



Orion Forest ELvIS Five

Saturday 6th August

The fifth leg of this summer's ELvIS series was incorporated into Orion Harriers Forest Five series over a challenging off road course over 5 miles through Epping Forest on a hot sunny morning. Thomas Grimes of East London lead home a near record field with a fine performance. The Ilford AC challenge was headed by the in-form Steve Philcox in 5th spot in 30 mins 17 secs which won him the Over-40s trophy despite competing in the over 50s category. Next home was Paul Holloway with a powerful run taking him to 9th spot in 30m 41s which was the true top over 40 run of the day and was therefore unlucky not to receive the award given to his clubmate Steve Philcox. Kevin Wotton placed 20th in 32m 00s and Neil Crisp was the second runner in the M50 category to finish in 25th spot with 32m 24s. Terry Knightley came home 53th with 35m 26s and closing the scorers for the Ilford squad was Andy Catton in 36m 12s for 63rd. With Woodford's top over 60 Dave Cox being given the over 50s trophy this meant Andy Catton received the MV60 prize. In the match East London ran out winners with Ilford being pipped by one solitary point for 2nd by the host team Orion harriers. In the league East London have a slight advantage over Ilford which means that with two matches to go Ilford must win them both to snatch victory in the Series.

Declan Cullen finished 3rd in the M60 category in 38m 12s placing 87th overall with Ernie Forsyth showing improved form in 133th and 41m 23s and Club Captain Billy Green 140th with 42m 01s.

In the Ladies race Bree Nordin again showed great form placing 7th with 37m 25s winning the F45 group trophy. Supporting her was Nicola Hopkinson who is just back in action following injury who placed 162nd with 43m 49s. Sally Gillam was able to compete as a registered 2nd claimer and came home 187th in 45m 49s while Sharon Honey closed the scorers in the match for the club with 51m 12s in 227th spot. The Ilford ladies placed 6th in the match which was good enough to hold their 4th spot in the series with East London already in an unassailable position despite the 2 remaining matches.

Also ran: Satha Alaganandasundaram (149th 42.44) Pathrose Louis (178th 44.59) Peter Spelman (215th 49.03) Suki Jandu (219th 49m 41s) Nichola Fairbairn (241st 53.19) Julie Gillender (248th 54.49) Pam Jones (254th 56.09) Doris Gaga (272d 62.10)

