



## **Self Transcendence 5k and Orion 5 miles**

Monday 30 June and Saturday 5th July

Ilford's Steve Philcox competed in the Sri Chinmoy Self Transcendence 5k in Battersea park last Monday evening recording a season's best for the distance in an excellent 16.42. This placed him 14th overall in a classy field of 156 finishers. He also raced on Saturday morning in the 2nd of the Orion forest 5 mile series at Chingford managing to win it in a time of 29.56 and ahead of East London's Patrick Brown and Mark Boulton.. Ilford's Bradley Brown, Billy Green and Pam Jones also ran with times yet to be confirmed.

## **Fast Friday Track meet**

Walthamstow

Friday 27 June

Orion Harriers staged a meeting of 500m and 10000m in support of the scheme to improve the standard of British performances at these distances.

However, it was Ilford AC's New Zealand runner Blair McWhirter who took the honours on the night. Blair kept with the pacemaker for the first 12 of the 25 lap race and once he stepped aside pushed on to run consistent laps to cross the line in 31 mins 43.0secs in what was surprisingly his first ever track race!

In the B race there was an excellent run from Kevin Newell who ran evenly pace throughout the race. Midpoint it appeared he was slipping off the pace as the lead group sped up but as they tired he moved up the field and a last lap sprint took him up to 2nd in a new personal best of 36 mins 14.0secs. Bradley Brown was also in action finishing in 42 mins 28.1 secs for 19th spot.

## **Brentwood 10km**

Sunday 6 July

Kevin Newell was the only runner from Ilford AC in this new event raced over a challenging rural course around the picturesque Blackmore village. Newell continued to show good form coming home 11th in 36 mins 28 secs in a race won by Grant Twist of Chelmsford.

## **Regents Park 10km**

Sunday 6 July

Carol Muir from the Ilford AC endurance squad took part in this flat, fast 3 lap race around London's Regents Park. She came home in 54 mins 23 secs in 207 place, and 58th female, in



a field of 339 finishers. Her time was just seconds off her best for the distance.

## **5K Your Way - Hackney Marshes**

Wednesday 2 July

On Wednesday 2nd July, three Ilford runners represented 'Team Redbridge' in the '5K Your Way' event at Hackney Marshes.

A well turned out event of 800 runners representing Public Sector Employees from the local London Boroughs contested the race. Declan Cullen ran an unconfirmed 22:00 while Billy Green beat his P.B by over 25 seconds with 22:29 and Satha Alaga completed the places with 22:59.





