



## **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 78<sup>th</sup> place in 39:37

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

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



## Southend Half Marathon

*Sunday June 10<sup>th</sup>*

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



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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.

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

Daniel was followed by Dennis Briggs in 147<sup>th</sup> 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 614<sup>th</sup> place in a time of 1:49:17 and Billy Green in 873<sup>rd</sup> 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 351<sup>st</sup> place and a new PB time of 1:41:54.

2<sup>nd</sup> and 3<sup>rd</sup> ladies, both with PB's and finishing closely together was Pramila Monroe in 1277<sup>th</sup> place for 2:08:16 and Frieda Keane in 1286<sup>th</sup> 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 1399<sup>th</sup> 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 1421<sup>st</sup> 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 1727<sup>th</sup> 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 1834<sup>th</sup>





## Jack Fitzgerald memorial 10k race walk

Crawley, Surrey

Saturday June 9<sup>th</sup>

### 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.



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