



## **ONE HUNDRED NOT OUT**

### **The Essex Way**

Essex

*Sunday 3rd September*

The Essex Way relay is held on the first Sunday in September every year and covers 82 miles of ancient trails, footpaths, and countryside across Essex starting from Epping Station at 8am and finishing after 6pm at the Harwich Old Lighthouse in a 10 stage relay.

This is one of the County's premier events with 76 teams from across Essex and beyond competing

Ifords team of 10 not only competed the 82 miles successfully, finishing a very credible 5th, but this year, to celebrate the clubs centenary we used the occasion to run a club 100 miles by adding 3 runners to make up the remaining 18 miles.

Iford's lucky 13 runners were Ray Sparra Everingham, Seb Parris, Jim Tilbrook, Anna Crawley, Julia Galea, Malcolm Muir, Dave Thomas, Sharon Honey, Neil Crisp, Billy Green, Diane Crisp, Mandy Reid and Alison Sale.

At the end of the race it is tradition for the club to meet up at the end of the last leg for a Fish and Chip supper as reward for the days work.

With the logistics of running a relay cross country, especially getting people back to their cars, the club were grateful for the support of Robin Davis, Pam Jones, Roger Honey, Frieda Keane, Bev Thomas and Catherine Green



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## **Phipps 5km**

*Barking Park*

Monday 28 August

Ilford had a good day at the Bank Holiday 5km race in Barking Park which incorporated the penultimate Elvis fixture in this year's league. The team of 34 performed well in the good



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conditionS on the fast two lap course winning both the mens and ladies ELVls matches.

The ladies team were led home by Zuzana Sinalova in 71st 6th spot in the ladies competition (71st overall) in a new personal best of 20 mins 47 secs, with support from Gemma Ellender. also in a new best time for the distance of 21 mins 35 secs, in 11th (83rd overall). Carlie Qirem and Joanne Reeves both recorded 21 mins 45 secs as they finished 13th and 14th ladies respectively (88th and 90th overall), while Bree Nordin took the 1st F60 trophy as she came in 16th (97th overall) with 22 mins 02 secs.

The team was completed by Alison Sale in 29th (127th overall) with 23 mins 09 secs.

The team finished first in this match and will go into the last fixture at Valentines Park on September 24th still in contention for the title.

There was some excellent running on the men's side as Tom Gardner had a great race to finish 3rd in a new personal best of 15 mins 43 secs with teammate Alex Richards next over the line in 15 mins 52 secs. Sam Rahman gave good support in 11th in 17 mins 07 secs. Young Sam Crane excelled recording 17 mins 23 secs for 15th. The team was completed by Malcolm Muir in 19th with 17 mins 41 secs and Steve Philcox with 18 mins 54 secs for 32nd. Ilford won this match and are a solid 3rd in this year's table with one match to go.

There were also two more age category wins for the club with Neil Crisp taking the M60 prize in 19 mins 56 mins and Andy Catton placing 1st in the M70 group with 22 mins 38 secs.

There were also personal bests for 4 more club members :- Josh Adler (19.36) Steve Chissell (20.23), Steve Lacey (21.45) and Barmanaden Ramen (26.17)

Also running were: Diarmuid Mac Donnell (18.56) Dan Holeyman (19.23) Ryder Islam ((19.53) Dave Thomas (20.03) Terry Knightley (20.24) Dennis Briggs (21.12) Tarik Qirem (21.59) Tony Young (22.35) Gary Floate (22.46) Sean Costello (23.29) Pauline Tester (24.47) Dianne Crisp (27.35) Ray Everingham (28.39) Jimmy Huddart (29.02) Beverley Thomas (29.43) Wendy Everingham (36.19)





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