



## Press Report 20th August 2024

### **Ingatestone 5**

Sunday 18th August

The Ingatestone 5 as an annual charity race, raising money for Ingatestone Boys Club.

The race was founded by Ilford Legend Howard Williams. Howard sadly passed away in 2017 but Ilford AC have maintained strong links with the race by providing a team to administer the on the day entries and results service.

This year, for the first time, the race also had the honour of being the host of the Essex 5 Mile road championship.

As well as a dozen volunteers Ilford AC also had 18 participants competing for Essex honours.

First home was Ilford's Jack Nixon in an impressive time of 25:19 to take home the Essex trophy and Gold medal. Next home for the club was Alex Richards in 6th place in a time of 25.42.

Tom Gardner came home in 27:19 for 11th place, which earned him a Gold medal in the V40 grouping. The team of 3 were first men's team home and crowned Essex Champions with another Gold medal each.

The Golds didn't stop there however as Stephen Philcox picked up an Essex Gold in the V55 grouping, finishing in 30th place in a time of 29:52

Backing up the team, all competing well were Danny Holeyman 54th 31:08, Richard Woolterton 70th 32:21, Dave Thomas 94th 34:04, Steve Chissell 98th 34:36, Terry Knightley 100th 34:39, Alan Pearl 108th 35:04, Tarik Qirem 136th 36:48, Tony Young 146th 37:41 and Andy Catton 168th 38:51.

The ever reliable Frieda Keane led the ladies team home in a time of 49:52 which placed her 102nd on the ladies race. Completing the team were Julia Galea in 50:52 for 108th and Launa Broadley in 55:18 for 116th. The ladies team finished 22nd on the day.

Backing up the team were Kim Baxter in 63:09 for 122nd place and Julie Gillender in 63:23 placing 123rd.



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## **WORLD MASTERS 10KM ROAD CHAMPIONSHIPS**

Gothenburg Sweden

Sunday 18 August

The 25th World Masters Athletics Championships are currently being held in Gothenburg Sweden.

Rob Sargent of Ilford AC took part in the 10km road race which was held on a cool cloudy Sunday Afternoon.

The course was in the picturesque Slottsskogsvallen Park over a challenging 2 lap course with two stiff climbs on each lap.

Rob ran a steady race and the tactics proved successful as he gained two places in his age group on the second lap finishing 32nd in the M70 category in 62 mins 03 secs., a performance he was pleased with