



Barking Park 5k/Elvis

Twenty-one Ilford A C runners toed the line at the Barking Park 5k on Bank Holiday Monday. In perfect conditions (unlike the storms of the previous day) and on a new course Daniel Moses from Orion Harriers won the race in 15.52. First home for Ilford and running back into good form was Steve Philcox who finished 10th in the race and second vet in 17.54s. An almighty tussle ensued with our next 3 home Kevin Newell Tony Hyde and Neil Crisp finishing in 18.17s 18.18s and 18.19s for 13th 14th and 15th places. Well done guys great sprinting from you all. Liam Leddy home on leave from the armed forces made a welcome appearance and ran well for a time of 20.20s Rohan Alexander ran a solid race to record 21.05s with Gary Floate just behind in 21.11s. Paul Emery goes from strength to strength running another PB of 22.01s Billy Green was next in 23.13s having missed a few weeks due to a dalliance with "Elvis" (the original) Steve Cheal ran 23.13 with Martin Clarke a few seconds behind in 23.32s Declan Cullan still finding his form ran 24.08s with our Esteemed President Ernie Forsyth going well to record 26.08s Robin Davis recorded 29.14s Bree Nordin in only her 4th race back after injury finished 5th Lady in 21.30s with Dianne Crisp in 6th place with a new PB of 21.45s Jenni Sheehan surprised herself with a great time 22.43s with Nicola Hopkinson close on her tail with 22.45s Sally Gillam just returned from holiday turned in a good run of 25.43s with Pam Jones recording 26.48s Credit must go to Meredith Floate for running 35.14s well done Meredith you are on the way back. Hank came out of the bushes having been in the Czech republic for 11 days his time 22.24s a good performance after his many exploits. Report by Pam Jones.