



Conquer 24, Powderham Castle

3 Ilford athletes experienced success in the inaugural Conquer24 endurance race at Powderham Castle near Exeter.

Aaron Browne, Craig Livermore and Diarmuid Mac Donnell from Ilford AC were part of a team of 7 local runners taking part in the mixed team relay over 24 hours

The race lap was just under 5 miles of mostly undulating trails with spectacular scenery.

Camping facilities and catering were on the castle grounds.

Going down with no real expectations, the team found themselves among the leaders going into the night. Strong running overnight saw them take the lead which they managed to hold on to till the end, running approximately 163 miles (33 laps) in just over 24 hours.

The Ilford men were joined by Alexandra Rutishauser and Jacob Stevens from ELR as well as Nils Hollman and Lee Duggan from Dagenham 88 who was running on a broken toe!

The event was very well organised and attracted a large number of teams competing in various categories.

It should grow into a popular fixture over the next couple of years.



Dagenham ELvIS 5 miles

Central Park Dagenham

Wednesday 2 June

The first round of the 2021 ELvIS series was held over a mixed terrain 2 lap course around Central Park and the Fels Field area of the Eastbrook End Country Park. Ilford AC fielded a team 31 runners and, who showed that training over the lockdown year has gone well. The team enjoyed a very successful evening, with 4 runners beating their best times on a road



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course: Gary Coombes, Dan Holeyman, Gaye Yong and Alison Sale.

Paul Grange was in good form winning the race outright in 27 mins 28 secs, with Coombes third just 20 seconds behind. Holeyman came home 15 in 30mins 13secs, with Steve Philcox one place back in 30 mins 24 secs winning the 1st M50 age category trophy. John Crawley recorded 32mins 05 secs for 30th while Terry Knightley closed the scoring team in 34th taking the M60 age group honours in 32 mins 32 secs. The club finished second in the team contest behind East London

Sameena Ahmed won the ladies race to complete a double for Ilford in 33 mins 39 secs and there was a good performance from Anna Crawley in 4th spot in 35 mins 12 secs. Bree Nordin took the F60 category prize with 37 mins 39 secs finishing 9th lady on the night. Carlie Qirem placed 11th in 37mins 55 secs with Gaye Young recording 39mins 17 secs for 17th. Alison Sale kept up her recent good form in 23rd spot as she closed the teams scorers in 40 mins 18 secs. The ladies won the match in a close contest with East London by 2 points.

The rest of the team were: (overall position \time) Diarmuid Mac donnell (45 33.32) Phil Davies (53 34.51) Craig Livermore (59 34.57) Dennis Briggs (60 34.57) Adam Coals (62 34.59) Steve Crane (69 35.28) Tony Young (125 39.33) Rob Sargent (159 42.45) Bradley Brown (177 44.1) Sharon Honey (185 44.59) Julia Galea (197 46.1) Pramilla Munro (204 46.1) Nicola Chester (222 48.46) Mandy Reid (230 50.35) Frieda Keane (231 50.35) Launa Broadley (240 52.18) Ray Everingham (245 53.33) Karen St Jean-Kufor (251 58.02) Wendy Everingham (240 63.40)







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Report by the Man in the Bushes