leading the men home was Amin Koikai with 33:14, followed closely by Malcolm Muir with 34:06.

The mens team was completed with Stephen Philcox 37:26, Dennis Briggs 44:08, Stephen Parker 45:35, Satha Alaga 48:54, Billy Green 49:17 and Ernie Forsyth 49:54.

Breege Nordin continues her good form by leading the women home with 44:37, closely followed by Zuzana Sinalova on 44:46. The ladies team was completed with Carlie Qirem 50:25, Nicola Chester 58:09, Carol Muir 1:00:51 and Julie Gillender 1:03:03.



**\*Hatfield Broad Oak 10k Sunday 29th May 2017\***

Declan Cullen ran a good solid run to finish 176th of over 1200 runners for a time of 45:03 in the Hatfield Broad Oak 10k, a race that takes runners through the traffic free country lanes of Hatfield starting and finishing on the Village Green.







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