



Dagenham 5 mileish ELvIS

Wednesday 1 July

Ilford AC were out in force for the 4th leg of this summer's ELvIS series held on a very hot evening in the Eastbrookend Country Park in Dagenham. Leading the way for the club in the 2 lap 4.8 mile race was Malcolm Muir who finished 5th and 1st in the M40 group, despite still being troubled by a stomach problem, in 28mins 19 secs. A stride behind him was the improving Sam Rahman with 28m 20s with Kevin Wotton putting in a fine run or 8th with 29m 35s. Tony Hyde took the M50 category title in 12th in 30m 24s. Steve Philcox came home 16th in 30m 51s and Neil Crisp was 1 place and 1 second behind him to complete the scorers. The team finished 2nd in the match behind the powerful East London side.

Krystle Balogun made her first league appearance of the summer and made it count finishing 2nd lady in 32m 07s, with Jenni Sheehan backing her up in 5th spot with 36m 33s and Bree Nordin 7th and once again 1st F55 in 36m 40s. Nicola Hopkinson recorded 41m 48s to complete the scoring team who like the men were 2nd to East London.

Also running: Terry Knightley (22nd 31.44) Rohan Alexander (29th 32.23) Steve Parker (53th 35.33) Declan Cullen (66th 36m 45s) Bill Green (81st 39.39) Rachel Halpin (99th 41.56) Pathrose Louis (107th 42.29) Doris Gaga (11th 42.53) Victoria Morgan (120th 44m 13s) Suki Jandu (122nd 44m 56s) Julia Galea (126th 45.43) Carol Muir (139th 49m 10s) Pam Jones (140th 19.19)

Orion Forest Five

Saturday 4 July

The second of Orion Harrier's summer five mile off-road races was held in Epping Forest on Saturday morning. The small squad from Ilford AC were headed by Bradley Brown who came home 42nd out of the 113 finishers in 38mins 52secs. Rachel Halpin recorded 43m 09s for 70th spot, while Victoria Morgan finished in 44m 13s for 75th. Pathrose Louis was 83rd in 44m 59s and Bill Green clocked 46m 39s in 92nd.

Brentwood 10km

Sunday 5th July

This years Essex 10km Championship was held in conjunction with the Brentwood 10km held on a fast rural course based in the village of Blackmore. The race took place on a surprisingly rainy morning and the Ilford AC challenge was headed by Sam Rahman in 24th spot in a new



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personal best of 35m 46. Next home, also recording a personal best, was Paul Holloway in 40th place in 37m 23s, while Robin McNelis placed 46th in 37m 44s.

Steve Philcox had a good run for 47th with 37m 59s and Kevin Wotton and Neil Crisp both were given 38m 23s for 56th and 57th respectively.

Bree Nordin was the first Ilford lady with 44m 41s for 152nd and 16th lady. Bree again claimed the F55 category county gold medal. Jenni Sheehan placed 25th in 45m 53s and Nicola Hopkinson was 247th overall in 50m 46s

Pam Jones took the bronze Essex medal in the F65+ group recording 62m 27s.

There were also new best times for the distance for Declan Cullen with 46m 59s and Doris Gaga in 52m 59s

Also running were: Terry Knightley (65th 38m 59s) Steve parker (149th 44.34) Bradley Brown (156th 44m 52s) Rob Sargent (214th 48m 31s) Bill Green (247th 50.14) and Julia Galea (317th 56.06)

In the Essex county team competition the men placed 9th and the ladies 5th

There were 414 finishers.

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Bewl 15

Sunday 5th July

On Sunday Ilford AC's superveteran Graham Williams travelled to Bewl Water, in Sussex to compete in the very muddy Bewl Water 15 .Despite a torrential downpour the Ilford man was pleased to come away with a resounding success picking up the silver medal in the over 75 class.

Dulwich 5k

Thursday 25th June

Three athletes from Ilford, ventured across to South London to take part in the Dulwich 5k the



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previous Thursday. The field was not as strong as in former years but was still won in a brisk 16.10, by Alex Gibbins of Blackheath. Ilford were represented by Bradley Brown, and Gary Floate, making a welcome return to competition together with his wife Meredith Floate.

Bradley and Gary were close throughout the race, with Bradley just ahead for the first two laps, Gary went past Bradley at the start of lap three and held a small gap to the finish. Gary clocked 22.33 for 83rd place with Bradley close behind in 22.42 for 85th. Meredith was surprised by the fast start of the race and took a while to get into her stride, but by the third lap she was flying along and crossed the line in 34.17 for 149th.

Watford graded meeting

1st July

This was Ahmed Abdulle's last race before going to the English Schools Athletics champs at Gateshead on the 10th & 11th July. Seeded in the A race he found the going tough at this level but still gave a good account for himself setting a new 3000m Pb of 8mins 51secs.