



FOREST FIVE (Elvis race 6)

Chingford

Saturday 6 August

The sixth round of the 2022 Elvis league was held in the forest at Chingford on a warm sunny Saturday morning over a 1 lap 5 mile course which was dry and featured a few climbs. Another hazard for the runners was when a herd of cows wandered onto an early part of the course

The Ilford AC men's team put up a good challenge with Gary Coombes leading the squad in 8th place in 30 mins 03 secs taking the prize for the 1st M50 in the field, The in form Sam Rahman was next over the line with 30 mins 52 secs for 10th one place ahead of Steve Philcox who recorded 30 min 56 secs.

Seb Parris ran in his first Elvis race of the season taking 15th in 32 mins 42 secs. Diarmuid Mac Donnell came home in 24th with 33 mins 37 secs and Joel Denning closed the Ilford scorers in 40th in 36 mins 04 secs.

The Ilford men finished 2nd in the match and are now placed 3rd in the table with 2 matches to go. The top 3 in the league are separated by a few points and the end of the season will be closely fought.

The Ilford ladies were under strength due to injuries and the holiday season but Sameena Ahmed put in a great performance to finish in 29th place and 3rd lady in 34 mins 07 secs while Joanne Reeves came in 74th with 38 mins 45 secs and Bree Nordin won the F60 category prize in 39 mins 53 secs for 85th.

Alison Sale placed 97th with 41 mins 07 secs and Mandy Reid finished in 139th with 45 mins 17 secs. Sharon Honey completed the 6 scoring team in 149th with a time of 46 mins 19 secs

The Ilford ladies put in a good team performance to finish 4th and sit 3rd in a closely fought league where just 3 points separate East London, Eton Manor and Ilford.

Sean Costello made his club debut in this event with a time of 42 mins 14 secs for 106th overall.

Other Ilford Runners: Adam Coals, 53rd 36.59, Dennis Briggs 73rd 38.33, Andy Catton 75th 38.58, Bradley Brown 92nd 40.30, Declan Cullen, 114th 43.09, Rob Sargent, 156th 47.36, Ray Everingham, 171st 49.53, and Julia Galea 175th 50.07.



Press Report 9th August 2022





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Hercules and Wimbledon invitational 1500m meet

After a successful season at the longer distance, Ahmed Abdulle stepped down to the shorter distance of 1500m.

Looking for a 3:50 time, Ahmed exceeded his own expectations coming home in 8th place in 3:47 taking an amazing 9 second of his previous best over the distance. This time places him 3rd in the all time Ilford AC list over the distance.

The race winning time was 3:38