



Valentine's Park 5km

Ilford

Sunday 28 September

Ilford AC fielded no less than 26 athletes in the local Sunday's Valentines Park 5k and event co hosted with East London Runners. It was a very successful day for the Club with 9 finishing in the top 20. Warm sunshine greeted the field of over 200 runners in what was also the final fixture of a very successful ELVIS summer series, a grand prix event comprising 7 local races between 8 competing local Clubs.

Tom Gardner was always in the leading pack and took control of the race on the second of the two laps to win in 16mins exactly. 16 year old Ahmed Abdulla was close in second in a new personal best of 16m 09s. The ever reliable Malcom Muir was 4th with 16m 53s taking the M40 category prize, while another 16 year old also recorded a personal best in 6th spot with 17m 04s. Steve Philcox placed 8th and second in the M40 grouping with 17m 26s and Kevin Newell continued to show good form ahead of his run in next month's Dublin Marathon, in 9th with 17m 36s. Kevin Wotton came home 16th in 18m 18s , Tony Hyde 17th with 18m 19s and Neil Crisp placed 2nd in the M50 category in 20th with 18m 30s.

The men were completely dominant in the team match retaining the ELVIS league title they won last year after a season long tussle with East London Runners

In the ladies match there were also good performances from the Ilford team. Krystle Balogun came home second in a new personal best of 19m 40s, while Jenni Sheehan moved through the field on the second lap to finish 5th in 20m 50s, which smashed her previous best time for the distance by 45 seconds. Bree Nordin was again the F55 group winner in 21m 32s for 9th lady and Mel Jones gave a brave performance to finish 15th despite being troubled by an Achilles tendon problem in 22m 52s and won the F45 category.

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The ladies finished a close second to East London in the ELVIS match and East London came out worthy winners for the season competition.

Veteran Peter Ryan, more renown for his Racewalking exploits , won the M60 age group in 20m 27 in 49th overall while 78 year old Gerry Pells had a run out finishing in 34m 08s. Another notable prformance came from Carol Muir who equalled her personal best of 25m



55s finishing 139th.

Also in action: Kieran McKenna (26th 18m 59s) Rohan Alexander (32nd 19.26) Declan Cullen (91st 22.53) Billy Green (104th 23.47) Steve Cheal (121st 25.01) Suki Jandu (129th 25.26) Nicola Chester (145th 26.48) Sharon Honey (148th 26.58) Julia Galea (153th 27.27) Pam Jones (161st 29.07)

ESSEX CROSS COUNTRY RELAY CHAMPS 2014

Ilford had 2 teams at these championships held at Hockley last Saturday both competing over 3 legs each of 3k.

U/17 team

Jack Maher, the Club's track specialist opened on on Leg 1 coming home in 12th place but still not too far adrift of the leaders. This meant that on Leg 2 Usamah Patel had the task of pulling back the lead putting in a excellent run and bringing the team up to 4th place in a tight finish. This left Ahmed Abdulle on the anchor leg to give chase. Having one of Essex top athletes George Elliott of Chelmsford with him he broke him about half way through the last leg to bring the team home in 1st place & champions



U/13 Team

This team who have only been together for a short time & never run in a event like this before were outstanding coming home in 3rd place for the bronze medal. On Leg 1 Arun Manget got them off to a excellent start,with Bradley Deacon on Leg 2 holding it together. This left Manraj Gill on the anchor leg to bring the team home for this superb performance.

Walkers News

Folks,

Iford AC walkers were in action on Wednesday at Birmingham's Cannon Hill Park within sight of Egbaston Cricket Ground, for the annual 10 Kilometres' Championships of both the British Police and Civil Service. These 2 separate events were held in conjuction over 6-and-half laps on a sunny afternoon but using a course with fallen leaves and conkers spelling danger with possibilities of athletes turning ankles on such obstructions.



Press Report 30th September 2014

Overall winner was Sussex policeman Gary Witton, one better known as an accomplished steeplechaser, in 51.47, with fellow early pace setter Pete Ryan (Essex Police) 2nd in 53.46. 3rd was stalwart John Hall (Civil Service) in 56.32. 4th was Civil Service Walking Secretary Steve Uttley in 57.23 who started well, but eased back after a caution late into lap 2 from a fussy judge. Uttley rallied well to edge ahead of Stuart Bennett (Metropolitan Police) who clocked 57.23. Former Ilford AC members John Llewellyn (7th) & Gary Smith (9th) represented their Organisations as did Civil Servant Bob Dobson, 18th in 68.49, who has more appearances in this event than anybody else!

Medals were claimed by Ilford AC members, as the 2nd Police athlete was Ryan, and 2nd Civil Servant was Uttley. Bennett was 3rd in the Police stakes and was in the Metropolitan Police team which retained their British Police Championship, with 2nd placed Essex Police including Ryan in their ranks.

On a hot Saturday afternoon at the delightfully situated Hemel Hempstead track, the Enfield League held their annual "One Hour" race in which competitors have an hour to race walk as far as they can. Clear favourite was star teenager Callum Wilkinson (Enfield & Harringey AC) who opened a small gap over Ilford's protagonist Francisco Reis in the early stages before hotting-up his pace just before halfway when storming to victory by covering an impressive 12,860 metres, as Reis came 2nd with 11,579 metres under his belt. Captain Steve Uttley walked soundly to reach 10,603 metres and 6th spot, while Team Manager Stuart Bennett's 10,120 metres secured him 7th position.

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