



Newman Hilly 5

Chigwell Row

Wednesday 16 July

On a warm summers night Ilford AC staged the annual Newman Hilly 5 mile race, which incorporated the latest round on the ELvIS Summer League, on a challenging course around Hainault Forest.

Ilford's man in form Malcom Muir took the honours with an excellent victory in 28mins 06secs. Steve Philcox backed him up in 6th place , and 3rd in the M40 category, in 29m 2-11s with Kevin Newell also showing good form 9th overall in 29m 48s. Kevin Wooton was 4th in the M40 age group and 15th overall in 30m 56s with Sam Rahman one place back with 31m 02s. Neil Crisp completed the Ilford's mens team in 20th and 4th in the M50 category in 32m 13s as Ilford won the league match and remain top of the ELvIS table with 3 matches to go.

Krystle Balogun repeated her victory of last year in 33m 21s and 26 overall in a field of over 200, with Jenni Sheehan putting a gritty performance to take 5th in 36m 55s. Bree Nordin returned to action after illness finishing 11th lady and won the F55 group in 37m 54s and Dianne Crisp, who has also been under the weather of late, completing the scorers placing 22nd lady and 112th overall in 40m 52s. The team were beaten into 2nd place in the match by a strong East London Runners side and have slipped to second in the league

Two more Ilford men on the comeback trail after injury are Kieran McKenna 40th in 35m 01s and Terry Knightley placed 54th in 36m 28s, while Rob Sargent was 4th in the M60 category in 39m 52s and Julia Gales 6th I the F55 group in 47m 01s.

Also run: Bradley Brown (70th 37.54) Colin Douglas (81st 38.04) Declan Cullen (94th 39.09) Billy Green (99th 39.43) Peter Spelman (136th 43.29) Rachel Green (142nd 44.25) Carol Muir (154th 46.05) Suki Jandu (156th 46.09) Pam Jones (190th 52.10)

Harlow 10

Harlow

Sunday 20 July

There was more success for the endurance squad of Ilford AC at Harlow on a hot, humid Sunday morning. On a fast, gently undulating course on quiet country lanes and traffic free cycle paths around the town Kevin Newell led the team home in a fine 5th place in 60 m 14s.



Sam Rahman was next home in 8th in a new personal best time of 60m 45s while Steve Philcox closely the team on place back in 60m 59s, placing 2nd in the M40 class. The trio easily won the team trophy.

Anniversary 5

Olympic Park, Stratford

Sunday 20 July

Four members of Ilford AC were among the 7000 in this mass participation run around the newly refurbished Olympic Park in Stratford. Bill Green finished in 42m 36 with Rachel Allen right behind him recording a new personal best of 42m 37s. Carol Muir recorded a good time of 43m 35s while Stuart Bennett racewalked the course in 76m 40

