



## Hot off the Press

Subject: Hot off the Press

Message from Billy Green August 18, 2021 07:58

All Club e-mail messages can now be viewed via the Ilford AC web site link at [ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

2 articles on Ilford AC in this weeks printed edition of the Ilford Recorder (Page 38).

An event to remember Ilford AC race stalwart Lew Mockett, which was attended by 3 former Ilford Presidents and a nice long Athletics report including a few photos.

Regards

Billy

If you need to respond to this email please do not reply but contact Billy Green separately

**Athletics**



Friends and family gathered to remember Lew Mockett and his memorial bench (inset).

**Long-serving Ilford AC race walking stalwart Lew Mockett was remembered at a well-attended event in Littlehampton on Sunday.**

Mockett, who died earlier this year aged 81, had retired to Norfolk and before joining Ilford AC had walked for Woodford Green AC and served as their walking section secretary (1966-72).

A memorial bench was also unveiled in honour of Lew and his late wife Brenda, with the function held at Norfolk Bowls Club on Littlehampton sea front, where both had been prominent members.

Mockett also walked for the Metropolitan Police and was a British Police representative, with his last position before retirement being that of Chief Inspector at the now closed Barkingside Police Station.

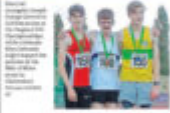
Race walkers travelled distances to attend, including three past presidents of Ilford AC in Dave Ainsworth, Olympian Roger Mills and Bill Sutherland BEM.

The memorial occasion enabled colleagues to pay respects as a funeral service during lockdown had limited attendance owing to national regulations due to the coronavirus pandemic.

## Ilford youngster Grange gives battling display at U15 Championships

By [Name]

The Ilford Athletic Club's young star, [Name], has given a battling display at the U15 Championships, finishing in a commendable position. The youngster, who has been training hard, showed great determination and endurance throughout the race. His performance was a testament to his hard work and dedication to the sport. The club is proud to have such a talented athlete and wishes him all the best for the future.



As the race got underway, [Name] showed great determination and endurance. He was seen battling hard throughout the race, and his performance was a testament to his hard work and dedication to the sport. The club is proud to have such a talented athlete and wishes him all the best for the future.

