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## **Orion Harriers Forest 5 Series - Race 3**

Epping Forest

*Saturday 4th September*

The Orion Harriers Forest 5 was held on Saturday over a 5 mile challenging lap on the trails around Epping Forest at Chingford. Of the 89 starters, 3 runners represented Ilford AC. Leading the way was Stephen Philcox finishing in 5th place and for the 3rd time in the 3 match series claiming the top V50 prize in a time of 30:52.

Breege Nordin once again captured W60 top spot, finishing in 30th place in a time of 38:43.

Julia Galea had a great run finishing in 73rd place in a time of 48:52



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### **ABP Southampton 10k**

Southampton

Sunday 5th September

In preparation for this years London Marathon, Ilford AC athlete Amin KOIKAI travelled down to Southampton to race a 10k.

In a field of over 1100 runners Amin finished in 5th place and won the M50 title in an incredible time of 35:44

### **The Essex Way**

Essex

*Sunday 5th September*

After a year's break for Covid, Ilford AC had 10 hardy runners flying the flag for the Club in the iconic 32nd running of The Essex Way.

This is one of the County's truly inspirational events, with 52 teams from clubs from all over the county and beyond racing on the ancient trails and footpaths which make up the 82 miles



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of the historic Essex Way that runs from Epping Station to Harwich Old Lighthouse in a 10 leg relay.

The route takes runners across ploughed fields, through large crops, across many a stile and kissing gate and plenty of overgrown bushes and nettles.

There are also the logistics of getting runners back from their finish point to their cars where they started which is why the event is a true 'team event' with team members turning up at all start and finish points to both cheer on their colleagues and get them back to their cars where they started before moving on to the next leg.

Gary Coombes and Sharon Honey duly set off from Epping Station at 8am on Sunday morning to represent Ilford on Leg 1 finishing 7.5 miles later at Chipping Ongar.

Leg 2 saw Stevie Philcox run the 9.5 miles to Good Easter.

Leg 3 had Danny Holeyman and Julian Fabian running another 9.5 miles to Little Leighs.

Leg 4 was Dennis Briggs running the 10.1 miles to Cressing Church.

Leg 5 saw Alison Sale 'eventually' run the 9.4 miles to Great Tey. Unfortunately Alison got caught in traffic and set off a full 10 minutes late but put in a tremendous effort to catch other runners up, despite a fall near the end

Leg 6 had both Peter Clinch and Mandy Reid set off to West Bergholt

Leg 7 saw Malcolm Muir run his usual leg of 11.2 miles to Dedham

Leg 8 saw Billy Green take up the baton to run the 8 miles to Bradfield

Leg 9 saw Hannah Sheikh, appearing for the first time in the event, take on the 6 miles to Ramsey.

The final leg had Primila Monroe, another debutant of the event, take on the 5.5 miles to Harwich lighthouse

Of the 52 teams entered Ilford AC were very proud to finish in second place in the vets category



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The day finished with a few of the runners who did the later legs, along with Robin Davies, Pam Jones, Tony and Catherine Green who assisted and supported throughout the day, have a traditional fish and chip supper near the seafront.





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## **Lambert One Hour Race Walk**

Bury

*Sunday 5th September*

Ilford AC life member made a long journey to his native Lancashire to contest Saturday's annual Lambert Trophy 1-hour race on Bury track. His trip nearly failed to even see him start as competitors found track gates padlocked. After milling around trying to find ways to possibly scale fences to gain admittance, as a key holder had gone on holiday and his deputy had forgotten about the booking. After numerous phone calls a dilatory forgetful deputy was unearthed and, finally, action commenced somewhat late.

It was a casual opening few laps as nobody wanted to be "the hare" and so drive the action. After a slow overture Uttley kicked into gear and was never again headed, though locals Tony Bell and Stuart Edgar made efforts to keep in touch before the Ilford man's pace burned them off. Uttley was in such form he had the kudos of achieving the rare feat of lapping the entire field, as he covered 9,766 metres in the hour, with Bell and Edgar filling the frame.



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