



ILFORD AC PRESS REPORT. MONDAY AUGUST 7th 2017

Orion Forest Five - ELvIS

Epping Forest

Saturday 6 August

The 5th round of this year's ELvIS competition was held on Saturday over a 5 mile challenging lap on the trails around Epping Forest at Chingford.

Leading the way for Ilford AC was Steve Philcox in 11th spot in 30 mins 15 secs, which saw him victorious in the M50 category.

He was backed up by Neil Crisp in 28th and 3rd in the M50 age group with 32 mins 11 secs and Dennis Briggs 75th with 35mins 46 secs.

Also in the scoring six for Ilford were Andy Catton, 83rd in 36 mins 09 secs and 1st in the M60 category.

Declan Cullen placed 94th in 36 mins 45 secs and 4th in the M60 age group and young Bradley Deacon, who on his first race at the distance recorded 39 mins 13 secs for 116th.

Bree Noordin took the the ladies F55 category prize in 37 mins 47 secs for 100th overall in a field of 300plus.

Nicola Hopkinson was 119th with 39 mins 10 secs and Carlie Qirem placed 150th in 41 mins 07 secs.

Dianne Crisp completed the ladies scoring team in 154th with 41 mins 25 secs.

There were new best times for the 5 mile distance from Tony Young in 117th in 39m 05s, Launa Broadley in 258th with 50.27 secs and Sheila Sinclair in 292nd with 55 mins 53 secs, while Diane Deacon made her club debut and first ever run over the distance in 299th in 57 mins 55 secs

Also ran: Billy Green 126th 39 23s,

Adnan Karim 127th 39.35,

Ernie Forsyth 134th 40.05,

Satha Alaga 151st 41.17,

Pathrose Louis 211th 45.24,

Rachel Halpin 235th 48.00,

Suki Jandu 259th 50.27,

Natasha Mansouri 279th 53.26

Pam Jones 286th 53.53

BMAF Long Distance Racewalk Championships 20 Miles



**Bury St. Edmunds.
Saturday 5th August**

Mark Culshaw & Ed Shillabeer took gold in their age groups
in the 20 mile category of the BMAF Championships on Saturday.













