



NEWHAM HILLY 5

Hainault Forest

Wednesday 18 July

The annual Hilly 5 and latest round of the ELVIS competition was staged by Ilford AC in memory of popular club official and one time road and cross country team manager 'Newman Sargent' who lost his battle with cancer in 2002

The race is held over 2 challenging laps of an off road course, around the hills and trails of Hainault Forest.

The day was a good one for the host club as Tom Gardner ran an excellent race, in front position from the off, to win by over 90 seconds in 27 mins 49 secs.

He was backed up by the in form Gary Coombes in 4th place overall in 29 mins 46 secs, who also won the award for the 1st M40 to finish, and Steve Philcox in 6th place with 30 mins 25 secs to win the M50 category.

Seb Parris had a strong race for 12th with 31 minutes and John Crawley came home 16th with 32 mins 08 secs. The scoring 6 were completed by Dan Holeyman finishing 22nd with 32 mins 31 secs.

The scoring 6 combined to win the match for Ilford AC although the club remain 2nd in the table behind East London Runners.

Next in for the men were was Will Crossley in 30th in a time of 33 mins 27 secs, Rohan Alexander in 33 mins 54 secs for 38th, Dennis Briggs 53rd 35.48, Wayne Hick 57th 36.12 Addy Patil 99th 39.04 Steve Parker 100th 39.09, Tony Young 113th 39.55 Adnan Karim 124th 41.29, Steve Cheal 125th 41.31, Ernie Forsyth 138th 42.27 and Ray Everingham 226th 50.54

The Ilford ladies were led by the in form Bree Nordin who was the 9th female home in 38 mins 21 secs and once again took the F55 category trophy. Supporting her were Gaye Young who was 12th female with 39 mins 38 secs and Nicola Hopkinson with 39 mins 50 secs for 16th female.

The team were completed by Jenni Sheehan finishing 20th female on the day in 41 mins 38 secs.

The scoring team of 4 were 3rd in the match are remain in the same position in the league table



Ilford AC Press Report 24th July 2018

Next home for the females was Alison Sale 173rd 45.28, Anna Crawley 179th 45.51, Rachel Halpin 186th 46.47, Julia Galea 198th 47.50, Frieda Keane 213th 49.43, Doris Gaga 229th 51.47, Launa Broadley 232nd 52.39 and Natasha Mansouri 248th 57.50.





Ilford AC Press Report 24th July 2018





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CATERHAM HALF MARATHON

Incorporating the British Masters Championship

Redhill Aerodrome

July 22nd July

Ilford Ac had six athletes competing in the British Masters Championship Half marathon held on a very challenging two lap undulating course on quiet rural roads from the Redhill Aerodrome on a hot summer's day not designed for fast times and they came away with 4 podium places.

Sam Rahman finished 11th in the BMAF Championship and 15th overall to take the silver medal in the M35 category in 1 hr 23 mins 48 secs. Next home was Dennis Briggs who just missed out on the rostrum in 4th spot in the M40 group in 1 hr 38 mins 51 secs for 40th in the championship race. Club endurance coach Rob Sargent completed the mens team and just broke 2 hours finishing in 1 hr 59 mins 57 secs for 7th in the M60 age category. The team combined to take the bronze medal in the Masters Championship.

Gaye Young led home the Ilford ladies with 1 hr 47 mins 18 secs for 5th in the f\45 group,



Ilford AC Press Report 24th July 2018

while Julia Galea came home with 2 hrs 18 mins 24 secs to take the bronze medal in the F60 age group. The team was closed by Frieda Keane in 2 hours 19 mins 39 secs in 6th in the F55 category. There was also a bronze for the ladies team in the British Masters Championship.

There were 5 other Ilford AC runners in the open race with Alan Pearl having a good run for 14th overall in 1 hr 46 mins 52 secs, while Tony Young came home in 1 hr 53 mins 37 secs for 140th.

Adnan Karim recorded 1 hr 56 mins 38 secs and Launa Broadley was delighted to show that her training is going well recording a personal best time of 2 hrs 22 mins 55 secs in 235th. Natasha Mansouri completed the squad in 249th for 2 hrs 29 mins exactly.









