



## **Watford Open Graded Meeting - 1500m**

*Wednesday 23rd August*

In a very close contested 1500m, where half a second split the first three, Ahmed Adbulle set a new Pb of 3:59:71 for 3rd place

## **Barking Park 5km**

*Monday 28th August*

The annual Barking park 5km, which included the 6th round of this summers ELVIS competition, was held on a sunny Bank Holiday morning on the flat fast paths of the park.

Ilford ACs Ahmed Adbulle won the race after taking the lead after a kilometre , his second win in the series this summer and powering to a personal best time of 15 minutes 37 seconds. He was backed up by Sam Rahman in 11th with 17m 38s and Steve Philcox in 13th in 17 mins 49 secs who once again won the M50 age group trophy.

Aaron Samuel, in his first race at the distance, came 14th in a time of 17m 55s.

There was a big personal best for Seb Parris who recorded 18m 19s for 22nd spot. Next home were Neil Crisp in 28th with 18m 46s and Terry Knightley with 19m 22s for 37th They finished 2nd and 3rd respectively in the M50 age category to make it an Ilford 1,2,3 in the age group honours.

The Ilford Men's team finished second in this match to the strong East London club.

Two runners who returned to the squad for the first time in a while were Abdi Berleen in 61st with 20m 10s and Frank McGowan with 20m 38s for 71st.

There were also new best times at the distance for Dennis Briggs (20m 53s 78th) Declan Cullen, who was 2nd in the M60 grouping, (21m 20s 86th) and Tony Young (22m 39s 110th). Finishing 3rd and 4th in the M60 age category were Andy Catton (21m 36s 91st ) and Steve Parker (101st 22m 12s)

First home for the Ilford Ladies was Bree Nordin placing 88th overall in 21m 30s winning the F55 group category, Nicola Hopkinson gave good support with a seasons best of 22m 56s for 124th in the race. The team was completed by Carlie Qirem in a personal best time of 23m 15s for 130th and Dianne Crisp with 24m 19s for place 153th and 3rd in the F55 category.

Also ran: Satha Alaganandasundaram (127th 23.02) Billy Green (141st 23.43)



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Steve Cheal (151st 24.13) Pathrose Louis (165th 24.53)  
Rachel Halpin (213th 27.46) Carol Muir (244th 29.35) Sharon Honey (255 31.20)  
Pam Jones (257th 31.28) Julie Gillender (266th 32.51)  
James Huddart (285th 36.28) Kim Baxter (286th 36.39)





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