



Press Report 31st May 2022

Dagenham 88 ELVIS

Central Park, Dagenham

Wednesday 25 May

The 2023 Summer Elvis league kicked off on an off-road grass and gravel course of just under 5 miles last Wednesday in Central Park Dagenham. Ilford AC had 25 runners in action.

It was a successful start to the competition for Ilford with Paul Grange winning a tactical race in 27 mins 32 secs and his 15-year-old son coming in an excellent 3rd spot just 4 seconds behind.

The club also had two more runners in the top 20 with Steve Philcox placing 16th in 30 mins 16secs and taking the prize for 1st over 50 and Sam Rahman one place behind 30 mins 20 secs. Another of the club's young athletes Ryan Holeyman came home 21st with 30 mins 48 secs and a good run from Steve Crane in 32 mins 51 secs for 30th closed the scorers for the team.

Ilford placed 2nd in the match behind East London

In the lady's competition Sameena Ahmed was first home for the club in 2nd place with 32 mins 58 secs with Joanne Reeves 8th in 35 mins 49 secs. The remainder of the Ilford scoring team packed well with Bree Nordin 16th, and 1st in the F60 category, Gaye Young 17th and Alison Sale 18th with times of 38m 48s 38m 57s and 39 mins exactly respectively.

Hannah Sheikh put in a solid run for 20th to close the team in 39m 28 s.

The good team running won Ilford the match in the female section from Eton Manor AC

Other notable performances for the club were Terry Knightley winning the M60 age group trophy, Richard Woolterton placing third in the M50 age group, Gaye Young finishing 2nd in the F50 category with Alison Sale 3rd in the same division and Dianne Crisp 2nd in the F60 grouping

Also in action were:- Joel Denning (36 33.44) Adam Coals (54 35.04) Dennis Briggs (70 36.38) Andy Catton (83 38.18) Bradley Brown (137 43.04) Mandy Reid (173 45.28) Julia Galea (185 47.48) Frieda Keane (188 47.48) Ray Everingham (196 48.38) Launa Broadley (213 52.41)



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