



Olympic Park 5km - Elvis #3

Tuesday 19 June

The third round of this summer's ELvis competition took place over a twisty but fast two lap 5km course in the Olympic Park last Tuesday. It was a good race for Ilford AC with 40 entrants, 11 of whom recorded new personal best times.

Leading the way for the club was the ever reliable Malcolm Muir in 9th spot with 16 mins 58 secs. Two places back was Paul Holloway in a new personal best of 17 mins 13 secs which won him the prize for the first in the M50 category. Sam Rahman came in 17th with 17 mins 36 secs and Gary Coombes next over the line 2 seconds further back. Seb Parris recorded a new best time of 17 mins 47 secs in 25th and Steve Philcox in 43rd completed the scoring men's team for Ilford with 18mins 37secs.

There was also a new personal best for Diarmuid Mac Donnell of 18 mins 42 secs for 47th.

The leading lady for Ilford was Amy-Louise Bird placing 7th in the female race in a new best time of 20mins 45 secs, supported by Jenni Sheehan in 9th with 21mins 23 secs.

Carlie Qirem finished 10th in 21 mins 33 secs, and was another posting a new best time, finishing just ahead of Anna Crawley who was 11th female on the day a couple of seconds later..

Nicola Hopkinson finished in 23 mins 34 secs for 33rd, and Gaye Young was 39th in 23 mins 48 secs. Completing the scorers for the ladies was Alison Sale finishing in 69th spot with 25 mins 48 secs.

Further down the field Jim Huddart won the M70 age group in 31 mins 02 secs, and Alan Pearl was 3rd V60 with 21.05 for 114th

Other Ilford Runners recording new personal bests were: Dan Holeyman (18.58 56th) Julian Fabian (19.28 71st) Will Crossley (19.27 72nd) Sheila Sinclair (31.43 290th) and Mandeep Bassi (27.02 305th)

Remaining Ilford Runners results : John Crawley (18.48 48th) Terry Knightley (19.54 81st) Adam Coals (20.03 85th) Rohan Alexander (20.26 95th) Phil Davies (20.34 100th) Dennis Briggs (21.38 125th) Andy Catton (22.07 143rd) Tony Young (23.21 169th) Steve Parker (24.04 203rd) Satha Alaga (25.04 235th) Adnan Karim (25.47 258th) Nadia Crellin 25.42 261st) Sharon Honey (26.04 266th) Doris Gaga (26.16 271st) Julia Galea (26.55 292nd) Ray



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Everingham (28.01 330th) Frieda Keane (28.24 342nd) Carol Muir 30.18 369th) and Karen St John-Kufour 30.47 374th)

After the 3rd round Ilford remain in second place in the table in both the men's and ladies categories

