



SCVAC Match 3 (Southern Counties Veterans Athletics Club)

Lee Valley

2nd July 2018

Match 3 was held at a sunny and hot Lee Valley on Monday. Ilford were going into this match in third place behind Enfield and Haringey and London Heathside.

The sprints were the 100m and 400m with the middle/long distance events being 1500m and 5000m finishing with the medley relay of 200m, 200m, 400m and 800m.

Field events were triple jump, discus and javelin.

Sam Malekout won his V35 100m race but with it being split over two runs his time of 12.2s placed him 2nd. His V35 discus of 24m 51 secured 4th.

Henry Ricketts covered V40 100m and his 13.4s gained 5th. A non-scoring V35 discus distance of 22m 84 placed him one place behind Sam in 5th.

Cliff Warren sprinted down the V50 100m in 14.2s for 6th in between his V50 triple jumps where his 10m 01 secured 2nd. He also covered the V50 400m where his time of 63.8s earned 3rd place.

Gerald Daniel ran the V60 100m in 15.4s for 5th. He also ran the V60 400m in 77.0s for 3rd.

Wayne Hick after his recent 200m hurdles club record ran the V40 400m and his time of 65.2s grabbed 5th place.

The 5000m was run in the heat of the evening. Sam Rahman won the V35 race in 17.44.4s finishing 3rd overall. Steve Philcox in winning the V50 race also won the overall event in 17.23.8s. Edward (Ted) Skinner ran the V60 race coming home in 22.22.0s for 4th.

Seb Parris and Bradley Brown ran as non-scoring competitors finishing in 18.12.4s and 21.15.4 respectively.

In the 1500m Seb's time of 5.01.9s in the V35 category was a PB and earned 4th place. Bradley Brown finished strongly in V40 for 6th with 5.35.5. Steve Philcox fought hard for second place in V50 in a time of 4.42.9s

Pete Whiting in the V35 triple jump finished in 4th with 7m 94.



Press Report. July 10th 2018

Jim Harrison threw the javelin 28m 06 for 3rd in the V50 category and Roger Honey's 24m 97 secured 2nd in V60.

The medley relay team of Henry, Jim, Sam M and Seb finished 4th in 4.17.8s.

The evening was won by London Heathside with 142 points. Enfield and Haringey were second with 125 points just one point ahead of Ilford.

Going into the last match London Heathside are first with 368.5, Enfield and Haringey are second with 364.5 and Ilford third with 343. Strong performances in the last match could still see a big enough point gain to pressure first and second place.

Thanks to Clare Levey for officiating.

The final league match is on 23rd July at Hemel Hempstead.

Felsted 10k

Sunday 8th July 2018

Gary Coombes once again ventured across Essex this week to take part in the Felsted 10k race which this year was celebrating its 20th year anniversary. The race is run on quiet countryside lanes and is known to be a fast, mostly flat course.

The hot and humid conditions meant that the race would be tougher than normal for the 412 participants. Gary started well but had to be at his best to keep the competition at bay as he battled hard to hold onto 10th place during the first few miles.

As the heat took its toll on some of the competition up ahead Gary managed a solid last 3k which eventually saw him secure 8th place in a time of 36.55 which was enough to pick up the v40 category 1st prize.

