



Barking Park 5km

Monday 26 August

The annual Barking Park 5km took place on a flat, fast course on a hot sunny Bank Holiday morning and it was a good day for the 38 entrants from Ilford AC.

The race was the 7th match in the ELvIS series and left the positions tight at the top.

There was a fine run from Paul Grange to lead the club home in the runners up spot in a new personal best time of 16 mins 08 secs. Supporting him were Tom Gardner in 5th in 16 mins 34 secs and Gary Coombes with 9th in a new best time of 17 mins 02 secs. Close behind in 11th was Sam Rahman with 17 mins 22 secs, his best time for 3 years. Paul Holloway came home 16th with 17 mins 34 secs, to win the M50 age grouping, and Malcolm Muir closed the team with 17 mins 45 secs for 18th spot.

Ilford won the ELvIS match from Orion Harriers in 2nd and East London in third.

This result puts the club top of the men's table for the summer with one match remaining.

Also in the top 20 were James Rigby with a personal best of 17 mins 43 secs and under 20 category runner Phil Ellul with 17 mins 51 secs.

Seb Parris recorded 18 mins 13 secs in 28th, with Steve Philcox 31st in 18mins 33 secs and Diarmuid Mac Donnell recording 18 mins 40 secs in 34th.

Leading The Ilford ladies was Neringa Masiolionene who is the clubs 5th Olympian and only double Olympian representing Lithuania in the 2012 London & 2106 Rio Games, in the Women's 20 Kilometres' Walk. Neringa was making her running debut for the club, finishing a fine 4th in 19 mins 23 secs.

Next home was Anna Crawley with 21 mins 16secs in 11th and one place behind Carlie Qirem in 21 mins 31 secs who scored a personal best..

Bree Nordin once again took the F60 category trophy placing 17th with 22mins 19 secs.

Completing the scoring team was Nicola Hopkinson in 33rd recording 24 mins 35secs and Alison Sale in 210th place for 26 mins 13 seconds.

The team placed fourth in the match behind Eton Manor, Orion Harriers and East London runners. With one round of the competition left the Ilford team are in third place in the league.

Also running well was another of the clubs under 20 prospects Jordan Hinds in 13th with 21 mins 36 secs, Jenni Sheehan with 22 mins 19 secs and there was a personal best for Kim Baxter of 29 mins 35 secs, her first run under 30 minutes.

Also ran: Terry Knightley (69 20.14) Rohan Alexander (89 20.41) Alan Pearl (96 21.00)



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Dennis Briggs (110 21.49) Tony Young (140 22.59) Andy catton (158 23.35) Adnan Karim (165 24.00) Bradley Brown (177 24.39) Ernie Forsyth (188 25.22) Alison Sale (210 26.13) Ray Everingham (229 27.15) Mandeep Bassi (247 27.46) Julia Galea (249 27.45) Sharon Honey (282 29.25) Carol Muir (292 30.31) Launa Broadley (294 30.42) Sheila Sinclair (301 32.58) Jim Huddart (303 33.04) Julie Gillender (311 33.52)







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