



## Newman Hilly 5

Wednesday 13th July 2016

Ilford AC successfully hosted their showcase event at Chigwell Row last Wednesday evening with the 26th running of the Newman Hilly 5 which was also the 4th race of the extremely popular Elvis series. Well over 200 runners took to the trails of Hainault Forest over a 2 lap course of just over 5 miles on a cool but pleasant evening which provided almost near perfect running conditions although recent rain had made the terrain a little muddy underfoot.

As always this event shows the club at its best and even with an army of volunteers and marshals was still able to put out 21 runners and dominate the men's race. At the end of the first lap training partners Ahmed Abdulle and Tom Gardner were locked together well out in front with the chasers including a posse of Ilford vets. It was the in-form 17 year old Abdulle who looked the easiest and so it proved as he pulled away opening up a 40 second gap and finishing in 26.57 with Gardner back in second in 27.37, Billericay's Crispian Bloomfield was third a further 37 seconds adrift and top male vet 40 on the day. 4th place went to Alex Richards of Ilford in 28.43 whilst Steve Philcox, 7th in 30.07, and Andy Catton, 50th in 36.10, both scooped the supervet prizes in the MV40 and MV50 categories.

The Ilford men continued to pack well with Paul Holloway, Sam Rahman, Usamah Patel, Robin Mc Nelis and Kevin Wotton making 9 Ilford runners home in the top 20 positions. Needless to say the Club took both the Men's Race team and Elvis team victories on the night.

The ladies fielded a weakened team with many out either through volunteering duties or through injury but nevertheless still managed to close a team with Bee Nordin once again leading the troops home clocking 37.10 for 3rd lady home and first in the FV55 category. She was joined by Julia Galea 33rd lady in 45.50, Carol Muir 49th lady in 49.46 and Nichola Fairburn, 49.52 as 51st lady closing the team to 6th on the night in the Elvis competition. The club also had 2 ladies from their Harriers section Launa Broadley, 56.28, and Sheila Sinclair, 57.21, 67th and 68th ladies respectively. The usual very strong East London Runners squad were top team on the night in both the ladies team race and Elvis competitions.

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The current Elvis standings with 3 races to go shows Ilford and East London Runners in a titanic battle, locked together on 6 points. In the ladies East London Runners are in a strong and virtually unassailable pole position with just 4 points following their 4th consecutive victory with Ilford back in 4th on 16 points

Other Ilford runners positions and times were 21st Neil Crisp 32.12, 37th Rohan Alexander 34.31, 42nd Terry Knightley 35.02, 51st Bradley Brown 36.11, 74th Declan Cullen 37.57,



115th Satha Alaga 42.1, 148th Sukhbindar Jandu 46.39.

#### **SCVAC Match 4**

11th July 2016

The Ilford AC Vets track and field team travelled to Jarman Park Hemel Hempsted last Monday evening to compete in the fourth and final meeting of the season and hosted by Dacorum and Tring.

The evening started positively with Steve Uttley winning the 2000m walk in the over 35 age group in 11:11:3.

Henry Ricketts competing in the same age group placed 3rd in the 200m in 27.4s, 6th in the high jump clearing 1m 10 and finished 1st in the long jump with 5m 24.

Peter Whiting threw the javelin 25m 01 to place 4th in the over 35 age group. His over 50 high jump of 1m secured 5th and his 200m time of 32.3s secured 4th in the same category.

Andy Catton competed in the 3000m for over 60 men and finished 2nd in a time of 12.11.0. The team finished 7th on the evening and 5th overall for the season. Barnet and District will represent SCVAC at the end of season finale.

A big thank you to all who participated, officiated and supported the team over the 2016 season.

#### **Battersea Park 5k Races**

On the same evening Gary Floate took part in the Sri Chimnoy Battersea Park 5k and was pleased with his time of 20.16 which placed him 63rd in a good class field of 168 runners. The following evening in a much more low key Veterans AC 5km Championships. Ilford AC had 5 runners in a field of only 45 runners and recorded the following results.

Steve Philcox, 4th in 17.37 (M50 Gold), Steve Parker 19th in 22.10 (M60silver), Dianne Crisp 26th in 24.27, Julie Gillender 38th in 28.24 (F45 Bronze), Pam Jones 42nd in 31..17 (F80 gold and age group course record).

