



## **Orion Forest Five**

Epping Forest

Saturday 2 August

On a muggy Saturday morning 250 lined up for the Orion Harriers run on the trails through Epping Forest, the race incorporating the fifth fixture in this summers ELvIS league.

Leading the Ilford AC challenge was Malcom Muir in an excellent 2nd spot with 28mins 27secs. He was backed up by Steve Philcox in 7th with 29m 35 and finished as 3rd in the M40 group and the in form Kevin Newell in 10th in 30m 01s. Sam Rahman showed well in 17th in 30m 32s and Kevin Wotton placed 19th with 31m 13s. Neil Crisp completed the sides scorers in 29th and 4th in the M50 category in 31m 59s The side placed 2nd behind a strong East London team and narrowly lead the table with matches left at Barking Park and Valentines Park.

The Ilford ladies were under strength with 3 of their leading runners unavailable. Bree Nordin placed 10th and took the F55 trophy in 37m 20s while Dianne Crisp placed 26th in 40m 52 and Nicola Hopkinson 32nd with 42m 01s. Rachel Allen completed the scorers in the side with 44m 35s for place 40th in the ladies race. The team finished 4th in this match and are second in the league behind East London Runners.

Kieran McKenna had a good run coming home 54th with 34m 07s, while Andy Catton won the M60 age category in 62nd with 35m 10s. Team coach Rob Sargent finished in 39m 52s for 118th and 4th in the M60 grouping and Julia Galea was 4th in the F55 category in 47m 22s.

Also running were :- Bradley Brown (107th 38.37) Billy Green (126th 40.23) Steve Cheal (143th 41.51) Peter Spelman (169th 44.33) Suki Jandu (186th 46.12) Nicola Chester (195th 46.58) Carol Muir 9205th 48.00 Pam Jones (222th 50.41)



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