

**\*ILFORD A.C PRESS REPORT 5th JUNE 2017\***

**\*Orion Forest 5. Chingford Saturday 3rd June 2017\***



On a very warm Saturday morning, 6 Ilford AC athletes were amongst the 177 runners lining up for the first of Orions 3 race 'Forest 5' summer series.

The undulating multi-terrain course follows a one lap route around Epping Forest.

Leading the Ilford men home, and placing first in the M50 category was Stephen Philcox with a time of 30:41 for 16th place.

Next home was Dennis Briggs in 67th place in 37:05 with the mens team closed by Billy Green in 103rd place in a time of 41:37.

The women were led by Julia Galea who placed 140th in 47:07 followed closely by Julie Gillender who continues to improve in a time of 53:38.

The ladies team was closed by the ever popular Pam Jones, fittingly wearing the No 1 race number who placed 172nd in a time of 55:20 for 1st W75 placing.

In the 3rd race of this series last year Pam raced on her 80th Birthday, and improved her time by almost a minute this year.



**\*Moulton Open 5 Mile race walk Saturday 3rd June 2017\***

**\*ILFORD WELCOME BACK FORMER STAR\***

Ilford AC contested the annual Moulton Open 5 Miles' Walk on an out-and-back course in the quiet Suffolk countryside on a hot Saturday afternoon.

Pride of place for the Cricklefields-based Club was recent signing Mark Culshaw who finished 4th in good class 51 strong field, clocking 47 minutes and 47 seconds.





## Ilford AC Press report. Monday 5th June 2017

Ilford's next finisher, in 15th position, was former President Brian Armstrong who became the youngest holder of this office when aged only 29 in 1977. Now a veteran who has recently retired and moved to Frinton-on-Sea, Armstrong appeared for his first walking race in over 5 years, having done some training along the seafront at his new location.

He was rewarded with an excellent time 51.52, which drew praise from colleagues and rivals alike.

In 17th spot came Kevin Marshall with 52.18 on the stopwatch. Currently the UK's No.2 walker over 100 miles, a mere 5 miles was well below his best distance!

The team were closed in by stalwart Bob Dobson in 58.32.