



## **Pleshey Half Marathon**

*Sunday 24 September*

The Essex Half Marathon was once again held over a challenging one lap course on the country roads around the picturesque village of Pleshey, near Chelmsford, on a warm sunny morning.

Ilford AC had a squad of 7 in action with Sam Rahman, who is looking in good shape for the Chester Marathon in 2 weeks time, leading the way in 22nd spot with 1hr 20min 34 secs. Next over the line was Neil Crisp in 1h 26m 32s in 48th, which placed him 5th in the M50 age grouping. Steve Philcox came home 60th with 1h 29m 07s and Steve Parker completed the mens team as 7th in the M60 category , 207 overall with 1h 49m 25s.

There was double success for the Ilford Ladies as they took the Essex gold and silver medals in the F55 age group with Bree Nordin, 125th overall in 1h 38m 42s and Nicola Hopkinson 200th in 1h 48m 46s. Julia Galea made up the squad and found the going hard as she completed her run in 2h 07m 39s in 340th nad 10th in the category F55.

There were 434 finishers

## **Elvis Race 7. Valentines Park 5k**

*Sunday 24 September*

Despite the days fixture clash with the Essex Championships in Pleshey, Ilford AC still managed to field a strong squad of 21 athletes in the final race of the 'ELVIS' season held at Valentines Park in Ilford.

The race was hosted by East London runners, who always put on a great fixture with plenty of marshals, music and refreshments, on a warm and dry morning ideal for running.

249 runners took part in the 2 lap course which is run on gravel paths.

Although only taking home the one medal on the day, the evergreen Pam Jones who was first in the FV65 category, Ilford still gave a very good account of themselves on the day with one debutant running for the club and an astonishing 5 of the 21 runners achieving a pb on the day



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Leading the club home, in 8<sup>th</sup> position was Sebastian Parris with a PB of 18:04.

Next home was Terry Knightly in 25<sup>th</sup> place, also taking 3<sup>rd</sup> MV50 with a time of 19:30 followed by Rohan Alexander in 43<sup>rd</sup> in 20:31 with the ever improving Dennis Briggs completing the mens team scoring with a new PB of 20:53 for 49<sup>th</sup> place.

Leading the women home was Carlie Qirem in 82<sup>nd</sup> place with a chip time of 22:55 which was a PB and completes a very good first season for the club for her.

In 2<sup>nd</sup> and third for the ladies with a joint time of 24:10 for 108<sup>th</sup> and 109<sup>th</sup> place was Dianne Crisp and Gaye Van Der Vyver who ran her very first race for the club after only joining the previous week.

Other Ilford runners with positions and chip times were:-

Gary Floate 65<sup>th</sup> 21:47, Anthony Young 76<sup>th</sup> 22:42, Satha Alaga 83<sup>th</sup> 23:05, Rhoan Gabbidon 84<sup>th</sup> 23:07, Adnan Karim 87<sup>th</sup> 23:14, Billy Green 91<sup>st</sup> 23:22, Steven Cheal 100<sup>th</sup> 23:46, Frieda Keane 183<sup>rd</sup> 28:01, Carol Muir 189<sup>th</sup> 28:32, Natasha Mansouri 200<sup>th</sup> 29:11, Launa Broadley 203<sup>rd</sup> 29:20 PB, Pam Jones 1<sup>st</sup> FV65 213<sup>th</sup> 31:21, James Hubbard, 3<sup>rd</sup> MV70 229<sup>th</sup> 33:22 and Kim Baxter 239<sup>th</sup> 36:48.

### **Nottingham Marathon**

*Sunday 24 September*

John Crawley travelled up to Nottingham for the 'Robin Hood Nottingham Marathon' on Sunday.

The race starts and finishes at Victoria Park with its many mature trees lining the banks of the River Trent which cups the park.

The course, although beautiful, is one of the hillier marathons in the country and the day was hot throughout the event which wasn't ideal for running. The day before or day after would have been far better.

The Marathon runners are further impeded in their efforts at a good time at the half way stage when the larger 'Half Marathon event', which is run concurrently, finishes and the crowds disperse and the number of runners thins out as they are left to complete the final 13.1 miles.

John Crawley, although a little disappointed with his time still finished in a very credible 3:39:11 on the day.

The picture shows John with his sister, who also ran, and 2 boys at the end of the event.



## Ealing Half Marathon

*Sunday 24 September*

In one of the larger Half Marathon events of the year, over 4,100 runners took part in the Ealing Half Marathon including Ilford runner Josnara Uddin who was running her first race for the club after joining in the last two weeks.

All 13.1 miles are run on closed roads and the local community come out to support this race, which is one of the most popular on the Half Marathon circuit.

Jos was very pleased with her run and put in a very good effort of 2:11:39 to finish in 2,974<sup>th</sup> place











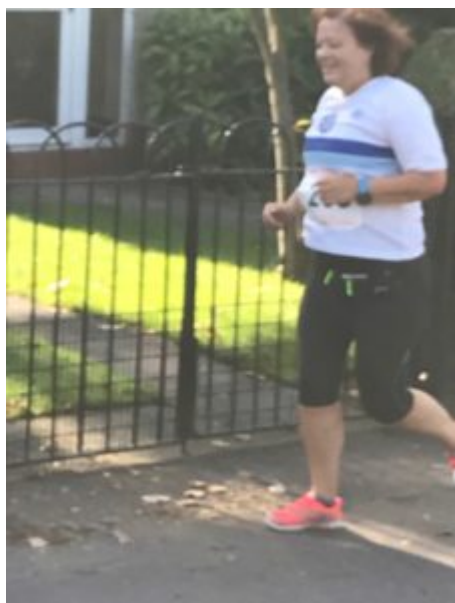
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