



Newman Hilly 5 -ELVIS

Hainault Forest

Wednesday 15 July

There was a record field of 260 finishers for the 25th running of the Newman Hilly 5 over the trials of Hainault Forest where Ilford AC managed to field a team of 30 along with organising and marshalling the event.

Leading the way for the home club was Sam Rahman in 7th place with 29m 55s for the 5 mile course, with Paul Holloway next over the line in 30m 30s, claiming the M40 age group prize. Steve Philcox finished 13th in 30m 51s and Kevin Wotton recorded 31m 18s for 17th. Malcolm Muir, still suffering with a stomach injury, was 17th in 31m 18s and Robin McNelis closed the scorers for the mens team in 18th with 31m 42s. The men finished 2nd to the strong East London side in the ELVIS match.

Also showing good form for the men were Tony Hyde collecting the M50 prize in 32m 04s and Andy Catton who was 1st in the M60 category in 35m 10s.

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Jenni Sheehan led the ladies challenge in 7th and 65th overall in 36m 37s with Bree Nordin 8th and 1st F55 in 37m 22s. Mel Jones won the F45 grouping in 37m 28s as 11th lady and 79th overall. Victoria Morgan closed the Ilford scorers with 42m 49s. Like the men the female team placed 2nd behind East London.

Terry Knightley in 35th spot was 4th M50 with 33m 21s, while Julia Galea placed 4th in the f55 category in 46m 36s.

Also ran: Rohan Alexander (39th 33.45) Steve Parker (69th 36.45) Declan Cullen (92nd 38.08) Peter Ryan (101th 38.42) Billy Green (117th 40.44) Rob Sargent (131 41.47) Ernie Forsyth (166th 44.55) Doris Gaga (168 45.06) Pathrose Louis (169th 45.07) Stuart Bennett (170th 45.14) Suki Jandu (175th 45.44) Nicola Chester (182nd 46.28) Pam Jones (22nd 52.24) Graham Williams (229th 53.56) Kim Baxter (243th 58.58) James Huddart (257th 62.10) .

SOUTH OF ENGLAND TRACK CHAMPS BEDFORD

After his debut for Essex in the English schools champs in which the County won the overall



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trophy, Ahmed Abdulle continued his good form in the SoE champs at Bedford in the 3000m. Conditions very windy so a fast time out of the question. After a slow pace at the start Ahmed put in 3 fast laps which broke up the field, which rewarded him with the gold medal 1st in 9-00 minutes

Veterans AC 5km Championship

Battersea Park

Tuesday 14 July

Four Ilford AC members toed the line for this event held on the fast flat perimeter road of Battersea Park. Leading the way in 14th place was Rob Sargent in 23mins 33secs, his fastest time of the year, to take the silver medal in the M60 category. Also, winning a silver was Nicola Hopkinson, one place behind in 24m 03s with her success being in the F50 grouping. Carol Muir was another running a season best in 25th with 29m 17s, while Pam Jones recorded a new age group record of 29m 34s taking the gold medal in the F75 category,

Great Newham 10km

Queen Elizabeth Olympic Park

Sunday 19 July

There 9 runners from Ilford AC in the latest addition to the Great Run series, the Newham 10km. The event was held over a flat 1 lap twisty turny course around the Olympic Park and finishing with 200m of the Olympic Stadium tack. First home for the club in 36th spot was Malcolm Muir in 36mins 33 secs, which placed him 5th in the M40 group. Next home in a season's best was Rohan Alexander in 42m 22s for 333rd and Andy catton recorded 43m 30s for 483rd and 6th in the M60 category. Steve Parker was another running his fastest time of the year in 571st with 44m 11s and 5th M55 on the day.

Billy Green recorded 51m 41s and Doris Gaga managed a personal best in the crowded race of 52m 31s. Also in action were Suki Jandu (59m 00s) Carol Muir (61m 29s) and Peter Ryan who race walked the course (presumably) in 64m 13s.

