



**Southern Veterans Track and Field League**  
**Hemel Hempstead**  
**10th July 2017**

*ILFORD GIVE 'EM THE OLD 1-2*

Ilford AC contested the latest round of the Southern Veterans Track & Field League on a warm Monday evening at the delightfully situated Hemel Hempstead track.

The Cricklefields-based Club got off to a great start as maximum points were secured in the opening event, a 2,000 metres' walk, when new signing Mark Culshaw was a comfortable victor in an impressive 11 minutes and 3 seconds – only a day after his top performance over 20 kilometres in the Midlands. Snapping at his heels was Walking team manager and former Scottish International Stuart Bennett who clocked 11.13 for second place.

Both Ilford athletes were well clear of the rest, each being top of their age-groups.

Neither man was finished with athletics after completing their walk as Culshaw re-appeared to run in both 200 where he was 7th in 35.3 and 800m where he was 5th in 3:19.3, while Bennett also showed in the 800 metres finishing 6th in 3:24.8 and ran a leg in Ilford's 4 x 200 metres squad which finished in 2mins 6.9 secs.

Also on the night Anthony Young continued his fine form for the club running in both the 800m in 3:06.6 and the 3000m in 13.36 finishing 7th in both.

Three athletes competed in the 200m event, before all appearing again with Stuart Bennet in the 4 x 200m relay, they were Cliff Warren 4th in 28.1, Henry Ricketts 3rd in 28.8 and Ed Skinner 4th in 33.3.

**VAC 5km Road Race Championships and 5 Mile Race Walk**  
**Battersea Park**  
**11 July 2017**

There were two runners and one walker from Ilford AC at the Veterans Athletic Club Championships, who organise events for athletes over 35 in London and the South East. Both events were held on the fast course in Battersea park on a very wet evening with heavy rain falling throughout the event.

In the 5k road race Steve Packer placed 18th out of the 43 entrants in 21 mins 46 secs, which placed him 2nd in the M60 category for the silver medal. Ed Skinner came home in 26th, despite being troubled by a knee injury, in 23m 39s for 4th.



in the M60 group.

In the race walk Ilford athlete Mark Culshaw had a great victory, coming in first place in a time of 47:53



**Newman Hilly 5  
Chigwell Row  
Wednesday 12 July**

The fourth round of the 2017 ELvIS competition was held over the trials of Hainault Forest in the Ilford Ac annual Hilly 5 race, which is held in memory of Ilford official Newman Sargent. The large field of 287 included 28 runners from the home club. Ahmed Abdulle continued his fine form to dominate the event and win by over a minute in 26 mins 37secs. He was backed up by Tom Gardner in 3rd spot with 28mins 38secs and Steve Philcox in 10th in 29mins 55secs and 1st M50.

Neil Crisp placed 2nd in M50 category and 22nd overall with 31m 44s with Seb Parris next over the line just 6 seconds behind. John Crawley, making his club debut, competed the scoring six in 30th 32m 28s. Overall in the team event the club finished second to East London Runners squad who have good strength in depth.

Bree Nordin led the Ilford ladies team finishing 11th female and winning the F55 age category. Backing her up were Nicola Hopkinson as 16th female and 3rd in the F45 group with 39m 04s and Dianne Crisp who was 23rd female in 41m 03 and 3rd in the F55 group. The team was rounded out by Carlie Qirem in 41m 03s for 25th in the ladies event. On the



## Press Report 18th July 2017

night the team finished 5th in the team placings

Terry Knightley recorded 33m 54s in 38th and placed 3rd in the M50 category, while in 51st with 35m 16s was Rhoad Alexander. Dennis Briggs placed 74th in 36m 47s and Declan Cullen was 2nd M60 in 79th with 37m 25s.

There was an encouraging run from Adnan Karim in 105th with 39m 14s in only his second run for the club..

Two of the clubs race walkers Mark Culshaw and Stuart Bennett changed code and ran the race to finish 144th (42.27) and 173rd (44.38) respectively

Also ran: Tony Young (122nd 40.21) Rhoad Gabbidon (128th 40.58) Steve Cheal (145 42.33) Peter Spelman (184 45.33) Julia Galea (196 46.23) Nicola Chester (215 48.26) Suki Jandu (216 48.29) Frieda Keane (223 48.48) Natasha Mansouri (230 49.16) Launa Broadley (246 52.28) Shiela Sinclair (274 56.45)

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# Press Report 18th July 2017





## Press Report 18th July 2017



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## Press Report 18th July 2017

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## Press Report 18th July 2017

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## Press Report 18th July 2017

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## Press Report 18th July 2017

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