



ILFORD AC PRESS REPORT 26th June 2017

***Southern Counties Veterans Athletics League (SCVAC)**

Lea Valley Monday 12th June*

The Vets team returned to Lee Valley on Monday 12th June putting in an excellent performance to finish 4th on the evening.

The match started with the Triple Jump. Henry Ricketts in the 35 age group placed 4th with 9m 49. Cliff Warren placed 3rd in the 50 age group with 10m 09.

Dennis Briggs debuted for the club competing in the 35 age group placing 7th in the 100m in 15.4s.

Henry finished 6th in the 40 age group in 13.5s with Cliff placing 5th in the 50 age group also in 13.5s.

Gerald Daniel finished 4th in the 60 age group in 15.1s.

Ted Skinner ran a non-scoring time of 16.0s.

In the 5000m Malcolm Muir comfortably won the 35 age group in 16.37.1. Andy Catton came down an age group to cover the 50 age group finishing 5th in 21.01.8.

In the 400m Dennis covered the 35 category finishing 6th in 80.1s. Henry covered the 40 category where his time of 65.7s placed 7th. Cliff in the 50 category finished 3rd in 62.2s.

Ted came in at short notice due to Gerald picking up an injury and competed well for 4th in the 60 category in 74.3s.

Malcolm secured another 1st place in the 35 category 1500m in a time of 4.35.9. Dennis in the 40 category finished 7th in 5.38.1. Andy covering the 50 category finished 7th in 5.54.9.

In the throwing events Brian Meadows Javelin throw in the 50 category placed 8th with 19m 57. Pete Whiting threw the discus 18m 84 for 7th in the 35 category.

A welcome return from Roger Honey saw him achieve 2nd in the 60 category discus with 26m 98.

The medley relay team of Dennis (200m), Henry (200m), Cliff (400m) and Malcolm (800m) carried the baton round in 4.19.5 for 3rd place.

The team are placed 4th with the last match to be held at Hemel Hempstead on Monday 10th July.

BMAF 5km Championship

Horwich 18 June

Nine runners from Ilford AC travelled north to Horwich, near Manchester to take part in the British Masters championship. The race is part of a local festival and is run over a three lap course which features a stiff climb at the end of each lap.

Ilford contingent was led home, on a very warm morning, by Dennis Briggs who finished 72nd



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in a new personal best time of 21 mins 09 secs. He was backed up by Steve Parker in 84th with 21mins 56 secs and Ed Skinner in 22mins 58 secs for 88th, Satha Alaga recorded 23mins 01 secs in 89th spot, his best time for the distance, and Ernie Forsyth came home 95th with 24mins 01 secs.

Julia Galea was best for the ladies in 107th overall with 27mins 30secs with Carol Muir 114th in 29mins 54secs. Pam Jones took the gold medal in the F80 category with 31mins 09secs and Doris Gaga won the bronze medal in the F50 age grouping with 33mins 41 secs.

On the team front Ilford ladies won the British title in the F45 age category with Julia Galea, Carol Muir and Doris Gaga, while the mens team of Steve Parker, Satha Alaga and Ernie Forsyth were 4th in the M55 group,





***Olympic Park 5k (Elvis series)**

Wednesday 21st June*

The 3rd leg of the popular Elvis series was hosted by East End Road Runners and held on a twisty course at the north end of the iconic Olympic Park.

It was the hottest June day since 1976, and although the race started at 7:30pm temperatures were still very high on a course that offered little shade.

Despite the heat, Ilford AC put in a great performance with 27 runners taking part and all doing their bit for the club.

The mens team finished third on the night and were led home by Stephen Philcox, 12th 17:42 1st V50.

Second home for the men was Malcolm Muir 16th 18:04 2nd V40, followed closely by Sam Rahman 24th 18:47.

The mens scorers were completed by Sebastian Parris 27th 19:02, Neil Crisp 30th 19:08 2nd V50, and Dennis Briggs 75th 21:36.

The remaining men finishers were Rohan Alexander 76th 21:38, Declan Cullen and Andrew Catton in 80th and 81st with the same time of 21:49 and 1st and

2nd V60, Stephen Parker 112th 22:47, Satha Alaga 126th 23:14, Ernie Forsyth 152nd 24:18, Anthony Young 169th 24:50, Billy Green 174th 24:55, Rhoan Gabbidon 210th 26:22, Peter Spelman 224th 26:54 and Suki Jandu 268th 29:00

There were some fine performances and age related results for the Ilford AC ladies on the



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night who finished 5th ladies team.

Leading the ladies home was Breege Nordin who was the first VF55 home in 92nd place for 22:11. Second home for the ladies, continuing her fine form was Nicola Hopkinson 143rd 23:49 3rd VF45, and third home also in continuing good form was Dianne Crisp 158th 24:29 2nd VF55. Completing the ladies team was the ever reliable Nicola Chester 247th 27:50. The remaining ladies on the night were Carol Muir 318th 32:25, Pam Jones 323rd 33:03, Launa Broadley 328th 34:13, Brennie Gabbidon 335th 35:01 and Sheila Sinclair 337th 35:10.





Orion Fell Race
Chingford
Friday 23rd June

The Orion fell race is the only official Category 'A' fell race within the M25.

Held in Chingford on an impossibly hilly course that includes 900ft of climb in just 5k this is not a race to achieve a PB!

Three Ilford AC runners braved the run, and despite the conditions all three enjoyed the occasion.

Sebastian Parris led the team home in 24th place in 25:28, followed by Dennis Briggs in 57th place in 31:18. For both Sebastian and Dennis this was their first time competing in a fell race.

The team was completed by club captain Billy Green in 68th place in 32:57.

Billy was particularly pleased as on his first attempt on this course 4 years ago he came last. This year 32 runners finished behind him!





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***BMAF Track and Field Championship**



Birmingham June 24/25*

Pam Jones of Ilford AC once again struck gold in the British Masters Championship. At Alexander Stadium over the weekend she took the title and the gold medal in the F80 age group in the 1500m and 5000m in 8mins 39.88 secs and 30 mins 52.05 secs respectively

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