



DAGENHAM 5mish ELVIS

Wednesday 30 May

The 2018 Elvis series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on Wednesday Evening when Dagenham 88 hosted the first of this years 8 summer races on a 2 lap multi-terrain course of 5 miles.

Ilford AC entered a large squad in the event with Steve Philcox leading the team home in 6th place, which won him the 1st M50 trophy, in 30 mins 42 secs. He was supported by fine runs from John Crawley in 13th in 32 mins 12 secs and Seb Parris with 32 mins 20 secs for 15th. The ever-reliable Neil Crisp came in 20th in 32 mins 41 secs and second in the M50 category. Two newcomers to the team completed the men's scoring six with Dan Holeyman in 21st with 32 mins 45 secs and Julian Fabian recording 33 mins 23 secs for 23rd place. They also finished 4th and 5th in the M40 age group respectively. Rohan Alexander came home 3rd in the M50 age group in 33rd place with 34mins 25 secs.

The slightly understrength Ilford men's team finished 2nd in the match behind the powerful East London Runners squad.

Bree Nordin led home the Ilford ladies in 81st and 7th female in 38 mins 06 secs and won the F55 category. Support came from Carlie Qirem in 87th and 10th lady with 38 mins 43 secs and Nicola Hopkinson with 39 mins 34 secs for 99th and 12th female finisher. The team was completed by Gaye Young in 110th and 14th lady with 40 mins 27 secs

In the ELVIS match Ilford ladies came 3rd behind East London Runners and Eton Manor.

Also in action :- Dennis Briggs (46th 35.30) Andy Catton (55th 36.08) Alan Pearl (88th 38.58) Rhoan Gabbidon (97th 39.33) Tony Young (103rd 40.00) Adnan Karim (113th 40.40) Satha Alaga (115th 40.44) Eain Begg (131st 41.56) Anna Crawley (159th 44.16) Jenni Sheehan (162nd 44.34) Peter Spelman (169th 45.14) Sharon Honey (174th 45.20) Natalie Crisp (175th 45.28) Julia Galea (199th 48.08) Natasha Mansouri (213th 49.09) Frieda Keane (214th 49.09) Launa Broadley (227th 50.51) Julie Gillender (250th 56.40) Pam Jones (251st 57.02) Brennie Gabbidon (257th 61.43)



DORKING 10

Sunday 3 June

The 33rd Dorking 10 was run over an undulating route loops through scenic countryside with one challenging hill. A quartet from the Ilford endurance squad travelled down to Surrey to compete in the event which also incorporated the VAC 10 mile championship. Best for the team was Alan Pearl with 80 mins 56secs for 257th place, with Tony Young in 308th with 85 mins 16 secs. Next home was squad coach Rob Sargent in 395th with 90 mins 32 secs, taking the silver in the M60 age group in the VAC Championship. Julia Galea was competing in her 3rd race in 7 days found the going tough recording 1hr 43 mins 56 secs in 488th but the performance did win her the gold medal in the VAC event in the GF60 age group.

Moulton Open Race-walk

5 miles



Saturday 2nd June

CAPTAIN'S ROLE

Ilford's Walking Captain Steve Uttley was the star of the Club's turnout on a hot Saturday afternoon, for the annual 5 miles Moulton Open race.

Held on a testing out-and-back rural course in the Suffolk countryside near Newmarket, it regularly attracts big names as was the case on this occasion, as the first 3 home were recent participants in the Olympic or Commonwealth Games! For Uttley to be 6th man home in such company was a feather in his cap. In only his 3rd race after a long injury lay-off, he was always moving well on route to securing 6th spot in 48 minutes and 52 seconds.

8th man home was Mark Culshaw with 50.35 on the stopwatch, followed by stalwart Dave Kates 12th in 53.50. Veteran Bob Dobson was 19th in 58.51. There wasn't a team race, instead each finisher received a prize – traditionally handed out at random.