



## **Newman Hilly 5 (Elvis)**

Hainault Forest

Wednesday 10th July

The Annual Ilford Hilly 5-mile cross country race, incorporating round 4 of the Summer Elvis League, was held at Hainault Forest on a warm Wednesday evening.

This year, following a 2 year break for refurbishment works, the race returned to its traditional route starting in Hainault Forest Country Park.

Ilfords men had a great performance on the night, with our first 3 runners separated by less than 30 seconds in 3rd, 4th and 5th places.

In 3rd place, in a time of 28:42 was Christopher King, 4th place was Malcolm Muir in 28:53, who also claimed 1st M50 on the night, and in 5th was Stephen Philcox in 29:08 claiming 2nd M50.

Less than a minute later in 8th place was Sam Rahman in a time of 29:32, followed just 9 seconds later by Joshua Adler in 10th place.

The male team was completed by Danny Holeyman, coming home in 18th place in a time of 31:21.

With all 6 team members finishing in the top 20, Ilfords men easily claimed 1st place on the night and now find themselves 3rd place overall after 4 matches.

Finishing outside of the team places, but winning age category prizes were the following:-

Neil Crisp 1st M60 in a time of 33:07 for 27th place, Steve Chissell 2nd M60 in a time of 34:54 for 37th place and Andy Catton who placed 2nd in the M70 Category in a time of 38:29 for 70th place

Neringa Masilioniene, competing in her last race for the club before returning to live in her native Lithuania, won the ladies race in a time of 30:39.

Neringa came to Britain in 2009 and joined Ilford soon after as a race walker. Whilst a club member she represented Lithuania at the 2010 and 2014 European Championships, 2011 and 2013 World Championship and the 2012 London and 2016 Rio Olympic Games.

A few years back she successfully began competing at running, and this was the latest in a long line of victories for Ilford AC.

She will be very much missed by her friends at the club.



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In 8th place was Gemma Ellender in 36:55. Joanne Reeves was 24th in 42:12, Dianne Crisp 24th in 44:10 and Julia Galea 57th in 49:53.

Sadly, the ladies were unable to complete a team of 6, and subsequently finished 7th on the night and moved to 4th overall in the table.

Also running, and running well on a difficult course was Joel Denning 30th 33:33, Alan Pearl 44th 36:15, Michael Perkins 51st 36:54, Bradley Brown 66th 38:20, Tony Young 84th 40:53, and Edward Skinner 101st 42:35



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## **Saucony London 10k**

Sunday 14th July

The London 10k is one of the largest 10k's in Britain attracting over 14,000 runners. The race takes runners through Central London, traffic free, and takes in Buckingham Palace, Trafalgar Square, The London Eye and the Houses of Parliament.

En route the runners pass several bands and large union jacks draping the streets.

Ilford this year sent a small squad of 2 runners, both performing very well in hot conditions.

Billy Green came home in 51 minutes 10 seconds and Mandy Reid ran well for 57 minutes 22 seconds



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