



ILFORD A.C PRESS REPORT. 12th JUNE 2017

Havering 90 Midweek 5 Miles Tuesday 6th June

The second round of this summer's popular Elvis series took place on a rainy evening last Tuesday in Romford's Raphael's Park.

23 Ilford athletes lined up for The 5 mile course for the pleasant scenic 2 lap course, slightly undulating, with a nice run along the lake to take in and at one point a spectacular rainbow.

The Ilford squad equipped themselves very well in the race being led home by Malcolm Muir in 4th place with 27 mins 20 secs taking the M40 category prize. Next home in 13th place with a time of 29:00 was Stephen Philcox taking the M50 category prize.

Ilford AC mens team finished 2nd on the night with the remaining 4 scorers being Sam Rahman (19th, 30:11), Neil Crisp (22nd and 3rd M50, 30:51), Tony Hyde (24th, 30:55) and Sebastian Parris (25th, 31:04).

The Ilford AC ladies were lead home by Nicola Hopkinson in 110th place with a time of 38:22, closely followed by Dianne Crisp in 130th place with 39:12 and 2nd LV55 category prize.

The ladies team, which finished 5th on the night, was completed by Carlie Qirem (136th, 39:39) and Nicola Chester (179th 43:41).

The other Ilford AC runners on the night, who all put in good performances, were: Andy Catton (69th 35:37, 3rd V60), Dennis Briggs (70th 35:44), Stephen Parker (74th, 36:05), Billy Green (102nd, 37:47), Anthony Young (123rd, 38:44), Rhuan Gabbidon (142nd 40:10), Stuart Bennett (174th, 43:01), Julia Galea (185th, 44:17), Pathrose Louis (206th, 46:21), Carol Muir (213th, 47:29), Nichola Fairbairn (219th, 48:08), Pam Jones (248th, 52:43) and Brennie Gabbidon (264th, 57:27)



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Essex Schools Championships Saturday 10th June

Samuels on his way to the English Schools

A number of Ilford AC youngsters competed at the Essex Schools Championship at



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Chelmsford on Saturday.

The star of the show was Aaron Samuels, running in the Junior boys 1500m.

Conditions were far from ideal with quite a heavy wind so fast times were unlikely. However from the start Aaron took the lead and continued to pull away from the field , winning in a comfortable time of 4.16, nearly 100m ahead of his nearest competitor.

Aaron now hold 4 Essex separate titles in less than a year. He was part of the winning Ilford AC Essex X country relay team, he won the Essex Schools X country champs, he won the Essex Clubs 1500 and at the weekend he won the Schools 1500. As a result of these achievement, he got the call on Sunday night, confirming he had been picked to represent Essex in the English schools.

Another great performance came from Mario Dobrescu in the Junior boys 200. Mario looked superb in the Heat, running the fastest heat in just over 24.0. Mario continued his fine form to win the final and become Essex champion. Mario still has another year in this age group so Ilford has high hopes going forward

Vignesh Rameshababu only joined the club earlier in the year and is quite new to athletics. However Vignesh ran the Intermediate boys 400 and improves with every race. On Saturday he smashed his personal best to run an outstanding time of 52.71, coming 5th

Another amazing performance came from Jordan Hinds in the Intermediate Girls 800. Jordan has missed months of training due to exams, but still showed how much talent she has by coming 5th in the final. Jordan clocked 2.34 , missing out on top 3 by a few seconds. With exams nearly over I am sure Jordan will be back to her best very soon.

Mungo Prior is slowly getting back to the kind of levels he produced last year and came 5th in Intermediate Boys 3000 in 9.50, very close to the bronze medallist.

Ellie Wright competed in her first Essex Schools and ran a very good Intermediate Girls 200 and missed out on the final by one place. Her time of 28 against the wind was a very promising run

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