



## **Barking Park 5k**

Monday 31 st August

The torrential rain of a very unseasonal Bank Holiday Monday morning did little to dampen the spirits of runners from Ilford AC as an excellent turnout of 35 athletes braved the inclement conditions of the Barking Park 5k, the penultimate race of the ever popular Elvis 7 race series.

The Cricklefields based club were boosted by the return of former winner Amin Koikai who led the race for the first half lap of the 2 lap course, before eventually being swallowed up by the chasing pack. Nevertheless it was a fine performance for the Kenyan born veteran and his 16.50 and 5 th place gave him top male 40 plus run of the day. The Ilford men packed solidly behind him with Sam Rahman clocking 17.12 for 9 th ahead of a quartet of very strong veterans, Malcolm Muir 17.41, 11 th, Steve Philcox 17.42, 12 th, Paul Holloway 17.50, 13 th and Kevin Wotton 18.15, 19 th completing the 6 man scoring squad that won through as the top Elvis male team on the day.

Further category prizes came Ilford's way with Tony Hyde taking the over 50's with 18.17 in 20 th position overall and Andy Catton the over 60's with 20.42 in 69 th place. Although triumphant in the 6 man Elvis team competition Ilford just lost out to East London Runners in the main team race which is based on only 3 to score.

Similarly the ladies race proved to be a very close run affair between Ilford and East London Runners in the main and Elvis series competitions with the latter just prevailing in both, just 2 points separating them in the main race. Krystle Balogun battled bravely for her 2 nd place to clock 19.41 but was no match for winner Jenny Ansell 's (ELR) time of 18.35. Good support came in the shape of prolific women's over 55 winner, Bree Nordin, 21.14 and club captain Jenni Sheehan 21.15, coming home in 8 th and 9 th respectively.

There were 267 finishers with the winner Nick Shasha of Orion clocking 15.57. The Elvis series now moves on to its conclusion with Race 7 at Valentines Park on 27 th September.

Other Ilford positions with times were 23rd Neil Crisp 18-34, 44 th Terry Knightley, 19-37, 96 th Stephen Parker, 21-59, 111 th Kieran McKenna, 22-32, 115 th Billy Green, 22-40, 116 th John Mackenzie, 22-40, 117 th Declan Cullen, 22-45, 122 nd Abdi Berleen, 23-05, 126 th Nicola Hopkinson, 23-19, 129 th Zuzana Sinalova, 23-26, 149 th Victoria Morgan, 24-11, 161 st Doris Gaga, 24-54, 167 th Pathrose Louis, 25-11, 171 st Baldev Singh, 25-20, 175 th Sukhbindar Jandu, 25-30, 176 th Ernest Forsyth, 25-33, 180 th Julia Galea, 25-57, 197 th Sharon Honey,



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27-25, 200 th Carol Muir,27-34, 221 st Pam Jones,29-37, 230 th Julie Gillender, 30-12, 240 th James Huddart, 31-36, 241 st Kim Baxter, 32-18, 252 nd 193 rd Sheila Sinclair, 34-47.

### **ENGLISH TRACK & FIELD CHAMPS - BEDFORD INTERNATIONAL STADIUM -29th-30th August 2015**

After completing his 1st year at cross country and Track & Field and coming into these championships as Essex & South of England champion Ahmed Abdulle was against a very competitive field of 24 athletes from as far afield as Scotland and the Channel Islands. On a dull and wet windy day, he stayed with the early pace but had to settle for 10th place in a new Pb of 8-49 in the U/17 3000m

### **ESSEX COUNTY 10000m CHAMPIONSHIPS**

Southend

Saturday 29 August

There was more success for Ilford AC at the Essex County 10000m Championship at Southend's Garon Park track on Saturday. Sam Rahman can a well controlled race in the 25 lap event held in warm sunshine. He moved steadily through the field to finish in a new personal best of 36 mins 00.7 secs to be awarded the bronze Essex county medal





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