



ELVIS Presentation evening

Forest Gate

19th October

After another successful 'Elvis' series, now consisting of 8 races after Harold Wood joined the club this year, the presentation evening was held in Forest Gate last Friday.

Hosted by East End Road Runners (EERR) the evening was well attended by runners from all clubs celebrating some fine performances and sell out attendances.

Iford AC came away with 3 individual age graded first places - Breege Nordin Veteran Female 55, Gary Coombes Veteran Male 40, and Stephen Philcox who was in attendance on the night to collect the Veteran Male 50 trophy.











Wix 5

Incorporating the Essex 5 mile County Championship
21st October

ILFORD MEN LAND COUNTY SILVER MEDAL

The Wix 5 is always a popular event on the running calendar, and with this years race incorporating the Essex 5 mile County Championships the event sold out of its allocation of 550 runners many months in advance.

The course is a predominantly flat one, comprising a single lap course starting and finishing in Wix and taking in the Essex villages of Stones Green and Great Oakley and today's race was unseasonably warm for late October.

Ilford AC had 17 runners on the day, 6 of whom recorded personal bests over the distance. First home was Tom Gardner in 5th place overall in a time of 26:54. Tom was followed home by Malcolm Muir in 14th for 28:14 to take a silver medal in the M40 category. Next home was Gary Coombes with the first PB of the day in a time of 28:22 for 16th place.

It was a very successful day for Gary as in the morning he picked up his VM40 trophy from the recent 'Elvis' series and in the race he picked up a bronze county medal in the M40 category and combined with Tom and Malcolm to pick up a County Silver medal as Ilford men were the second team home on the day.

Following Gary in 34th place and picking up a county silver medal for V50 was Stephen Philcox in a time of 29:27 and Paul Holloway close behind for a county bronze medal for V50 and a new pb in a time of 29:49.

The next two men home, and both recording pb's were Julian Fabian for 31:42 in 64th place and Alan Pearl in 118th position in a time of 34:54.

Final two men home, both recording good times were Stephen Parker 156th 36:39 and Anthony Young 177th 38:02.

Leading the ladies home, continuing her fine form this season was Carlie Qirem in 164th Place for 37:05. Carlie was followed home by Ilford President Nicola Hopkinson in 39:28 for 211th and Doris Gaga in 43:41 for 288th.

Next home, with a PB after hard work in training was Frieda Keane in 334th for 46:42 followed by Carol Muir in 360th for 48:47.

Another lady who has worked hard in training this year is Launa Broadley, and her hard work was rewarded with a pb over the distance in a time of 48:55 for 361st place.

Laura was followed home by Julie Gillender in 53:58 followed by Pam Jones, who defied her 82 years by picking up a County Bronze medal in the ladies V65 category in a time of 55:34



for 413th place.





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