



## Press Report - Dagenham 88 5k - Elvis Leg1

A massive turnout of 29 runners from Ilford Athletic club stormed the trails of Eastbrook End Country Park on Wednesday evening over a 5k course comprising 3 laps set by host club Dagenham 88 Runners. At least I counted 29 going out but only 27 came back - poor ol' Frank got shot down, and Kevin W was still awaiting his Ilford wings.

Despite a titanic dogfight with local rivals East London Runners in both the mens and women's races, it was the Ilford Club who eventually emerged victorious. Even the cunningly disguised plan hatched by the Muir siblings, Malcolm and Carol, to gain the women's team some extra points proved unnecessary as "The Ilford" dominated the skies in the first race of the much heralded Elvis series....

Clever though it was to swap their race numbers race director Jennifer Akroyd quickly deduced that it may not have been the female version who occupied 2nd place overall in a time of 16.24. No it was the male counterpart Malcolm who superbly brought the squadron home with veterans Spencer Hempsted (note hopefully correct spelling of 1 p no a) ,16.53 and 4th overall (1st vet) and Steve Philcox, 5th in 17.01, lending some admirable support . Kevin Newell 9th, 17.52, Sam Rahman, 10th 17.58, and Tony Hyde, 26th 18.48, completed the scoring. Such was the strength of the Ilford men that Neil Crisp proved an admirable tail gunner in running 18.55 to win the male vet 50 prize yet failed to score for the team a 7th Ilford man home in 18.50. Anyway enough of this Battle of Britain metaphor- its enough to make a chap grow a ridiculous Biggles moustache - lets get on with the report.





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Coach Rob Sargent forsook his alter ego of Hank in his native habitat of bush concealment to “come out” in a half decent 22.29 - this after previously going into auto-pilot and declaring himself a Dagenham 88er on his entry form - well you can take the boy out of Dagenham etc.

Talking of bush concealment it was originally thought that Breege Nordin may have shown a bit too much in her warm up but had recovered her composure sufficiently to lead the Ilford Ladies home in 21.57 and win then fv55 category in the process. Hot on her heels was the ever improving Jenni Sheehan who registered a new pb of 21.57 being cruelly denied yet another crushing of super mum Di Crisp absent due to illness. Mel Jones registered 22.05 and likewise came through the field strongly to gain a mention in this report despite some adverse jibes concerning the author’s newly grown facial hair. Returning from a recent trip to China and with accompanying little training Nicola Hopkinson closed the winning ladies team in a respectable 23.45.

Other Ilford runners who completed the course (eat ya heart out Frank McGowan) are now celebrated in the please try harder other times and positions section:-

34th Rohan Alexander 19.44, 37th Andy Catton 19.56, 41st Bradley Brown 20.06, 60th Stephen Parker 21.09, 82nd Paul Emery 22.12, 93rd Martin Clarke 22.44, 102nd Alun Jones 23.13, 111th Declan Cullen 23.36, 141st Satha Alaga 25.17, 151st Stephen Cheal 25.47, 155th Rachel Allen 26.03, 165th Carol Muir 27.25, 180th Pam Jones 28.59, 182nd Natalie Felix 29.59. 200th Meredith Floate 33.25.

Report courtesy of Adolf, Dave Bedford lookalike,118, Mad Axe Murderer I’ve heard them all