



## Press Report 28th May 2024

### **DAGENHAM 88 RUNNERS ELVIS 5 MILES**

*Eastbrook End Country Park*

Wednesday 22 May 2024

The opening fixture of the 2024 ELVIS series took place in torrential rain and bleak conditions in the Eastbrook End Country Park which made conditions tricky for the 241 runners in the 5 mile race.

Iford AC had 22 entrants in the events and were led home by Steve Philcox in 11th place in 31 mins 45 secs taking the award for the 1st over 50 to finish.

Next home for the club was Richard Morris, who was making his club debut, in 13th spot with 32 minutes 09 seconds and Josh Adler was 13th with 32 mins 12 secs. Bereket Berakhy came in 28th in 34 mins 08 secs and Diarmuid Mac Donnell placed 33rd with 34 mins 23 secs. One place behind was Dave Thomas, who was the 1st in the M60 category on the night, and closed the team scorers in 34 mins 37 secs. In the match Iford's men finished in 3rd position.

Carlie Qirem led home the Iford ladies in 6th place in the female race in 37 mins 25 secs and 2nd in the F40 group, with Gemma Ellender 7th with 37 mins 39 secs and Alison Sale 18th in 40 mins 56 secs. Mandy Reid recorded 45 mins 29 secs for 34th and Beverley Thomas 46 mins 42 secs in 40th place.

Dianne Crisp was the final team scorer in 46th place with 47 mins 42 secs.

In the ladies match Iford finished 4th

Michael Perkins ran in his first club race finishing 85th with 39 mins 07 secs and Neil Crisp in 44th was 2nd in the M60 category recording 35 mins 27 secs

Also running were: Dan Holeyman, 38th in 34.51, Steve Chissell 48th in 35.29, Steve Horsley 68th in 37.27, Adam Coals 81st in 38.54, Tony Young 123rd in 43.18, Rob Sargent 185th in 49.55, Launa Broadley 213th in 54.44 and Sheila Sinclair 238th in 61.42.



## Edinburgh Half Marathon

Sunday 25th May 2024

The Edinburgh Half Marathon is one of the most popular races in the Scottish racing calendar attracting over 20,000 runners from across the United Kingdom.

Starting in Potterrow with the picturesque backdrop of The University of Edinburgh, the route takes in many of Edinburgh's landmarks.

Despite the torrential rain, Ilford's Anna Crawley enjoyed the race and was very pleased with a personal best time of 1 hour 36 minutes 20 seconds, which placed her 85th Senior female on the day.



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### **HATFIELD BROAD OAK 10km**

Monday May 26

The 36th Hatfield Broad Oak 10km was held on a warm spring morning as part of the village festival and attracted over a thousand runners.

The course is a figure of eight so the runners loop back through the crowds in the village at the halfway point.

Dan Holeyman led the Ilford AC challenge finishing in 72nd place in 41 mins 15 secs, while Gemma Ellender was first home for the ladies team with 44 mins 30 secs for 152nd place overall and 18th female.

Next in was Steve Lacey in 47 mins 03 secs for 226th and Joanne Reeves placed 327th in 49 mins 49 secs.

Alison Sale placed 386th with 50 mins 50 secs and Mandy Reid came home in 55 mins 49 secs for 563rd. The Ilford squad was completed by Rob Sargent in 701st in 59 mins 33 secs and Julia Galea placing 831st with 63 mins 26 secs.

