



Ilford Athletic Club Press Report

Orion Forest Five – ELVIS Race 2

On a fine Saturday morning over 230 entrants gathered for this five mile off-road race through Epping Forest, the second round of the East London Interclub five Series (ELVIS).

Ilford AC put out a team of 23 and had a highly successful morning sweeping the team awards and winning four individual trophies.

Heading home the squad was Malcolm Muir taking second in a rapid 27mins 58secs, while Spencer Hempsted was in 4th with 28m 22s winning the 1st M40 trophy. Steve Philcox continued to show excellent form in 5th with a time of 29m 08s and Kevin Wooton closed the scorers for the open team event in 13th recording 30m 20s.



On the ladies side Krystle Balogun finished 3rd on her club debut in 34m 50s which placed her 50th overall. Breege Nordin was next home in 36m 29s and won the F55 cup. The other team scorers in their winning foursome were Mel Jones and Jenni Sheehan who crossed the line together in 37m 50s placing 100th and 101st overall respectively

Kevin Newell had a consistent run for 16th with 30m 58s and Tony Hyde placed 34th in 33m 27s. Another newcomer to the team Bradley Brown finished 38th with 33m 48s and Richard Mould returned from injury to record 34m 08s in 40th. Another on the comeback trail from injury and illness was Dianne Crisp in 123rd with 39m 10s.



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Other Ilford runners in action were: Steve Parker (67th 36.04) Paul Emery (102th 37.52) Rob Sargent (110th 38.26) Martin Clarke (122nd 39.08) Declan Cullen (1236th 40.00) Satha Alaga (165th 43.03) Steve Cheal (171st 43.37) Pam Jones (202nd 47.43) Carol Muir (49m 15s) Julia Ridley (56m 53s)

Report by Hank in the Bushes

Pictures

Ladies L - R Breege Nordin, Krystle Balogun, Jenni Sheehan & Mel Jones

Men L - R Spencer Hempsted, Malcolm Muir & Steve Philcox

Most of you feature in the photos here.

<http://www.flickr.com/photos/orionflickr/sets/72157633855825938/>



Results:-



[Orion_Harriers_Forest_Five_1st_June_2013.xls](#)