



## **SCVAC Match 4** (Southern Counties Veterans Athletic Club)

*Monday 22nd July*

The Men and Women's team travelled to Hemel Hempstead to compete in the last match of the Herts and North Middlesex Vets.

The Mens team were going into the match in first place knowing that a finish 3 places behind London Heathside would guarantee representation as the league champions in the Ashford season finale on 1st September.

The Women's team was under-represented due to availability and injuries however the Walking team of Emma Dyos and Lesley Morris finished first and second respectively in V35 and V50 in the 2000m.

Seb Parris comfortably won the V35 walk as did Steve Uttley in V50. At the same time Sam Malekout won the M35 javelin. Due to an injury he eased round the 200m for sixth.

At the same time as Seb and Sam's first place, Henry Ricketts secured first in the V40 long jump. His V35 high jump placing was eighth and V50 200m sixth.

After a bit of a hiccup missing a V35 athlete for the 800m, Paul Grange claimed first in the V40 category. This placing was mirrored in the 200m for the same age group.

Roger Honey who had already grabbed second in the V60 long jump, was again second in the javelin and finished seventh in the 200m.

Due to the injury that Sam had picked up Pete Whiting covered the V50 high jump so that Henry could cover V35. Pete was able to secure sixth place.

Steve Philcox covering the V50 middle distances placing third in the 800m and second in the 3000m.

Gary Coombes took 5 seconds off his PB in the 3000m finishing third just 3/10ths outside 10 minutes.

David Butler covered the 800m in the V60 age group earning third place.

Seb, David and Steve Chissell also ran the 3000m as non-scorers.

The final event of the men's schedule was the 4 x 200m relay and for all intents and purposes was a "you should have been there" moment. The team of Gary, Henry, Sam M and Paul progressed at handovers from sixth, third, third to first with an absolutely storming leg from Paul who weaved between the two athletes ahead of him to grab the relay win.

These great performances meant the team were clear by 11.5 points and had won all four matches.

The women's team understandably finished last on the evening with only 2 events covered however finished the season sixth out of seven teams which is an admirable achievement considering the number of available athletes.

As mentioned the men's team will go onto Ashford on 1st September to compete against 6 other teams at the SCVAC finals.



**VAC 5000m Championship**

## Battersea Park Arena

*Wednesday July 24*

On a sweltering night the Veterans Athletics Club (who organise events for athletes over 35 in the south and London) held their 5000m track championship in the Battersea Park Arena. There were 4 entrants from Ilford AC and one ran in each of the four races.

In heat 1 was Sam Rahman and he ran his usual well paced race to record 17 mins 20.35 secs to place 5th and win the M35 category. Seb Parris was in the next heat and ran a good race moving through the field to come home second in 17 mins 56.50 secs, less than 3 seconds outside his personal best for the distance. This performance placed him behind Rahman in the M35 age grouping and winning him the silver medal. Tony Young gave a creditable performance in the third race placing 15th in 23 mins 07.73 secs and 8th place in the strong M50 category. Club endurance coach laced them up for heat 4 coming home in a season's best for the distance of 26 mins 19.88 secs for 9th spot and earned the bronze medal in the M65 group.





























## **Last Friday of the Month 5km**

Hyde Park

*Friday July 26*

Two members of Ilford AC used their lunch break at work to compete in this popular 5km over a fast Hyde Park course. Adam Coals equalled his personal best of 19mins 49secs in 91st place, while in 123rd Rohan Alexander recorded 21mins 33 secs.