



NEWMAN HILLY 5 - 3RD JULY 2013

On a warm muggy Wednesday evening Ilford AC staged the annual Newman Hilly 5 race on the trials of Hainault, which commemorates the life of Newman Sargent, an Ilford AC member, who died tragically young of cancer in 2002. The club did him proud providing both individual winners and taking both team prizes.

The race, which was also the 4th leg of this summers East London five Interclub Series (ELVIS), was won in fine style by Ilford's Malcolm Muir in 27m 26s after a close battle with Billericay's Crispian Bloomfield. Spencer Hempstead came home 4th in 28m 19s to take the V40 category prize while Steve Philcox was 7th with 29m 05s. Next home was Kevin Wotton in 30m 28s for 13th with Sam Rahman next over the line in 30m 43s. Robin McNelis closed out the scorers in 18th in a field of 208 finishers with 31m 07s.

Paul Holloway returned from a hamstring injury with a fine run in 25th recording 32m 04s, while Neil Crisp, another just back from injury finished in 32m 27s for 27th and Rohan Alexander was 33rd in 33m 17s.

On the ladies side recent recruit Krystle Balogun tasted victory for the first time winning in 34m 16s, finishing 42nd overall. Breege Nordin won the V55 category placing 4th with 36m 18s and a strong finish from Mel Jones moved her up to 5th with 36m 38s and the F45 category trophy. Jenni Sheehan completed the scoring team in 36m 44s for 7th lady and 73th in the race. Dianne Crisp was in good form for 11th, 3rd in the F45 grouping and 96th spot overall in a time of 38m 42s.

Other Club Finishers: Bradley Brown (39th 33.59) Colin Douglas (67th 36.23) Martin Clarke (103rd 39.17) Alun Jones (106th 39.33) Declan Cullen (110th 39.43) Satha Alaganandasundaram (142nd 43.08) Eileen Sheridan (147th 43m 54s) Steve Cheal (154th 44m 54s) Ray Rawlinson (158th 45m 41s) Rachel Allen (45m 53s) Carol Muir (168th 46m 54s) Pam Jones (177th 48m 02s)

Report by Hank in the Bushes

Pictures form Hilly 5



Ilford AC Press Report Week Ending Sunday 7th July 2013

Ladies Team - L to R [Breege Nordin, Mel Jones, Krystle Balogun]

Mens Team - L to R [Spencer Hempsted, Malcolm Muir, Steve Philcox]

ORION HARRIERS FOREST 5 - SATURDAY 6TH JULY

3 Ilford AC intrepids braved the 2nd race of the notorious Orion "Ups n Downs" Forest 5 series in the searing heat of Saturday morning. Steve Philcox faired the best of the bunch and was top male 40 vet crossing the line in 9th spot in 29 mins 32 seconds. A fresh faced clean shaven Martin Clarke improved on his 1st race time clocking 38.50 for 57th which was good enough for top male vet 60 spot on the day. After his brief flirtation as club photographer Billy Green returned to the serious stuff of racing to record a creditable 42.03 for 84th. Crispian Bloomfield of Billericay for once found his way successfully round the course sporting a number and headed a field of 142 with a good time of 27.43.

Report courtesy of Tubs in the Shrubs.

Woodford Green Open Meeting - 2ND July 2013

Three runners from Ilford's endurance squad took part in this meeting to test their sprint speed.

In the first heat Krystle Balogun put in a storming run, particularly down the back straight, to take 2nd in 65.63 secs

closely followed over the line by Bradley Brown with 67.24s

Sam Rahman was in the next heat and gave a storming performance to take the race and break the 1 minute barrier in 59.82s

Report by the Man in the Shadows



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