



Valentines Park 5k

Sunday 25th September 2016

Ilford AC enjoyed some marvelous success in the last race of the increasingly popular 7 race Elvis summer series by providing both the men's and ladies' race winners as well as the Ilford men scooping both the team race and series prizes. Hosts East London Runners provided a carnival atmosphere for the Valentines Park Charity 5k fitting for the series grand finale as an Ilford AC squad turned up in force with the Club's men going into the race neck and neck with East London Runners in this winner take all battle.

An excellent duel soon developed at the front of the field of nearly 250 runners with Ilford's young star Ahmed Abdulle, veteran Amin Koikai and an unknown but obviously very talented



runner from California, Will Drinkwater, setting the pace. It was Abdulle who had raced only the day before at the county relays, and Drinkwater who finally broke away towards the end of the first lap with Koikai finally having to let them go.

Drinkwater looked dangerous and was still sitting on Abdulle's shoulder as they passed the tennis courts with just over 800 metres to go. It was just after this that Abdulle made his move using his

track speed to kick clear and come home comfortably ahead in 15.42. Drinkwater finished some 12 seconds adrift followed in by Koikoi who posted 16.17 for 3rd and 1st male over 40 home.

The Club demonstrated its considerable strength in the veterans section with Malcolm Muir coming in 7th in 17.0 for the 2nd fastest over 40 run of the morning followed by Steve Philcox in 11th who took the over 50's prize with his 17.24. Just behind him there was yet another excellent run by an Ilford over 40 with Paul Holloway coming in 12th in 17.29. Usamah Patel was 14th in 17.36 to complete the scoring 6 for the Ilford Elvis team thereby managing to pip East London Runners by 1 point in the Series competition. Ilford's first 3 home comprising of Abdulle, Koikai and Muir also took the race team prize.





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In the ladies race Ilford ACs 15 Year old latest starlet, youngster Jordan Hinds, took the honours, coming off a track season, running 400s and 800s, with great success. Jordan went off slowly being caught up at the start of the race and was 5th place after the first lap. In the second lap, Jordan picked it up and started to catch up the female athletes in front of her and outsprinted the field to win the female race in a great time of

20:32. This was a big personal best and a great achievement for a 15 year old girl to take on and beat the entire adult field and once again bodes well for the up and coming cross country season. She was well supported by Zuzana Sinalova, 7th lady home in 21.49, Nicola Hopkinson 16th lady in 23.56 and Dianne Crisp, 23rd lady in 24.39.

The ladies team, often under strength for many races during the series, nevertheless fought well to finish 3rd in this race and 4th in the Elvis competition.

There were many other excellent performances and some seasons best among the rest of the Ilford contingent whose gun times and positions were as follows:-

Robin McNelis, 18.47 (25th), Rohan Alexander 19.44 (37th), Terry Knightley 21.0 (59th), Bradley Brown 21.03 (61st), Declan Cullen 21.55 (82nd), Billy Green 23.04 (106th), Ernie Forsyth 23.20 (109th), Satha Alaga 23.24 (11th), Dennis Briggs 23.38 (115th), Steve Cheal 24.25 (131st), Pathrose Louis 24.28 (132nd), Suki Jandu 27.34 (181st), Julia Galea 26.33 (33rd), Nichola Fairbairn 28.01 (48th), Rachel Halpin 28.15 (52nd), Julie Gillender 29.31 (63rd), Carol Muir 30.04 (69th), Pam Jones 30.34 (75th).

The Elvis series now concludes with the Presentation evening to be held in Wanstead on the 7th October. Amongst the prizewinners are the following athletes:-

1st Male Team - Ilford AC, 1st MV40 Paul Holloway, 1st MV50 Steve Philcox, 1st MV60 Andy Catton,

The Series which goes from strength to strength now looks forward to its 10th anniversary next year where fittingly the founders Ilford AC will be in the Chair.

Ilford Youngsters Triumph at Weekend

Ilford AC Youngsters competed over the weekend with great success. The first big Cross Country race of the season was the Essex relays, held in Hockley. All the major Essex Clubs were competing and there was a large turnout. Ilford entered 2 Teams in the u15s Boys race. In the A team, Farris Patel ran a great opening leg to run the 6th Fastest time of the day in 9:05 and bring Ilford in 3rd Position. Aaron Samuel ran the second leg and went off very



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quickly to catch up the 2 leading teams. Aaron has missed some training over the summer but he ignored that fact and went away from the field to run an outstanding leg and give Ilford a big lead. Aaron showed how much potential he has by running the 2nd fastest time of the day in 8.57.

The final leg runner was Mungo Prior, who powered round the course in 9:00, the 5th fastest time of the day, bringing Ilford home by some distance and being crowned Essex Champions. This performance bodes well for the rest of the Cross country season.

In the B team, 11 Year old Matthew Hick ran the first leg against much older athletes and ran a very promising 10:21 to bring Ilford home in 11th Position. Matthew handed over to Bradley Deacon, who as usual ran very well in 10:41, to hand over to Jack Halil. Jack, more custom to running shorter distance, ran a great leg at 10.14, to bring Ilford home in 13th position. It was great to see Ilford have so much depth at the U15 Boys age group.

Berlin Marathon.

Sam Rahman of Ilford AC traveled out to Berlin at the weekend to compete in the 43rd staging of the city's marathon. The course is regarded as one of the fastest in the world and this was confirmed by the winner's, Kenenise Bekele of Ethiopia, time of 2h 03m 03s, the 2nd fastest time ever. Rahman made good use of the flat course and the warm sunny windless morning and ran a well judged steady race going thru halfway in 1hr 26 mins. He kept the pace going in the second half to finish in 2hrs 51 mins 38secs (gun Time), 2hrs 50mins 36 secs (chip time), a new personal best time by over 2 minutes, to finish 701st overall out of the 36000 plus finishers.