



It has been a full week for the endurance runners of Ilford AC but despite a busy programme the summer of success continues.

Veterans AC Track & Field Championship Battersea Park 25 August

Kevin Newell was the sole entrant for Ilford in the endurance events. He opened his account by winning the VAC Championship in the 1500m. In a race he led from start to finish and recorded 4m 55.04s to win the trophy and the gold medal for the M35 category.

Newell was back on track again later in the afternoon for the 5000m, which attracted a stronger field than the 1500m, where he finished 3rd overall in 18m 10.09s. This performance won him his 2nd category gold medal of the day.

Report by the Warrior in the Stands

Barking Park 5km 26 August

Barking Road Runners' staged their annual Bank Holiday 5m in Barking Park, which incorporated the 6th round of this summer's East London five Inter Club Series (ELVIS).

The race is always popular and this year attracted 215 finishers and both the men's and ladies winners came from outside the ELVIS match. Daniel Bradley of Tonbridge won the mens in 14 mins 45 secs, while for the ladies it was Katherine Gundersen of Woodford Green in 18 m58s.

Leading the challenge for Ilford was Amin Koikai, who in rare appearance finished 4th overall in 16m 21s to win the M40 age group. he was backed up by Malcolm Muir in 6th with 16m 47s and Steve Philcox in 9th with 17m 03s. Next over the line was Sam Rahman in 10th with a new personal best time by 25 seconds of 17m 09s and 14 year old Usamah Patel with 18m 07s in 18th. One second behind was Kevin Newell, with Tony Hyde next home in 18m 14s to close the scorers. The team won the team match for the 5th time and are now unassailable at the top of the league with one match to go.

There were good performances behind the scorers with Neil Crisp 22nd, and



Ilford AC Press Report Week Ending Sunday 1st September 2013

2nd M50, in 18m 33s and Rohan Alexander 35th in a new best time of 19m 34s. Andy Catton recently moved to the M60 category and won the category with 19m 45s in 44th place.

Krystle Balogun continued to impress in her first season with the team finishing 3rd overall and leading the ELVIS race in a personal best of 19m 44s. Backing her up was Bree Nordin with 21m 07 in 5th in the ladies race and 1st in the F55 category. Dianne Crisp won the F45 age group in 12th overall recording 22m 37s and Mel Jones was 3rd in the same category and 14th in 22m 48s, closing out the team. The ladies were also winners in the team race and moved back to the top of the table, one point in front of East London Runners. This title is going down to the wire and will be decided in the last round at the Valentine's Park 5km on 29 September.

Other runners posting good times were Martin Clarke with 21m 50s, Nicola Hopkinson 23m 25s and a personal best for Natalie Felix of 25m 03s.

Also running: Bradley Brown (20-28) Declan Cullen (23-21) Ray Rawlinson (24-34) Satha Alagandasundaram (25-21) Steve Cheal (25-34) Carol Muir (27-09) Pam Jones (28-35) Sheila Sinclair (35-44).

Report by Hank in the Bushes [Picture attached]

Woodford Green Open Track Meeting

Tuesday August 27th

There were nine runners from the endurance squads at Ilford AC in action at the last track meeting of the season at Woodford

From the 'Warriors of Time' group, coached by Rob Sargent, Sam Rahman was impressive with a 1500m personal best of 4m 36.32s as he finished 2nd in his heat and later recorded his 3rd new best time in 2 days as he came home 8th in the 3000m breaking 10 minutes for the first time with 9m 53.49s. In the 400m there were personal bests for Krystle Balogun of 64.94s and Steve Philcox in 63.30s, who also recorded 4m 38.32s for 3rd behind Rahman in their heat. Also stepping down to the 400m were Kevin Wotton (64.72s) and Kevin Newell (66.28s)



Ilford AC Press Report Week Ending Sunday 1st September 2013

There were also action from Ian Gains' young athletes squad. In the 400m Jack Maher (15) continued to impress with a personal best time of 54.09s, while Usamah Patel (14) improved to 58.63s. Alex Richards ran a fine race to take 2nd in his 1500m race in 4m 16.91s, and Omar Sharef recorded 4m 36.79s.

Report by the Warrior in the Stands

