



Valentines Park 5k

Sunday 30th September 2018

Ilford AC fielded a team of 31 runners in the 8th and final race of the East London Five Interclub Series (Elvis) held at Valentines Park and hosted by East London Runners last Sunday.

Held over the traditional two lap 5k course, 275 runners enjoyed the warm September sunshine.

The club used the race, and social event afterwards, to celebrate our 'Super vets'.

Five of our longest serving veterans, having a combined membership of over 300 years between them, were in attendance on the day with three of them also running in the race.

Gerry Pells who no longer races has 69 years under his belt. **Pam Jones** who came 2nd FV70 68 years at the club. **John Batchelor**, who regularly races but is currently injured, 61 years service. **Anthony Nixon**, first V70 on the day 56 years service and **Andy Catton**, 3rd V50 on the day 51 years as a member.

It was a very successful day for the club with 5 runners attaining a PB and 5 age graded first prizes.

First home was Amin Koikai in 2nd place and first MV40 in 16:12, closely followed by Tom Gardner in 3rd for 16:18. Third home for the club, and in 7th place overall was Stephen Philcox in a time of 17:42 which gained him 1st MV50 on the day. The men's team was completed by Danny Holeyman who achieved the remarkable feat of completing 4 PB's in 4 successive Sundays over 4 different distances. Danny finished in 27th position with a time of 19:01 to add a 5k PB to his 10 miles, Half Marathon and 5 mile PB's achieved over the last 3 weeks. Next home was Alan Pearl in 21:01 for 59th followed by one of the Super vets Andy Catton who completed the men's scoring team in 21:26 for 67th place

Anthony Nixon, another of our Super Vets took the V70 title for 95th place in 22:26

The men's team were second on the day, and second overall for the series.

First home for the ladies was Carlie Qirem, who continues her great form this season with 79th place, and 8th female on the day for a time of 22:12. Carlie was closely followed by Breege Nordin, 11th lady for 22:34 and 1st FV60 place. Third home for the ladies was club President Nicola Hopkinson who was 17th lady and first FV50 in 23:18 followed by Melinda Jones who was 3rd FV50 on the day in 23:33. This was Melinda's first race after a long injury lay off, so a fantastic achievement.



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The ladies team finished 2nd on the day and third overall in the series.

Other notable performances were Gaye Young returning from injury to finish 126th in 23:35, Natalie Crisp 130th 23:54 PB, Alison Sale 160th 25:18 PB, Ray Sparra Everingham 179th 26:44, Freida Keane 189th 27:28 PB, Suki Jandu 198th 28:04 for a seasons best and Pam Jones in her 68th year at the club finishing in 34:04 for 253rd and second in her age group.

Remaining times (chip times) and positions for Ilford AC athletes:-

Tony Young 22:23 84th, Stephen Parker 22:41 90th, Adnan Karim 23:05 104th, Ernie Forsyth 23:36 118th, Satha Alaga 24:28 140th, Julia Galea 26:33 177th, Doris Gaga 27:01 181st, Carol Muir 28:42 204th, James Huddart 28:57 207th, Natasha Mansouri 28:57 207th, Launa Broadley 29:27 214th, Julie Gillender 30:19 224th and Pete Whiting 30:40 229th







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Warsaw Marathon

Sunday 30 September

Sam Rahman of Ilford AC took part in the 40th staging of the Warsaw Marathon last Sunday. The course followed a scenic route around the Polish Capital, even running through the zoo!

Sam ran a well judged pace with even splits reaching half way in 1 hr 27 mins 10 secs. He tired slightly in the last 3 miles however to finish his 12 th marathon in 2 hrs 55 mins 11 secs, the 7th time he has broken 3 hours, for 118th position in a field of 7515 finishers.



Blackwater Navigation Marathon

Chelmsford Essex

Sunday 30th September

Iflords Peter Spelman took part in the inaugural Blackwater Navigation Marathon which was limited to 50 runners as it was a trial event.

Unfortunately Peter took a wrong turn after 8 miles as a sign telling you to cross a bridge had been removed and consequently ran an extra mile or so. Peter remarked that a beautiful course, good company and great weather made it an enjoyable experience.

Peter finished in 36th place in 5.15





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