



## Press Report 13th August 2024

### **Essex 5k Championships**

Colchester

A contingent of 7 Ilford men made the journey to Colchester on the evening of 9th August, to compete in the "Friday Night 5K" which also incorporated the Essex County Championship over that distance.

The races were spread out over 5 separate races, based on expected finishing times, culminating in the men's elite race at 8.30pm.

Ilford AC were rewarded on the night with some superb performances and four positions on the podium gaining Essex County medals.

Fastest Ilford runner on the night was Tom Gardner, placing 32nd with a time of 16 mins 16 secs to gain a Silver medal in the M40 age grouping. 12 places back in 44th spot was Sam Rahman in a time of 16 mins 59 seconds to finish 5th in the same age grouping.

Stephen Philcox ran a remarkable 17 mins 22 seconds for 58th overall and 1st place and Gold medal in the M55 grouping.

Danny Holeyman, returning to form, was pleased with his sub 19m timing to place 94th in 18:57, followed by Joel Denning placing 107th in 19:28

Alan Pearl was the next medalist of the night, placing 3rd for a Bronze medal in the M65 grouping in a time of 21:51 and 139th overall.

Andy Catton completed the team and medal collection with a Silver medal in the M70 grouping in a time of 23 mins 02 secs for 150th place overall.











## **Orion 5**

### **Epping Forest**

The sixth round of the 2024 Elvis league was held in the forest at Chingford on a warm humid morning, over a 1 lap 5 mile challenging hilly course.

Seventeen Ilford runners took on the challenge, all putting in good performances.

First home for the club was the very much in-form Stephen Philcox in 30 mins 53 secs to claim 9th place and second in the M50 age grouping. Just 3 places back in 12th place was Christopher King in 31 mins 39 secs. Paul Holloway came in at 32 mins 03 secs to claim 3rd M50 in 15th place. Next home was Danny Holeyman in 33 mins 46 secs for 23rd place, and the scoring team of 6 was completed by Steve Chissell in 32nd place in a time of 35 mins 59 secs.

Andy Catton in 82nd place with a time of 41 mins 05 secs claimed 1st place in the M70 age grouping.

Also running for the men were:- Dave Thomas (48th 37:37), Bradley Brown (66th 39:07), Tarik Qirem (71st 39:43) Anthony Young (84th 41:09) Diarmuid Mac Donnell (96th 42:32) Jim Tilbrook (117th 44:51) and Rob Sargent (178th 51:58)

On the day the Ilford men's team finished 2nd, and sit 3rd overall in the league table.

The ladies team were led home by Alison Sale in 28th place in 43:47, Alison was backed up by Mandy Reid in 47:38 for 53rd, Julia Galea in 53:02 for 70th and Frieda Keane in the same time of 53:02 for 71st.

Unfortunately for the ladies, an incomplete team of 4 runners from 6 meant that the ladies finished 8th on the day and drop to 4th in the overall table









