



## Press Report 19th May 2015

No less than 26 athletes from Ilford AC took to the paths of Havering's Raphael's Park last Tuesday to compete in the 1st leg of the very popular East London Five Interclub Series (Elvis) hosted by Havering 90 Joggers.

Despite a very strong contingent from East London Runners Ilford Club Captain Malcolm Muir proved too good for all his rivals leading a field of over 200 runners home in a time of 27.03. He was well supported by Sam Rahman (13th) who still ran 29.36 despite still having tired legs from the marathon, Iain Knight (25th) 32.06, Neil Crisp (27th) 32.18, Terry Knightley (30th) 32.27 and Rohan Alexander(43rd) in 33.12 who were the scorers in the 6 man Elvis Team. Ilford also scooped all 3 male veteran prizes with Malcolm Muir, Neil Crisp and Peter Ryan (59th) in 35.09 all placing 1st in their respective age categories,

In the Womens Race Ilford were once again up against superior numbers from the East London squad but nevertheless ladies captain Jenni Sheehan marshalled the troops well and leading them home in 65th place overall with 35.33. The other 3 scoring runners in the Elvis competition were Mel Jones (84th) in 37.32, Dianne Crisp (110th) in 39.07 and Rachel Halpin (122nd) in 40.38.

Both the Men's and ladies teams had key personnel missing but battled valiantly to finish 2nd in both competitions.

Other Ilford runners acquitting themselves well with good times were Declan Cullen 36.32, Kevin Wotton (injured) 38.00, John Mackenzie 37.55, Nicola Hopkinson 40.56, Billy Green 41.02, Peter Spelman 43.02, Baldev Singh 43.06, Stuart Bennett 43.07, Doris Gaga 43.15, Suki Jandhu 43.40, Pathrose Louis 44.03, Julia Galea 45.24, Nicola Chester 46.02, Carol Muir 48.30, Pam Jones 49.24. [shashin type="album" id="148" size="medium" crop="n" columns="max" caption="n" order="date" position="center"]

Malcolm Muir and Sam Rahman then went on to compete in the England Athletics 10,000m championships & Highgate Harriers Night of the 10,000m PBs on Saturday at the Parliament Hill track. Sam competed in the E race which was first and finished 10th in 36:33 still feeling tired from the London Marathon. Malcolm was in the next race (D) and finished 7th in 33:23 .