



### **OLYMPIC PARK 5km (ELVIS)**

A good team performance from the 28 Ilford AC finishers in this race. the 3rd round of this year's ELVIS league, saw the team produce their best result of the season in the league competition. The race was over 5km on a 2 lap twisty course to the north of the Olympic Park held last Tuesday evening and hosted by East End Road Runners.

The team were led home by Sam Rahman, who is returning to top form, in 7th place in 17m 41s, with Steve Philcox close behind in 9th with 17m 42s, a performance that once again won him the M50 category prize. Paul Holloway took the award for 1st in the M40 group finishing 11th in 17m 57s. The scoring team was completed by a closely bunched pack of Robin McNelis ,Neil Crisp and Kevin Wotton in 16th, 17th and 18th separated by 1 second with McNelis recording 18m 21s. The team won the match beating East London Runners for the first time this season.

The ladies team was still underpowered but was boosted by the return of Bree Nordin who ran her best time for the distance for 8 years of 21m 28s as she finished 5 in the ladies race and 1st in the F55 category. Next home was the in form Nicola Hopkinson with 23m 12s as 18th lady and 3rd in the F45 group, while Dianne Crisp impressed with 24m 55s in 38h spot in the ladies event. The team was completed by Julia Galea with 26m 07secs as 40th lady and 4th in the F55 category. The ladies combined to produce a third place finish in the team match.

Tony Hyde came home 20th in the race of 303 finishers in 18m 28s with Terry Knightly recording 18m 52s in 29th..

Other runners: Bradley Brown (53rd 20.10) Gary Floate (70th 21.05) John MacKenzie (117th 23.11) Ernie Forsyth (134 23.26) Billy Green (137 23.41) Satha Alaga 164th 24.21) Pathrose Louis (175 25.02) Rob Sargent ( 199 26.18) Rachel Halpin (203 26.29) Suki Jandu (209 26.45) Carol Muir (226 27.31) Nicola Chester (231 28.00) Doris Gaga (246 28.44) Julie Gillender (280 30.15) Pam Jones (280 32.15) Kim Baxter (287 33.18)

### **BMAF 5km Championship.**

Ilford had 6 runners in the recent BMAF 5k championships held at Horwich with results as follows.

Steve Parker 22:29

Julie Galea 26:22

Rob Sargent 26:45



Carol Muir 27:43

Doris Gaga 28:55

Pam Jones 31:20 silver

### **City Of London Mile - St Pauls**

8 Ilford runners achieved the following times.

Amin Koikai 4:39

Steve Philcox 5:08

Tony Hyde 5:23

Krystle Balogun 5:28

Bradley Brown 5:35

Bree Nordin 6:06

Zuzana Sinalova 6:15

Julie Gillender 8:07

### **North Downs Run**

Peter Spelman ran the North Downs Run once again as preparation for the Swiss Alpine Marathon in July. The conditions were very muddy this year after the recent deluge of rain hence he was unable to run downhill and finished in a much slower time than previously. His Chip Time was 03:50:01

### **SCVAC - Vets Match 3**

The Ilford contingent of 3 represented the Club at the Vets Track and Field matc held on 13th June at the Allianz Stadium.

Henry Ricketts finished 2nd in the 100m for 35+ athletes in a seasons best time of 13.0s. 6th place was achieved in the Discus with 22m 05. 3rd place was achieved in the triple jump with a distance of 9m 66.

Peter Whiting competed in the 100m for 50+ athletes finishing 7th in 16.1s. His Javelin throw of 18.96 placed him 8th and his triple jump of 8m 17 secured 4th place.

Andy Catton had the busiest evening finishing 3rd in the 60+ category 400m in 81.1s. He then came down to the 50+ age group to compete in the 5000m and 1500m finishing 6th and 4th respectively in times of 21.26.3 and 5.46.6.



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The team finished 9th on the evening.

Thanks to Clare Levey for officiating on the evening. The fourth and final match will be held on 11th July at Dacorum and Tring.

### **Tromso Marathon**

Declan Cullen of Ilford AC travelled to the North of Norway to take part in the Midnight Sun Marathon. Declan put in another good run over the marathon distance reaching the halfway point in 1 hr 46mins 44 secs. In the second half he pushed on overtaking a number of other runners to finish second half to finish 150th in 3hr 39mins 17 secs and was awarded the second place trophy in the M60 age group.

