



Harold Wood 5km Elvis

Wednesday 1 August

The latest round of the Elvis competition was held on a hot humid evening over a challenging 5km course around Harold Wood Park and the adjoining Poges Wood.

Ilford AC had a squad of 18 in the event and they were led home in an excellent 7th place by Chris King in 18 mins 28 secs. He was supported by the in-form Steve Philcox in 9th with 18 mins 43 secs and a great run from Ryder Islam, who is in the u17 age group, in 13th with 19 mins 18 secs.

Dan Holeyman came home in 20 mins 24 secs for 23rd with Steve Chissell recording 22 mins 06 secs in 45th

Andy Catton was the last scorer for Ilford in 73rd with 24 mins 34 secs.

In the match the Ilford men were placed 4th and are in 3rd in the league standings for the season.

First home for the Ilford Ladies was Gemma Ellender in 11th spot in 23 mins 31 secs with Alison Sale in 21st with 25 mins 37 secs and Pauline Tester coming home in 28 min 16 secs.

Rachel Halpin recorded 28 mins 38 secs for 4th and Dianne Crisp finished in 28 mins 43 secs for 47th. In 58th Frieda Keane closed the team scorers with 32 mins 21 secs.

In the match, like the men, the Ilford ladies placed 4th and are 3rd in the season's Elvis standings

There was success for the club in the age groups results with Steve Philcox winning the M50, Steve Chissell the M60 and Dan Holeyman 2nd in the M50, Andy Catton 2nd in the M70 and Pauline Tester 2nd in the F60.

Also running for Ilford on the day were: Bradley Brown (79th 24.48) Tony Young (84th 25.06) Neil Crisp (105th 26.30) Julia Galea (175th 32.21) Sharon Honey (190th 33.53) and Sheila Sinclair (203rd 37.27)

Elsewhere, at the weekend **Krystle Balogun** travelled up to Derby for the BMAF Track & Field Championships

On Saturday she competed in the 100m and placed 3rd F35 in a time of 12:92 seconds, then on Sunday she raced the 200m and placed 1st F35 in a time of 26.05 seconds.



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