



Press Report 4th July 2023

OLYMPIC PARK 5Km

Ilford had 35 runners in a strong field for the 3rd round of the Elvis league held over a fast two lap course in the Olympic Park.

Neringa Masilioniene was victorious in the ladies race in a new personal best of 18 mins 15 secs for 25th place overall, with Jordan Hinds running a fine race to come home 2nd lady and 33rd overall in 18 mins 45 secs which is her best time for the distance.

Supporting them was Anna Crawley 117th in 21 mins 21 secs, Joanne Reeves in 147th position with 22 mins 12 secs and Gaye Young, who is in good form, with 23 mins 07 secs for 181st spot. Alison Sale closed the team finishing in 184th place in 23 mins 04 secs,

The Ilford ladies finished 3rd in this match and remain second in the table, 1 point behind East London Runners.

The men's team was led home by the dependable Malcolm Muir in 11th place in 17 mins 22 secs with Berekhet Berakly 19th with a great run in 17 mins 49 secs. Steve Philcox came in 22nd in 18 mins 04 secs, which won him the prize for the first in the M50 category. with Gary Coombes two places further back in 18 mins 13 secs. Diarmuid Mac Donnell crossed the line 41st with 19 mins exactly and Dan Holeyman completed the team with 19 mins 11 secs for 43rd. The Ilford team were 4th in this match and are currently 3rd in the league.

Neil Crisp won the M60 group prize as he came home 64th with 19 mins 46 secs and Andy Catton was first in the M70 category recording 22 mins 47 secs for 165th.

Also representing the club were: Seb Parris (57 19.39) Josh Adler (59 19.40) Joel Denning (78 20.16) Steve Chissell (98 20.53) Dave Thomas (115 21.21) Dennis Briggs (134 21.50) Steve Horsley (152 22.15) Bradley Brown (187 23.36) Tony Young (203 23.42) Sean Costello (225 24.22) Jenni Sheehan (226 24.25) Pauline Tester (230 24.41) Mandy Reid (252 25.23) Batmanader Ramen (294 26.49) Dianne Crisp (314 27.35) Sharon Honey (318 27.43) Beverley Thomas (321 28.01) Launa Broadley (362 30.34) Julia Galea (363 30.30) Doris Gaga (389 34.01) Wendy Everingham (403 36.38)



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Open Track Meeting

Watford

Three of Ilford younger athletes went to Watford last Wednesday for the high quality twice monthly open meetings, all three took part in the 1500m

Ryder Islam and Jordan Hinds were in the same heat, and both went with the initial fast pace. The pace slowed a bit on the second lap, but Jordan was still in touch with the leaders and Ryder a few seconds back. The first 6 broke clear from the rest of the field with Jordan just hanging on. She pushed down the back straight and crossed the line 6th in a PB time of 4.46.24, her 7th PB of the season. Her time was the 11th fastest ever by an Ilford lady over 1500m.

Ryder continued to push on laps 3 and 4 and produced a very good finish to gain 3 places. His finishing time of 4.52.69 was just half a second outside his best, which was set at Watford last month.

Sam Horsley who has had a great six months since joining the club, was ready to push for a new pb in race 8. The early pace was steady but not too fast and Sam was nicely positioned. As the race progressed Sam was slightly trapped on the inside and missed the big break. However, he was still moving at a fast pace and with a strong finish down the home straight he crossed the line in 4.22.17. His time was the 3rd fastest ever by an Ilford u15 athlete over 1500m

Orion Forest 5

Saturday 1st July

The Forest 5 is a series of 3 races in Epping Forest, held on the first Saturday in June, July and August, the 3rd of which incorporates the 'Elvis' race hosted by Orion Harriers.



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The race was held on a warm sunny Saturday morning over a 1 lap 5-mile course which was dry and featured a few climbs.

Ilford AC had 7 runners starting but unfortunately Terry Knightley turned his ankle in the opening minute and was unable to finish.

Steve Philcox was first home for the club with a time of 31:38 which placed him 5th in the race and placed him first in the M50 category. Danny Holeyman came in at 33:33 for 12th place followed by Seb Parris in 19th place in 35:06.

The men's squad was completed by Raymond Dzikowski who claimed first place in the M60 category, coming home in 25th place in a time of 36:13.

Both Ilford ladies put in very good performances with Alison Sale coming home in 61st place in a time of 42:37 and Mandy Ried, continuing her fine season, finishing in 73rd place in a time of 45:35



SCVAC

Monday 26th June



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A great team performance saw the Men's Team finish first by 7 points on the evening of Monday 26th June at Stevenage.

Sam Malekout came down an age group competing as V35 on the evening. On the track he placed third in the 200m (25.6s), first in the 800m (2m 21.3s) and in the field second in the long jump (4m 93) and second again in the high jump (1m 45). There was no athlete in the 3000m.

Chris Short debuted in the V40 200m placing fourth in 28.0s. No athlete covered the 800m.

Michael Osunsami debuted in the V50 200m placing seventh in 30.3s. Fabrizio Stefanoni competed over the 800m where his time of 2m 21.0 secured third and he won the 3000m in 10m 36.8. In the field events for the same age category Peter Whiting achieved 18m 03 to earn fifth place. Henry Ricketts covered long jump in 4m 41 for second, discus in 23m 94 for sixth and high jump clearing 1m 30 for third.

In the V60 age group James Lambden earned fifth place in the 200m with 31.1s and the 800m in 2m 51.4 for fourth. David Butler came down an age group to compete in the 3000m where his time of 11m 34.6 secured second.

Gerald Daniel made a welcome return and now competing as V70 placed third in the 200m with 34.1s. David Butler in his own age group won the 800m in 2m 52.3.

The final event of the evening was the 4 x 400m relay where the team of Michael, Chris, Fabrizio and Sam won a thrilling race with Sam out-dipping the Enfield and Haringey athlete on the line for first place, with both teams given the same time.



Richmond 10km (incorporating the VAC Championship)

Sunday 25 June

Last Sunday the Richmond 10km took place on a morning when the temperature was already in the high 20s at the 9am start time..

The race is over a two lap course by the River Thames passing Teddington Locks and Ham House.

Ed Skinner, a second claim member of Ilford, came in 413th in 60 mins 38 secs to win the silver medal in the M65 age group in the VAC Championship and club endurance coach finished in 68 mins 06 secs for 443rd and 4th in the same age category.



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