



## **ROAD AND CROSS COUNTRY REPORT**

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

Hyde Park

*Friday 30 August*

Three runners from Ilford AC were among the entrants for this popular lunch time run in London's Hyde park. This a new two lap course was used in the Park which was busy with tourists enjoying the warm sunshine, First home from Ilford was Adam Coals in 92nd place with 20 mins 37 secs, while Club endurance coach Rob Sargent recorded his fastest time this year of 26 mins 36 secs for 219th. For the Ilford ladies Julia Galea was placed 2nd in the F60 category and 236th overall with 28 mins 56 secs.

In today's day and age where races can be entered on-line months in advance, it is not uncommon for a runner to find he has booked 2 races in a week. 2 races on the same weekend a little less common but not unheard of.

Club Captain Billy Green however surpassed this when he realised that he had booked THREE races this weekend, Saturday morning and afternoon followed by one on Sunday.

The weekend kicked off at 10am with...

### **Spitfire 10k**

RAF Museum Hendon

*Saturday 31st August*

The Spitfire 10K is held to commemorate the Battle of Britain and all the men and women who defended Britain's skies during the summer of 1940, with all the runners wearing the name of a Battle of Britain pilot with their race number.

The race takes runners around the historic London aerodrome in Colindale, out onto local streets before finishing through the museum past the Spitfire, through Hangar 1 and under the beautiful Short Sunderland Flying boat, before crossing the finish line.

Billy recorded a time of 50:35 for 114th place in a field of over 700 runners.



After a quick trip home to change, Billy made the journey up to Bedford for the 5:30pm race....

### **Bedford Twilight 10k**

Priory Country Park Bedford

*Saturday 31st August*

The Bedford Twilight 10k is part of the yearly Bedford running festival which takes place over 3 days, incorporating the 5k, 10k and Half Marathon distances.

Billy's aim was to beat his time earlier in the day, which he not only did but he also recorded a PB time of 46:53, beating his previous PB by 67 seconds over the 10k distance.



Press Report 3rd September - Road, Cross Country and Race walk





On to Sunday.....

### **The Essex Way - 10 Stage Relay Event**

Epping Station to Harwich Lighthouse

*Sunday 1st September*

Ilford AC had 10 hardy runners flying the flag for the Club in the iconic 31st running of The Essex Way.

This is one of the County's truly inspirational and premier events, with 81 teams from clubs from all over the county and beyond racing on the ancient trails and footpaths which make up the 82 miles of the historic Essex Way that runs from Epping Station to Harwich Old Lighthouse.

Gary Coombes and Mandeep Bassi, making her Essex Way debut, duly set off from Epping Station at 8am on Sunday morning to represent Ilford on Leg 1 finishing 7.5 miles later at Chipping Ongar finishing 3rd and 72nd.

Leg 2 saw Stevie Philcox run the 9.5 miles to Good Easter finishing 3rd

Leg 3 had Alison Sale and Freida Keane running another 9.5 miles to Little Leighs finishing 60th and 75th.

Leg 4 was Dennis Briggs running the 10.1 miles to Cressing Church finishing 25th.

Unfortunately, despite getting 38 runners out at Barking last week Ilford were unable to field any runners in legs 5-7, although a few of our usual candidates made the trip to Ashford to compete on the track for the club.

Leg 8 saw Billy Green and Sharon Honey run the 8 miles to Bradfield in 50th and 53rd place.

Leg 9 saw Mandy Reid, appearing for the first time in Ilford AC colours, take on the 6 miles to Ramsey in leg 9 finishing in 48th place.



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Fittingly it was left to the clubs President Nicola Hopkinson to take on the 5.5 miles to Harwich lighthouse, finishing in 38th place to culminate an enjoyable days running.

The final results saw Ilfords 'A' squad finishing a very credible 36th out of 81 teams on the day with the B squad finishing in 52nd place

The day finished with a few of the runners who did the later legs, along with Robin Davies, Gaye Young, Tony Nixon and Catherine Green who assisted and supported throughout the day, have a traditional fish and chip supper near the seafront.





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## **Maidenhead Half Marathon**

Sunday 1st September

Another Ilford runner to be selected to run for England at the weekend was Ilford Vet Paul Holloway, who was invited to run as part of the England Masters team at the Maidenhead Half Marathon.

Having qualified by right through one of three qualifying races earlier in the year competition to make the team was tough, however Paul was one of just 150 England Masters selected from the entire country for the event.

Despite the warm and humid conditions Paul did Ilford AC Proud in his England vest, finishing in a time of 1:21:17 placing him 122nd in a field of almost 1500 runners.

## **Bedford Half Marathon.**

*Sunday 1st September*

Sunday was day 3 of the Bedford Running festival, and after Billy's 10k on Saturday it was the turn of Julia Galea to represent Ilford AC in the Half Marathon distance.

Starting and finishing in the beautiful location of Priory Park Julia was pleased with her time of 2:09:29 to complete her 4th Half Marathon of the year.







## **OTHER**

In parkrun news Launa Broadley ran her 190th parkrun this weekend, which was her 190th at Velentines Park in Ilford and she finished.....190th!

## **RACE WALKING REPORT**

### **LAST - BUT STILL WITH A TROPHY**

#### **Guernsey Church to Church Walk**

*Sunday 1st September*

Only a small field contested Sunday's annual traditional Guernsey Church-to-Church walk over a testing distance of 19.4 miles on a hot morning with a welcome breeze.

Starting and finishing at St.Peter Port harbour, competitors toured the island. The precise distance is as the course passes every Parish Church on this holiday island.

Ilford's sole entrant was the man to finish, 80 year old Ed Shillabeer.

Afterwards, organiser Rob Elliott said, "There's no stopping this man. Ed has won this event 4 times with a best of 2.40.58 but continues to return to walk on one of his favourite course.

His time this year was over 2 hours slower and was a struggle and comes only weeks after walking 68 miles in 20 hours in the Isle Of Man. Then he was straight to the airport to return home to be at work tomorrow morning. A race walking legend".

Although last in 4 hours 45 minutes and 42 seconds, Shillabeer won a trophy – awarded to the 1st veteran aged over 70. Ironically this trophy was donated by Ilford AC, so it's back in a Club member's hands for the next 12 months!



## **APPEARING AT A RUGBY VENUE**

Saturday afternoon saw Ilford AC members contest a London Inter-Club Challenge 5,000 metres walk on a track encircling the Saracens Rugby Union pitch at their Allianz Park home in Hendon.

Despite being uncomfortably warm and humid there was nevertheless a breeze to provide some comfort for the field. Steve Uttley felt tiredness in his legs as the race progressed, which he attributed to over-training during the week. This cost him a couple of positions as he strode into a commendable 7th position, clocking 29 minutes and 8 seconds, just a few strides ahead of Loughton's in-form Melanie Peddle. Ilford members enjoyed a good tussle for 12th & 13th spots as Simon Morgan and Stuart Bennett were timed at 31.13 and 31.22 respectively. Morgan was highly delighted as he'd recorded a personal best (pb).