



Forest Five (ELvIS)

Epping Forest

Saturday 21st August

The latest round of the ELvIS summer league was held over a challenging 5 mile loop in Epping Forest. With the race during the summer holiday season the turnout was lower than usual with Ilford AC entering a squad of 18 who produced a set of good results.

The team was led home by dependable Malcolm Muir who came 6th just 1 second over 30 minutes which placed him 3rd in the m40 age category, with Pal Holloway racing for the first time since a period out with injury one place back in 7th position in a time of 30m 11 secs taking the M50 first prize.

Next home was the in-form Dan Holeyman in 10th place with 30 m 58s and Steve Philcox was close behind in 31m 11s for 14th spot claiming second in the M50 category.

Terry Knightley won the M60 category prize, finishing in 27th place in a time of 33m 54 s, with Vitor Martins-Duraes, in his first senior race, completing the mens scorers in 61st with 38m 06s.

The Iford men took 3rd place in the match and are currently second in the league.

Anna Crawley was first home for the Ilford ladies, finishing 5th lady on the day with 37m 09 s, Bree Nordin finished 11th in 38m 33s taking the F60 grouping trophy.

Hannah Sheikh, in just her second race for the club came home 15th in 40m 17 secs, with Gaye Young 2 seconds and 1 place further back. Next home for the Ilford ladies was Alison Sale with 41m 03s for 19th and Sharon Honey closed the team in 45th in a time of 46m 24s.

On the day the Ilford ladies team finished 2nd and remain on top of the ladies table

Also ran: (overall place\time) Tony Young (68 39.00) Bradley Brown (88 41.22) Ed Skinner (119 44.08) Mandy Reid (146 48.42) Frieda Keane (151 49.46) Carol Muir (161 51.30)



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The Vitality Big London Half

Sunday 22nd August

Two Ilford runners were amongst the 10,000 runners who took to the streets of the Capital in



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the long postponed Vitality Big London Half Marathon. The race starts by Tower Bridge and finishes at the Cutty Sark, passing by some of the greatest sights our capital has to offer.

Steve Chissell led the Ilford men home in a time of 1.35.52 whilst Lovedip Dhaliwal was first Ilford lady home in a time of 2.20.21



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