



Orion Forest 5 Miles

Chingford

Saturday June 9th

On Saturday morning, 5 Ilford AC athletes were amongst the 190 runners lining up for the first of Orion running clubs 3 race 'Forest 5' summer series.

The undulating multi-terrain course follows a one lap route around Epping Forest.

Leading the Ilford men home and placing first in the M50 category was Stephen Philcox with a time of 30:00 for 8th place.

Next home was Bradley Brown in 52nd place in 36:01 followed by Dennis Briggs in 78th place in 39:37

Gaye Young was the only Ilford lady competing, and she came home in 81st place in a time of 39:55

The Ilford team was completed by club captain Billy Green who came home in 87th place for a time of 40:47



Southend Half Marathon

Sunday June 10th

A squad of 10 Ilford AC runners and one guest travelled down to Southend on Sunday for the Annual Southend Half Marathon.

The race is mainly flat, apart from some undulations in the last couple of miles, and the middle 8 miles of the course takes you up and down the Southend sea-front twice where you are greeted by large crowds of locals cheering loudly. This also gives you the chance to see



Ilford AC Press Report. June 12th 2018

club mates passing on the other side of the road a few times so there were many encouraging shouts of “Come on Ilford”.

Remarkably, of the ten Ilford runners that competed on Sunday, six recorded PB's, whilst 2 others made their debut at the distance.

1st home for Ilford, and first PB of the day was Daniel Holeyman who finished in 74th place, of over 2000 runners, in a time of 1:28:35.

Daniel was followed by Dennis Briggs in 147th place in a time of 1:33:34 for the second PB of the morning.

The Ilford mens team was completed with solid runs by Anthony Young in 614th place in a time of 1:49:17 and Billy Green in 873rd place in a time of 1:56:33.

The 6 Ilford AC ladies, and guest runner who trains with the club, were all made up of ladies who joined the club as beginners to running and all of whom have gone from beginners to competing in a Half Marathon within 18 months.

First home for the ladies was Gaye Young, who along with Dennis and Billy was competing in her second race of the weekend, in 351st place and a new PB time of 1:41:54.

2nd and 3rd ladies, both with PB's and finishing closely together was Pramila Monroe in 1277th place for 2:08:16 and Frieda Keane in 1286th for 2:08:38.

Making not only her debut at the distance, but also her debut competing for the club was Alison Sale who wore the vest proudly to finish in 1399th place in a time of 2:11:43. Next home was Josnara Uddin who trains with the club. Josnara finished in 2:12:34 for 1421st place. Making her debut at the distance was Launa Broadley who was pleased to complete the distance in a time of 2:26:01 for 1727th place.

Last, but by no means least, was Brennie Gabbidon who put in the performance of the day to knock over half an hour off her previous PB to finish in 2:33:47 for 1834th



Jack Fitzgerald memorial 10k race walk

Crawley, Surrey

Saturday June 9th

2nd IN CLASS COMPANY

Mark Culshaw was the only Ilford race walker making a journey to Tilgate Park, near Crawley, for the annual Jack Fitzgerald memorial race held on a slightly over-distance 10 kilometres course on a hot afternoon. Still recovering from rib injuries, Culshaw showed class by coming a comfortable 2nd in good company, clocking 63 minutes and 51 seconds - beaten only by Sussex-based Olympian Ian Richards.



Ilford AC Press Report. June 12th 2018