



Harold Wood 5km

Elvis Series - Race No 5

Wednesday 20 July

There was an outstanding performance from the Ilford AC ladies team at the 5th round of this years Elvis competition winning the match with three runners in the top 4 and all scoring six in the top 20

The race was mainly on grassland in the Harold Wood Park and adjoining area with a number of challenging climbs. The Ilford Ladies were led home by Neringa Masilioniene who won the race convincingly heading the ladies field from the start in 18 mins 58 secs, which placed her 18th overall in the field.

Jordan Hinds was third female and 27th overall in 20 mins 07 secs and Sameena Ahmed 4th female and 35th overall in 20 mins 40 secs and won the prize for 1st in the F40 category. Anna Crawley was next home in 9th spot, 62nd overall, with 22 mins 05 secs and Joanne Reeves 13th, 69th overall, in 22 mins 39 secs. Bree Nordin closed the scorers in 16th place, 86th overall with a time of 23 mins 56 secs.

Just outside the scoring team was Alison Sale with 24 min s 14 secs for 18th female. 90th overall.

The win by the Ilford ladies moves them up to joint 2nd in the table just 1 point behind East London. With 3 matches left in the series there are 3 teams covered by 1 point so there will be an exciting end to the season

The Ilford men's team were under strength due to injuries and unavailability with Steve Philcox leading the team in 14th spot with 18 mins 24 secs and was the first home in the M50 age group.

Next up was the in-form Richard Woolterton in 26th place and 2nd in the M50 group with 20 mins 05 secs and Steve Crane placed 36th in 20 mins 48 secs. Joel Denning finished in 20 mins 52 secs for 38th and Terry Knightley once again won the M60 category prize in 21 min 01 secs for 41st place.

The scoring team was completed by Rohan Alexander who in his first race of the year recorded 22mins 43 secs for 70th overall.

In the match the Ilford squad placed 3rd and remain in 3rd place in the table and will be looking for better results in the remaining matches to improve their standing in the table.

Other Ilford performances: Bradley Brown (89 24.08) Andy Catton (97th 24:34) Tony Young (108 25.27) Dianne Crisp (145 28.08) Sharon Honey (150 28.45) Mandy Reid (151



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28.55) Julia Galea (156 29.48) Frieda Keane (169 30.52) Launa Broadley (181 32:23) and Julie Gillender (202 37:09)











