



## **MAY DAY 10 (incorporating the Essex 10 mile Championships)**

The Essex 10 mile championships was incorporated into the May Day 10 this year. The race is run over a rural rolling course on the country lanes from Witham to Terling and back. Ilford AC had 17 runners in the event

First home in 18th place was Steve Philcox in 61 mins 01 secs to win the M55 age category Essex gold medal. Next over the line, just 27 seconds and 3 places later was Sam Rahman who also won a gold medal in the M40 grouping .

Chris King came 33rd in 62 mins 52 secs and Dan Holeyman, who will be running in the Essex Marathon Championship at Halstead next Sunday, recorded 65mins 34 secs for 47th place. Richard Woolterton ran a new personal best for the distance of 67mins 06 secs in 57th place. Dave Thomas placed 62nd with 67 mins 43 secs winning the silver medal in the M65 category. Anna Crawley was the best of the Ilford ladies, running a new personal best over the distance with 72 mins 17 secs for 100th overall and 14th female in the event.

The fourth Ilford medal winner was Andy Catton in the M70 category, taking the bronze award with 89 mins 48 secs in 223rd.

Also running for the club: Terry Knightley 64th in 67.49, Steve Chissell 78th in 69.47, Diarmuid Mac Donnell 81st in 70.04, Bradley Brown 89th in 70.57, Jim Tilbrook 125th in 78.03, Tony Young 158th in 83.01, Rob Sargent 297th in 104.29, Frieda Keane 305th in 108.16 and Julia Galea 315th in 110.41









