



Ted Pepper Memorial off road 10k

Bromley

Monday May 3rd 2021

Bank Holiday Monday saw Ilfords Ex England International runner Andy Catton venturing down to Bromley for the Ted Pepper Memorial off road 10k.

Race also doubled as the Southern Vets AC champs.

An interesting one lap course, more grass and cross country than trail but pretty flat and at least with a bit of shelter from the chilly wind.

Starting in waves of 15 Andy off to a good start but rather overcooked the first 5k going through in 22.20. The wheels then came off a bit at 8k due to his lack of race fitness but he managed to hold on for a pretty pleasing 46.18, which earned him the SCVAC M65 Gold Medal.

Doddington Place Gardens 5 & 10k

Sittingbourne

Saturday 1st May 2021

Ilford AC club members Terry Knightley and Kim Baxter headed off for an early first wave start to Doddington Place Gardens multi terrain 10 & 5k at Sittingbourne in Kent on Saturday. The weather was good but the course was bone dry and extremely rutted farm tracks. The 1 & 2 lap course incorporated fields of sheep with lambs, scenic views and two extremely challenging hills. It was so difficult only one runner broke the 40 minute barrier.

Terry found the course not to his liking and struggled in the conditions but still finished 36th in a field of 316 in the 10k, claiming 2nd male vet 60 in 49:13. Kim finished 91st in the 5k race in 44.91, making her come back from a nasty ankle injury in January.

Another quality medal was awarded to all finishers !













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