



## **Barking Park Bank Holiday 5km**

Elvis match No 7

*Monday 27 August 2018*

It was a successful Bank Holiday morning for Ilford AC at the annual 5km in Barking Park. The club had 32 entrants for the race, which was also the 7th match in this summer's ELVIS series, ran over a fast flat course around the park.

Leading the team home was Alex Richards in 3rd spot in an impressive time of 16 minutes 04 seconds. Next over the line was junior Aaron Samuel, who improves in each race, with a personal best time of 16 minutes 20 seconds. In 5th was Amin Kolkai with 16 mins 31 secs earning the trophy for the first in the M40 category. There was also a personal best for Gary Coombes of 17 mins 26 secs as he took 9th spot. Sam Rahman had a strong run for 16th in 17 mins 52 secs and Steve Philcox closed the scorers in 17 mins 59 secs in 21st winning the M50 group trophy.

The mens Ilford team won their second ELVIS match of the series as they remain in second spot in the league.

Bree Nordin showed a return to form with 21 mins 39 secs as 7th lady and 1st in the F55 category. Carlie Qirem ran a new best time for the distance of 21 mins 54 secs for 9th, while Jenni Sheehan impressed with 14th in 22 mins 21 secs. The team's 4th scorer was Nicola Hopkinson with 23 mins 49 secs for 29th.

The team placed 2nd on the day which moves them up to 2nd for the series.

Other Ilford club members recording personal bests on the day were John Crawley of 18 mins 17 secs in 26th, Alan Pearl improved his time by over a minute to 20 mins 42 secs in 77th, Eain Begg came home 93rd with 21 mins 27 secs, Tony Young was 117th with 22 mins 18 secs and Natalie Crisp achieved a new best time of 24 08 secs as she finished 160th.

Another club juniors in action was Bradley Deacon recording 19 mins 06 secs in 35th.

Other Ilford AC runners: Terry Knightley (42 19.22) Dan Holeyman (46 19.37) Bradley Brown (86 20.56) Andy Catton (110 22.00) Satha Alaga (166 24.24) Ernie Forsyth (168 24.30) Sharon Honey (186 25.21) Anna Crawley (197 25.37) Alson Sale (206 26.19) Julia Galea (222 27.16) Doris Gaga (226 27:33) James Huddart (242 26.32) Suki Jandu (252 29.55) Carol Muir (254 30.09) Julie Gillender (262 31.11)

Straight after the Barking Park 5k, an U15 2k fun run took place around the park. Noah and Jude Crawley, sons of Ilford runner John Crawley, and nephews of Ilford runner Anna Crawley took part and achieved very good times of 15:33 and 20:29 respectively.





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