



Dagenham 88 5m - Elvis Series Race 1

Eastbrook End Country Park

Wednesday 29th May

The 2019 **Elvis** series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on an unseasonably chilly Wednesday Evening when Dagenham 88 hosted the first of this years 8 summer races on a 2 lap multi-terrain course of 5 miles.

Ilford AC entered a large squad of 28 runners in the event with Gary Coombes leading the team home in 12th place in 30:39 which also placed him 2nd in the VM40 category. In an epic battle between team-mates Gary was followed very closely by Stephen Philcox in 13th place in 30:55 for 1st VM50 and Seb Parris in 16th place in a time of 31:17 for a course pb.

Not far behind, and 4th scorer for the the club was John Crawley for 26th place in 32:23 followed in 5th place by Terry Knightly for 43rd place and 4th place in the VM50 category. Completing the scoring for the men's squad was new member Adam Coals who ran an impressive 35:57 for 49th place.

Just outside the scorers, but finishing 3rd in the VM60 category was Alan Pearl, finishing in a time of 36:03 for 62nd place.

The female squad was lead home by Carlie Qirem, who ran a course pb to finish in 36:54 for 75th place. Just 3 places back in 78th was Jenni Sheehan in 37:04 followed by Anna Crawley who ran an impressive 38:58 for 104th place and a pb at the distance.

Nicola Hopkinson ran well for 110th place in 39:30 which placed her 3rd in the VF50 category. Natalie Crisp was the next Ilford runner home in 131st place for a time of 40:50 although with 3 vets needed to make the scoring team of 6, Natalie did not feature in the scoring squad. Next scorer home was Gaye Young who was 137th in a time of 41:25.

Completing the scoring for the ladies squad was Alison Sale who ran a fantastic pb for the distance in a time of 43:07 for 149th place

Finishing outside the scoring squad but securing an impressive VF60 4th place was Sharon Honey who finished in 181st place with a time of 45:57.

All squad members put in a fantastic effort on the night and the scoring teams were complemented by Dennis Briggs (37:15 81st), Andy Catton (37:26 84th), Eain Begg (38:06 111th), Rhovan Gabbidon (39:57 116th) Bradley Brown (40:02 118th), Tony Young (43:02 147th), Frieda Keane (50:31 223rd) Launa Broadley (53:02 237th), Carol Muir (53:47 240th) Kim Baxter (54:09 243rd), Sheila Sinclair (55:20 249th), Julie Gillender (55:47 253rd) and Brennie Gabbidon who was another with a course pb in a time of 57:25 for 258th place







DORKING 10 MILES

Sunday 2nd June

The 34th Dorking 10 was run over an undulating route loops through scenic countryside with one challenging hill. Five runners from the Ilford endurance squad travelled down to Surrey to compete in the event.

The race also incorporated the VAC 10 mile championship in which Ilford AC won the Gold medal by 'down ageing' in the V35 category with the 3 scorers being Malcolm Muir in 59:16 (also claiming Silver V40), Paul Holloway 1:00:24 (Also claiming Bronze V50) and Sam Rahman in 1:02:07 (also claiming Bronze V35 and 1st in the V35 Vets AC category).

Also putting in fine performances on the day were Seb Parris finishing in a time of 1:05:30 and Tony Young, who finished in 1:30:07.



