



Havering 90 Midweek 5km

It was another good evening for Ilford AC at Harrow Lodge Park last Tuesday evening at round 3 of this summers East London five Interclub Series (ELVIS). The race was over 5km on a grassland course around the park which made for slower times than on a road circuit. The club won five individual trophies and the mens team prize, while the ladies were a close second to the strong Eton Manor quartet.

Spencer Hempstead took the overall victory in 17 mins 12 secs, with the in form Steve Phicox a close second in 17m 27s. Sam Rahman posted a fine run for 9th in 18m 27s and Kevin Wooton 9th with 18m 36s. His performance won him the M40 category. Kevin Newell, who ran with a slight injury, came home 14th in 19m 14s and James Roberts was one place back with 19m 21s. These were followed home by Bradley Brown in 27th (20.23) Andy Catton 29th (20.25) and Rohan Alexander 31st (20.32)

Krystle Balogun was the pick of the ladies team finishing an excellent 2nd, 26th overall, in her best run since recently joining the club in 20m 17s. Bree Nordin gave another solid performance for 7th and 1st F55 in 22m 01s and Mel Jones 8th and Jenni Sheehan 9th in 22m 07s and 22m 20s respectively. Nicola Hopkinson returned to the team after a recent spell on injury to finish 102nd overall with 24m 06s.

Other runners:- Steve Parker 55th (21.40) Paul Emery 65th (22.07) Declan Cullen 92nd (23.41) Alun Jones 100th (23.53) Satha Alaganandasundaram 115th (24.55) Peter Spelman 124th (25.33) Carol Muir 156th (28.20) Pam Jones 162nd (28.51) Pete Whiting 166th (29.08) Meredith Floate 186th (33.42)

Report by Hank in the Bushes

BMAF 5km Horwich

John Batchelor was the only Ilford AC member to travel north for the British Masters 5km road championship at Horwich, just outside Manchester. All the age groups, male and female, race at the same time so the 3 lap course is busy throughout and each lap ends with a stiff climb. John put in his usual gritty performance to finish in a fine time of 20m 34s to take the bronze

medal in the M70 age category.

Report by the Man in the Shadows



