



Essex Cross-Country Championship
Hilly Fields, Colchester Saturday 4th January

There were a good set of results for Ilford AC in this season's Essex Cross-Country Championships at Hilly Field in Colchester, where the going was firmer than was expected

Best result of the afternoon for the club came in the under 15 boys race where Usamah Patel put in a storming run to take the bronze medal in 16m 49s and was selected for the Essex team for the Inter-Counties Championship in Nottingham next month. His training partner Jack Maher not his favourite surface had a solid run for 21st place in the u/17 race.

The Ilford senior ladies continued their run of good performances with Krystle Balogun leading home the side in a creditable 18th spot in 35m 13s for the 8km course. Breege Nordin was next across the line in 52nd with 39m 34s. Supporting her were Dianne Crisp in 60th with 40m 45s and Jenni Sheehan placed 63rd in 40m 56s in a field of 122. Together they were placed 10th in the team competition. There was however misfortune for Mel Jones who fell on the first lap and broke her wrist.

The senior men had a good team on the start line for their 12km race and were lead home by Malcolm Muir who showed good form to place 9th in 42m 28s. Next up was Steve Philcox in 46th and 46m 01s. Kevin Newell showed his winter training is going well in 56th with 47m 320 and Paul Holloway came in 72nd in 48m 57s. Sam Rahman showed improved form in 79th with a time of 50m 16s. Taking the last scoring spot was Tony Hyde in 81st with 50m 16s, who just pipped Neil Crisp on the line after a sprint finish. The squad was completed by two runners on the comeback trial.; Darren Bottrill finished 108th (52m 43s) and Matt Maple 174th (67m 37s)

Report by Hank in the Bushes

Picture of Usamah and Jack courtesy of Ian Gains

Picture of Dianne & Jenni courtesy of ERR

New Years Day



Ilford AC Press Report Week Ending Sunday 5 January 2014

There were 3 athletes from Ilford AC who started 2014 with a race on new Years day. Best performance came from Spencer Hempsted in the Lamberhurst 10km run on a challenging, scenic course around the grounds of Scotney Castle in Kent. Spencer put in a good performance to take second in 36 mins 35 secs. Meanwhile, in Hyde Park Carol Muir found the going tough in the wind and rain during the Serpentine New Year's Day 10km finishing in 68m 24m for 214th female in a large field. Krystle Balogun avoided the poor weather conditions by running indoors at Lee valley. In an open meeting to kick off the year she came 5th in heat 4 of the 800m in 2m 31.39s.

Report by Hank in the Bushes and Warrior Dog

London Marathon

Are you running the London Marathon? Would you like help, advice and training group to prepare for the race?

The Ilford AC endurance group is here to assist you. The squad has over 10 entries for this years event and has a range of standards ranging from a 2:25 runner to first time marathon runners. The group is led by an UKA level 3 endurance coach and meets three times a week. Interested come along to Cricklefields Stadium, High Road Ilford on Tuesdays at 6.30pm or e-mail warriorsoftime@hotmail.com for more details

