



Southern Counties Vets League

Walton

11th June 2018

Another fine team performance resulted in the Vets team again finishing second on the evening.

The evening started with a non-scoring 200m hurdles but a new Club record with Wayne Hick finishing 3rd in 29.7s.

The scoring distances were 200m, 800m and 3000m with the field events being shot, hammer and discus.

Sam Malekout debuted as a vet over 200m in M35. He held his form well to take 1st in 24.5s. In the same age group Seb Parris changed his walking shoes for the track covering the 800m and 3000m in 2.26.2s and 10.36.5s for 2nd and 4th respectively.

Jim Harrison came down an age group to run the M40 200m and his time of 30.3s placed him 6th. Dave Butler came down two age groups to run the 800m. 2.38.4s secured 6th and most importantly is his best time since returning from injury. Henry Ricketts came down an age group to compete in the shot and his distance of 7m 71 placed him 4th.

Going back to M50 Henry's 200m time of 28.7s secured 5th. Steve Philcox dominated the 800m gaining 1st in a time of 2.18.3. Andy Catton came down an age group in the 3000m and his time of 12.30.1s grabbed 7th. Pete Whiting launched the hammer 18m 53 for 6th. In the discus Henry's throw of 26m 92 secured 3rd.

In the M60 category Gerald Daniel covered the 200m in 32.4s for 6th. Dave Butler moving back to his age group ran the 3000m in 11.08.7 for 2nd. Roger Honey put the shot 8m 89 also for 2nd.

Other non-scoring athletes performances – Bradley Brown 3000m 11.49.5, Roger Honey Hammer 23m 23, Discus 22m 71, Mark Culshaw Discus 20m 06, Pete Whiting Discus 18m 15.

The final event of the evening was the 4 x 400m relay (Wayne, Henry, Seb and Sam) and despite a storming last leg by Sam, Ilford had to settle for 4th in 4.14.1s.

Thanks to Clare Levey for officiating and Pam for support.

After two matches Enfield and Haringey lead the way with 239.5 points. London Heathside are second with 226.5 and IAC third with 219.





South London Swimming Club Aquathlon summer series race 2

Tooting Bec lido

Wednesday 13th June

Seb Parris travelled south of the river Wednesday evening for the second race in this very popular aquathlon series (a race comprising of a swim transitioning into a run). It's a pacey race with 100 triathletes going off in two waves 25 minutes apart.



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Tooting Bec lido was a nippy 19c, so wetsuits were worn for the 11 length 1100m swim. Seb started in the first wave of 50 athletes and after a powerful swim exited the water in 7th place of his wave.

The run was 7.5km and 3 loops of tooting common.

Seb found his rhythm very early on and recorded 28.40 on the course, the 7th fastest run across both waves of the day. After all the athletes had finished he placed 13th overall in 46.27.

Haverling 5 (ELvIS)

Raphael Park

Wednesday June 13

There was another impressive turn out from the endurance squad of Ilford AC in the second round of the summer 2018 ELvIS tournament. The event was held on a two course within Raphael park, Romford. Leading the way for Ilford was Steve Philcox in an excellent 6th place in 29 mins 09 secs winning the M50 category trophy. One place back was Gary Coombes taking the M45 group cup in 29 mins 21 secs, while Seb Parris once again showing improvement as he recorded a new personnel best of 30 mins 23 secs for 17th spot. John Crawley closed out the top 20 in 31 mins 09 secs and Dan Holeyman posted 31 mins 28 secs in 28th. Closing out the scorers for the club was Rohan Alexander with 33mins 16 secs for 39th place

In the team match Ilford once again finished 2nd and maintain that position in the 9-team match.

Bree Nordin was the first home for the Ilford ladies with 36 mins 20 secs as 9th female and took the F60 category. Carlie Qirem recorded a personal best of 36 ins 25 secs as 10th female. Nicola Hopkinson was 17th in 38mins 24 secs with Jenni Sheehan being the 4th scorer in 32nd place in 41mins 30 secs. The ladies finished 4th in the match but are 3rd in the competition overall.

There were also personal bests for Alan Pearl of 36mins 40 secs in 83rd, Tony Young in 100th with 37 mins 47 secs and Rhoan Gabbidon placed 101st with 37 mins 50 secs.

Also ran: - Dennis Briggs (56th 34.43) Andy Catton (66th 35:30) Satha Alaga (109th

38.23) Eain Begg (112th 38.38) Natalie Crisp (150th 41.55) Peter Spelman (153rd 42.33) Adnan Karim (192nd 45.37) Julia Galea 9194th 45.24) Frieda Keane (218th 47.59) Ray 'Sparra' Everingham (22nd 48.36) Suki Jandu (228th 49.17) Natasha Mansouri (231st 50.49) Pam Jones (251st 54.40) James Huddart (256th 56.31) Brennie Gabbidon (258th 58.54)









Adidas City Run - 1 hour

City of London

17th June 2018

Sunday saw the inaugural staging of the Adidas One-hour city run, where the aim is to run as far as you can in one hour.

The course was a one-mile loop, with timing mats at every 0.1m, starting at St. Pauls Cathedral and taking in St Mary-Le-Bow church, Guildhall and Mansion house.

In the first wave of the day Rhoad Gabbidon completed 7.5 miles and Brennie Gabbidon 5.2 miles. In wave four Dennis Briggs completed 8.1 miles and Billy Green 7.4 miles.







BMAF 5k Road Championships

Horwich

17th June 2018

The British Masters 5km Championship was held at its usual venue of Horwich, just outside of Manchester over a 3-lap hilly course. A quartet from Ilford Ac travelled north to take part. The only clubman running was Steve Parker who came home 129th overall and 18th in the M60 age grouping in 22 mins 47 secs. Pam Jones won another British title in the F60category in 31



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mins 40 secs. Julia Galea was 4th in the F60 group in 27 mins 32 secs while Doris was 8th in the F50 category with 29 mins 23 secs

The three ladies combined to form a team in the ten-year band F45-54 group and finished in a creditable 3rd to take the bronze medal.



