



Harold Wood 5km (Elvis)

Wednesday 31 July

The latest round of the Summer League ELvIS competition was held over a demanding course at Poges Wood in Harold Wood.

Ilford AC had a good entry of 24 runners. Leading the way was Gary Coombes in 6th spot with 17 mins 47 secs and the prize for the first in the M40 category. Next home was James Rigby placing 13th with 18 mins 21 secs with the leading M50 group runner Steve Philcox one place behind in 18 mins 25 secs. Seb Parris had a good run for 19th in 18 mins 58 secs Dan Holeyman was next over the line for the club in 24th with 19 mins 11 secs, with John Crawley closing the scoring six in 27th in a time of 19 mins 25 secs. This placed Ilford a close 2nd in the match and they are second in the league after 5 rounds.

There was an excellent run from Jenni Sheehan for the Ilford ladies team placing 5th with 21mins 46 secs. The improving Anna Crawley was next in 7th spot in 22 ins 05 secs. Carlie Qirem placed 9th with 22 mins 46 secs.. Bree Nordin took the F60 category trophy as she placed 13th in 23 mins 36 secs. Nicola Hopkinson recorded 24 mins 21 secs for 20th while Alison Sale closed the scorers in 44th with 26 mins 36 secs. The team placed second in the match like the men and are also in second in the summer league.

Diarmuid Mac Donnell came home 30th with 19 mins 28 secs while Neil Crisp returned to action after a lengthy injury with 20 mins 10secs for 41st. Dianne Crisp was another returning after injury and placed 47th female in 26 mins 53 secs.

Also running were: Terry Knightley (48 20.35) Adam Coals (49 20.37) Dennis Briggs (91 22.36) Tony Young (101 23.08) Ray Everingham (201 27.35) Doris Gaga (207 27.49) Mandeep Bassi (217 28.39) Kim Baxter (255 31.15) Jim Huddart (292 35.37)









Soar Mile

Stratford

Friday 2 August

Sam Rahman of Ilford Ac took part in the evening pf mile races at the Olympic Stadium warm up track. Sam ran in heat 9 and took pole position behind the pacer for the first 2 laps and took up the lead as the pacer stepped aside. On the last lap Kames Hotham of Victoria Park Harriers sprinted by but Sam kept his speed up to finish second in a new personal best by



over 4 seconds of of 4 mins 55.07 secs.

Assembly League

Victoria Park

Thursday 1st August

The Assembly League, now in its 44th year, takes place on Thursday evenings during the summer from April to September. The six road races provide competitive, fast paced runs for men and women.

Thursdays race at Victoria Park saw two Ilford AC runners compete, albeit for second claim clubs. Gary Coombes came in for a time of 19:22 in 20th place whilst Anna Crawley finished in a time of 24:14 for 144th place.