



## Press Report 2nd August 2022

### **SCVAC**

Lee Valley

25<sup>th</sup> July

Iford Vets team travelled to Lee Valley on the evening of 25th July for match 3 of the SCVAC league.

Great performances on the evening resulted in the Men's Team winning the event.

The Ladies team was represented by Emma Dyos and Lesley Morris who competed in the 2000m walk finishing 1st and 2nd in their competition age groups in times of 10.44.3 and 13.02.9. Shahida Arthur non-scored and finished in 19.38.9.

In the Men's walk John Arthur and Simon Morris both won their age groups in 12.00.06 and 12.55.00. Stuart Bennett as a non-scorer finished in 13.03.1.

John Crawley debuting as a Vet covered all the track V35 events as follows:

100m 14.26 2nd

400m 62.86 3rd

1500m 5.14.51 1st

He also non-scored in the Triple Jump with the longest leap on the evening of 9m 81.

Henry Ricketts covered V40 sprints covering the 100m and 400m in 14.02 and 68.14 for 3rd in both events. This position was mirrored in the V35 Triple Jump (8m 45) and V50 Javelin (26m 16). In the V35 Discus the distance of 22m 10 secured 5th.

James Lambden competed in the V50 short sprint and finished fourth in 14.83. Unfortunately, an injury in the Triple Jump out paid to any further involvement on the evening.

Cliff Warren covered the V60 sprints where he finished 2nd in the 100m and 400m in 14.53 and 67.38. In the V50 Triple Jump he continued the trend of 2nd place finishes.

Due to the injury picked up by James, David Butler covered the V50 long sprint gaining 5th place in a time of 79.27. Staying in the same age group he competed in the 1500m finishing 3rd in 5.36.13. Steve Chissell ran as a non-scorer and came home in 5.48.69.

Fabrizio Stefanoni won the V40 age group and race overall in the 1500m in a time of 4.46.72.

Peter Whiting achieved 21m 98 in the V60 discus for 2nd place. He also threw the Javelin 21m 44 as a non-scorer in the V50 age group.



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The medley relay team of Henry, Cliff, John, and Fabrizio brought the baton home in 1st place in a time of 4.25.46.





### **LAST FRIDAY OF THE MONTH 5km**

*Hyde Park*

Friday 29 July

On a fine sunny day, the July edition of the Last Friday of the Month 5km took place in London's Hyde Park. The race, organised by Serpentine Runners, was over a surprisingly slightly undulating 2 lap course around the north side of the park and the starters included 3 runners from Ilford AC.

Sam Rahman showed that he is in good form at present with a 12th place finish in 17mins 23 secs, equalling his fastest time for the distance this year.

Rob Sargent also showed improved form coming home 96th in 27 mins 17 secs, his best time this year and placed him 5th in the M65 age category.

Carol Muir completed the Ilford trio in 114th in 32 mins 17 secs also placed 5th in her age group.



