



## HAVERING 5

*Raphael Park Romford*

Tuesday 6 June

There was a large turn out of 35 runners from Ilford AC in the Havering 5 mile, the second race of this summer's Elvis competition, held on a fast 2 lap course in Raphael Park Romford.

Ilford were led home by Malcolm Muir in his usual all action style in 7th place and second in the M40 age category with a time of 28 mins 38 secs. Backing him up in 14th with a new personal best of 29 mins 51 secs for 14th was Berekhet Berakhy and Steve Philcox in 19th with 30 mins 07 secs for 2nd in the M50 grouping. Dan Holeyman came home 23rd with 31 mins 22 secs, while Richard Woolterton finished 31st in 31 mins 47 secs. Diarmuid Mac Donnell completed the scoring 6 with 32 mins 14 secs in 34th.

In the match the Ilford team was 3rd, the same as in the first fixture.

Making her debut for the club and finishing in 72nd place and 3rd female with a time of 35 mins 11 secs was Gemma Ellender.

Next home for the club were 4 Ilford ladies all finishing as a group within 5 seconds of each other.

Bree Nordin was the first of the group finishing 91st place in 37 mins 06 sec followed by Hannah Sheikh 92nd 37:08, Carlie Qirem 93rd 37:10 and Joanne Reeves 94th 37:11. The group were 13th, 14th, 15th and 16th females overall with Bree picking up 2nd in the FV60 category and Hannah 1st FV50

Alison Sale came in 115th and 23rd female in 38 mins 51 secs to close the team.

Like the men, the Ilford Ladies repeated their place from the first match placing second.

Jenni Sheehan ran well in her return to competitive running in 41 mins 26 secs for 149th place.

Neil Crisp won the M60 category award in 32 mins 52 secs and Nick West made his club debut finishing in a time of 36 mins 22 secs.

Also competing well in club colours outside of the scoring positions were:-

Men – Steve Crane ( 51 33.58) Dennis Briggs (74 35.28) Adam Coals ( 77 35.51) Dave



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Thomas (81 36.10) Steve Horsley (98 37.29) Joel Denning (105 37.49) Tony Young (121 39.22) Sean Costello (136 40.22) Batmanader Ramen (180 43.56) Sparra Everingham (242 52.09) Bradley Brown (260)

Ladies Mandy Reid (167 42.47) Dianne Crisp (192 44.55) Rachel Halpin (202 46.16) Beverley Thomas (220 48.09) Frieda Keane (228 49.47) Julia Galea (230 49.47) Launa Broadley (235 50.50) Carol Muir (244 53.34) Doris Gaga (248 56.15)







## **Southend Half**

Sunday 11 June

A Dynamic Duo of Ilford AC members braved Hot sweltering conditions to race the Annual Southend Half-Marathon on Sunday !

In a West Ham field '(Massive)' of over 1,500 runners on a seafront course the two battled bravely against the elements with an out and back course adjacent to the seafront causing



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some runners to pass out in the oven-like conditions !

First home for the club was Terry Knightley in 86th Position for 93 Minutes and 29 Seconds and 2nd Male Veteran Over 60

Following him home was Adam Coals in 315th Place in 1 Hour 48 Minutes and 44 Seconds and 90th in the Male Veterans Over 40 category

All finishers received a wooden eco-friendly medal









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### Track

In a high quality British Milers Club Grand prix at Loughborough on Saturday night Essex Champion Farris Vakil ran in heat D of the 800m finishing 4th in a new personal best of 1 min 53.09 secs