



ORION Forest 5

Chingford. Saturday 2nd July.

On a warm Saturday morning 4 Ilford AC athletes were amongst the 154 runners lining up for the second in the series of 3 'Forest 5' runs organised by Orion Harriers.

The course followed a one lap route around Epping Forest with plenty of hills, and this year a lot more mud than previous years.

Leading the Ilford men home, and placing first in the M50 category with an impressive time of 31:08 was the in-form Stephen Philcox.

2nd and 3rd men home were Billy Green coming in at 41:12 and Pathrose Louis clocking 46:09.

Performance of the day though was from Pam Jones who completed her last race as a septuagenarian finishing to huge cheers with a time of 58:16.

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A club member since the 1950's, she has set many club records as well as winning county and national honours.

After the Orion Race The Club threw a surprise 80th birthday party and picnic at their Chigwell Row headquarters which was well attended by club members past and present as well as many members of the local running fraternity.

Pleshey 5. Friday 2nd July.

Carol Muir, who continued her good form of late with a time of 47:11.