



Eton Manor ELVIS 5km

Leyton

Tuesday 17 June

Iford AC had 26 entries in the third race of this summer's ELVIS fixtures at Jubilee Park, Leyton a good night for running last Tuesday evening.

Blair McWhirter was again in top form dominating the race and taking victory in 15mins 42secs. Backing him up in 2nd spot was Tom Gardner, who put in an excellent run, with 16m 08s while Malcolm Muir took the masters prize in 5th place in 16m 36s. Steve Philcox placed second 2nd in the M40 category with 17m 12s for 10th. Kevin Newell placed 13th in 17m 44s and Sam Rahman 16th with 17m 52s and Kevin Wotton closed the scoring team in 19th and 4th in the M40 age category with 18m 10s as the club won the ELvis match and are now top of the table.

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Tony Hyde ran well for 27th in 18m 27s and Neil Crisp placed 3rd in the M50 group with 18m 40s in 34 overall.

Andy Catton was first M60 and 70th overall in 20m 40s and there were personal best times for 5km from Declan Cullen (22m 02s) and Satha Alaganandasunaram (22m 42s).

The ladies team were led by 3 runners setting new best times for the distance. Krystle Balogun finished 3rd female in 19m 38s despite taking a heavy tumble on the grass section of the course. Mel Jones finished 8th, and 2nd in the F45 category, in 21m 11s and Jenni Sheehan 10th with 21m 39s. The team were completed by Dianne Crisp finishing 18th and 4th in the F45 grouping with 23m 09s. The team finished in a close third behind Eton Manor and East London and remain in first place in the series.

New member Julia Galea recorded 27m 53s for 4th in the F55 category and local legend Pam Jones was 5th in 28m 57s.

Also ran: Mike Horsey (53rd 19.41) Bill Green (120th 22.58) Rob Sargent (121st 22.59) Steve Cheal (137th 23.49) Suki Jandu (166th 25.43) Pathrose Louis (182nd 26.30) Nicola Chester (168th 25.52) Carol Muir (178th 26.19)

City of London Mile



Sunday 22 June

On a warm sunny morning six members of the Ilford endurance squad took part in the city of London mile. The road course was fast with a few slight inclines running from St Pauls Cathedral entrance down to Mansion House, past the Bank and England and St Mary-Le-Bow Church to finish around the other side of St Paul's.

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Sam Rahman led the Ilford challenge in 27th place out of 609 finishers (who ran in 5 separate races) in 4mins 57 secs. Steve Philcox ran a personal best of 5m 01s in 36th and in 57th was Kevin Newell with 5m 16s, also a new best time.

Another athlete setting a personal best was Krystle Balogun with 5m 37s and 3rd place in the ladies race. Bree Nordin ran 6m 19s for 227th and coach Rob Sargent made up the squad in 285th and 2nd in the V60 age category

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Ilford young athletes continue their good form in these champs. Usamah Patel makes it a double in the u/17 3000m adding the schools title to his club one winning in 9-23, his training partner Ahmed Abdulle putting in an excellent last lap to take 3rd place & bronze medal in 9-28, Jack Maher up against number 2 in the country was pleased with second place & silver medal in the 800 in 2-01, Gabriel Yiadom went one better in the schools taking the u-17 100m title 11-45 & gold medal, Naomi Browne taking 2nd & silver medal in the u/17 ladies 100m in 12.8.

Report by Ian Gains

Other Events:-

Elsewhere Terry Knightley together with his partner Kim Baxter took part in the Harwich Sprint Triathlon, his first ever attempt at the 3 disciplines. The event comprises a 300m pool swim followed by a 25k bike course and ends with a 5k run mostly along the promenade at Dovercourt. Knightley, more renowned for his prolific running history had therefore based recent training on learning how to swim properly and trying to master the technicalities of the bike.

The Ilford man acquitted himself well in the sweltering heat of a very hot Sunday afternoon,



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coming 72nd overall out of 214 competitors, placing 5th in his category, a pretty good effort for a first triathlon. Knightley's total time of 1.22.10 was made up of a 7.37 swim, 53.21 bike ride and a 21.12 run.

At the Vitality Hackney Half marathon Natalie Felix had to deal with similar heat but managed to smash her previous personal best with a 2.13.12 clocking over 12 minutes inside her previous mark. There is obviously still a lot more to come.