



Southern Counties Veterans' League Herts & North Middx Division

Lee Valley

Monday 14th May

The opening match of the Vets season started at Lee Valley on a warm and sunny evening.

First event on the track was the 2000m walk where Seb Parris debuting as a veteran comfortably won the V35 category in 10.12.9. Mark Culshaw matched the win in the V50 category in 11.24.2. Rachel Lawless also race walked as a guest finishing in 13.37.9 for 3rd place.

The sprinters came out for the 100m with Jim Harrison (Ilford debut) and Henry Ricketts coming down age groups to cover V35 and V40. Taking account of non-scorers Jim placed 6th in 14.2 and Henry 5th in 13.6. Cliff Warren's 13.7 placed him 5th in V50. Gerald Daniel's time of 15.1 secured 6th in V60. Ted Skinner ran as a non-scorer finishing in 16.0 for 5th place.

The 400m was covered by Seb, Henry and Cliff in the V35, V40 and V50 age groups. Seb's 69.2 secured 5th, Henry's 68.4 secured 6th and Cliff's 64.2 secured 3rd.

The 1500m saw another Vets debut with Sam Rahman (V35) grabbing 2nd in 4.51.2. Steve Philcox came down an age group to also finish 2nd in the V40 category in 4.49.1. Dave Butler made a welcome return to Ilford after injury and also came down an age group to cover the V50 category finishing in 5.23.3 for 8th. Tony Dixon covered the V60 category and his time of 5.18.5 won the event and also ranks him 1st nationally as V70. Andy Catton running as a guest finished in 5.49.4 and Ted completed the distance in 6.14.0.

The field events were hammer, pole vault, shot and long jump.

In the hammer Pete Whiting's 16m 66 placed him 7th in V35. Gerald's distance of 16m 59 secured 4th in V60.

Pete also covered the pole vault clearing 1m 60 for 5th in V35. Jim clearance of 2m 50 secured 2nd in V50.

Henry's shot of 8m 06 in V35 placed 5th and Gerald came down an age group to finish 7th with 7m 39.

In between his pole vaulting Jim managed to leap 3m 76 for 8th in V35. Cliff's 4m 52 secured 2nd place.

The relay team of Cliff, Henry, Jim and Gerald brought the baton home in 56.9 for 6th.



Covering all the events meant that Ilford finished an excellent 2nd on the evening.

Crystal Palace 5k/10k

Wednesday 16th May

The Crystal Palace run-through event takes place monthly at Crystal Palace Park located in the South-East London suburb of Crystal Palace. The park is situated on the Norwood Ridge, offering views of Central London, Greenwich and the North Downs. This undulating route in the beautiful park is the perfect opportunity for a fun evening out, even passing a few dinosaurs along the course!

Competitors can decide on the day whether to complete 5k or do two laps for 10k.

Gary Floate opted for the 5k and finished in a time of 23:00.

Peter Spelman opted for the 10k, however an administrative error meant that only his 5k time of 28:56 was recorded.

Hyde Park 10k

Saturday 19th May

Carlie Qirem was the sole Ilford runner in the Hyde Park 10k on a very warm Saturday morning.

Carlie, who wanted to rush home for the Royal Wedding, wasted no time by finishing 56th and 12th female on the day in a time of 46:55. This time was a PB for Carlie, a time that smashed her previous best by almost 2 minutes.





European Masters Road Running Championships

Alicante

Friday 18- Sunday 20

The 16th European Masters Road Running Championships were held in Alicante Spain. A group of 4 athletes from Ilford AC travelled to the Mediterranean resort to compete. The first event was the 10km road race held in the San Juan district over a flat fast course on Friday evening. It was a typical sunny Spanish day which made the going tough for the race at 5.30pm. The star for the club was Pam Jones who cruised to victory and the European title in the F80 category in 69 mins 10 secs. Faster of the Ilford contingent was Steve Parker who came home in 48 mins 10 secs for 31st in the M60, with Rob Sargent 34th in 56mins 15 secs in the same age group. Completing the squad for the club was Julia Galea in the F60 grouping in 14th spot with 59 mins 22 secs.

Two days later the half marathon was held on a two lap city centre course which featured all the historical sights of the town and also the seafront and the harbour. The race started on a cloudy morning so conditions were cool for the first part of the race until the sun came through. Only Steve Parker and Julia Galea from the Ilford club ran with Parker coming home 34th in the M60 age group in 1hr 49 mins 46 secs with Galea placing 7th in the F60 category in 2hrs 09mins 59secs.















Braintree 5

Sunday 20th May

Ilford AC sent a team of eight runners to Braintree for the annual running of the 5 mile race that takes runners on an all road, undulating course, through the town.

First home for the team was Alan Pearl, returning after a long injury, to finish in a time of 37:05 for 51st place in his debut at the distance.

Rhoan Gabbidon followed closely in a time of 37:59 for 61st place and a new PB.

Just 2 places and 9 seconds behind Rhoan was Anthony Young in 63rd place and a time of 38:08 and the second PB of the morning. Completing the mens team on the day was Satha Alaga coming in at 39:37 for 80th place.

Frieda Keane, who continues to improve in her second season with the club was the first lady home in 135th place in a time of 46.01 and another PB for the team. Carol Muir was 2nd lady home for Ilford on the day in 153rd place for a time of 48:50 followed closely by Launa Broadley in 49:27 for 159th place and a new PB.. Completing the ladies team was Brennie Gabbidon who finished in a time of 55:21 for 181st place. This was also a PB which meant a remarkable 5 PB's for the team on the day.



Hackney Half Marathon

Sunday 20th May

The Hackney Half Marathon is one of London's newest, and largest halves with over 13,000 athletes congregating on Hackney marshes for the early start.

Amongst the large crowd were 4 runners from Ilford AC. The route skirts parks and the major roads through Hackney, which are all closed to traffic, before winding its way through the Olympic park and finishing back on Hackney Marshes.

First home for Ilford in an incredible 92nd place on the day in a time of 1:21:56 was Gary Coombes. Gary was followed home by Dennis Briggs who knocked a mighty 6 minutes off of his PB at the distance to finish in a time of 1:34:14 for 1,130th place.

Ilford's only female on the day, Gaye Young, also set a new PB to finish in a great time of 1:44:01 for 3,524th place.

Completing the team on the day was Declan Cullen, who although struggling with injury over the last few months, still managed to complete the course on a hot day in a time of 1:57:59 for 5,154th place.





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