



Press Report 27th July 2021

HAVERING 5

Raphaels Park

Tuesday 20 July

On a humid evening in Raphaels Park, Romford the 3rd match of this summers ELVIS competition was held over a two lap course around the park. Ilford AC were once again in form producing a good set of results. The Ilford men were led home by the usual battling performance from Malcolm Muir in 8th spot in 29 mins 31 mins. Dan Holeyman, who is improving with every run, was next home in a new personal best of 30 mins and 7 secs for 14th, while Steve Philcox took the 1st M50 age group prize in 18th with 30 mins 43 secs. Will Crossley had a fine race in 28th with 31mins 44 secs, a new best time for the distance. Diarmuid Mac Donnell also impressed with 32 mins 08 secs in 38th. John Crawley was the last of the team scoring 6 for the club in 38th with 32 mins 35secs. The squad were placed second in the match and remain second in the league.

Terry Knightley was just outside the scorers in 40th winning the trophy for the m60 age category in 33mins 46 secs

Sameena Ahmed led home the Ilford ladies in second spot in 33 mins 47 secs and their were excellent runs from Carlie Qirem in 5th with 35 mins 45 secs and Anna Crawley 7th with 36 mins 03 secs. Breege Nordin took the 1st FV60 prize in 13th in 37 mins 35 secs and Gaye Young ran well for 18th recording 38 mins 27 secs for a new personal best. Alison sale also set a new best 5 mile time closing the scorers in 40 mins 16 secs in 22nd.

This fine team performance by Ilford won them the match and they take over on top of the ELVIS table. Also ran (Overall place\time): Dennis Briggs (51 34.27) Phil Davies (55 35.28) Adam Coals (54 36.23) Steve Chissell (71 37.02) Tony Young (80 37.40) Andy Catton (81 37.35) Ed Skinner (134 42.37) Julia Galea (167 45.56) Bradley Brown (169 46.28) Carol Muir (172 416.44) Pramila Monro (178 47.31) Mandy Reid (190 48.52) Frieda Keane (197 49.51) Ray Everingham (204 51.33) Launa Broadley (210 53.14) Karen St Jean-Kufour (220 61.19)





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VAC 5000m

Wimbledon Park
Wednesday 21 July

Two runners took part in the London based Masters Club Championship on a hot night in Wimbledon Park. The championship consisted of 4 graded races with the results amalgamated to produced the medal winners in each age category.

Tony Young in his second race in 2 days placed 6th in the M55 category in 23mins 52.72 secs, while Rob Sargent came home 5th in the M65 age grouping with 26mins 08.76secs.

CAPITAL GAINS FOR BILLY

British 10k
Central London
25th July

The British 10k was the largest unrestricted race to happen in Britain since the pandemic began, attracting over 8,000 runners including Ilford AC athlete Billy Green.

The race takes runners through Central London, traffic free, and takes in Buckingham Palace, Trafalgar Square, The London Eye and the Houses of Parliament.

En route the runners pass several bands and large union jacks draping the streets.

On a very humid morning Billy never really threatened the leading pack, coming home in 52 mins 16 seconds for 2,191st place



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