



## **Hog Hill 5km - Chingford League**

### **Tuesday 1st October**

The opening fixture of the winter's Chingford League was held on a fine evening on the tough Redbridge Cycle Circuit at Hog Hill. The 3 lap course includes 4 climbs of the steep hill on the course. Eight runners from the endurance squad at Ilford AC ran as guests in the event. There was a superb run from Krystle Balogun who finished 3rd female and 76th overall in the field of 232 in a time of 20m 48s, while top man from the club was Kevin Newell in 21st in 18m 00s. Sam Rahman put in a good performance in 28th with 18m 31s while Kieran McKenna recorded 20m 42 in 75th and in 97th was Dan Cogan in 21m 21s. Bree Nordin found the course not to her liking coming home 132nd in 22m 46s, while group coach Rob Sargent recorded 23m 05 for 141st and Meredith Floate finished in 36m 18.

## **ELVIS Presentation**

### **Friday 4 October**

Last Friday the presentation evening for the East London Interclub Five Series (ELVIS) for 2014 was held. The league is held over the summer with 7 matches between the competing clubs. This year Ilford were the dominant club winning both the men's' and ladies' team titles and picking up 5 individual awards. Malcolm Muir placed 2nd in the men's competition and Steve Philcox won the M40 category. For the ladies Krystle Balogun was the runner-up with Melinda Jones winning the F45 and Breege Nordin the F55 groups.

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## **Bournemouth Festival 10km**

### **Saturday 5th October**

At the 10 km race at the weekends Running Festival in Bournemouth which included races from children's 1.5km to a full marathon there were outstanding results from runners from Ilford AC's 'Warriors of Time' endurance squad who made the trip to the south coast resort with the runners all finishing high up in their various categories. On a spring like afternoon on a flat fast seafront course which included running up and down



the pier Kevin Newell led the club's challenge with a controlled run which placed him 3rd out of a 800 plus field in 36m 57s . Kevin Wotton was next over the line in 37m 06s, which won him the M40 group, and Neil Crisp was 5th in 37m 57s winning the M50 category and wrapping up the team honours for Ilford. Steve Parker took the M55 category with 44m 43s for 57th and Rob Sargent was 2nd in the same group placing 92nd with 46m 57s.

For the ladies Dianne Crisp showed good form for 5th and 1st in the F50 group with 46m 30s and Nicola Hopkinson placed 10th and 2nd F50 in a time of 47m 54s. Jenni Sheehan continued her return from injury recorded 48m 35s for 116th overall, while Pam Jones took the F70 honours in 57m 34s

The next morning the half marathon was held on a fine morning over a similar course but a couple of runs up the cliffs were included. Carol Muir showed the same fine form as her teammates did on the previous day running a personal best time of 2 hours 7 minutes.

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### **Southend 10km Sunday 6th October**

Another race held on a flat fast seafront course at the weekend was the Southend 10km. Bradley Brown led the Ilford AC challenge with 41m 01s for 88th out the 1136 entrants. newcomers Kieran McKenna and Dan Cogan were next up recording 42m 00s for 112th and 42m 53s in 127th respectively. Tony Partridge recorded a personal best of 48m 33s in 346th and Maran Raju finished in 48m 41s. Julia Ridley finished in 66m 25s and Robin Davis 67m 23s.