



SEAA London cross country championships 2018

Parliament hill

17th nov 2018

Ilford AC fielded 3 senior men for the regional championship fixture. The sun was out and the wind was non existent. Ideal running conditions. The team lined up together at the base of the iconic hill for the plus 10km race. Over 1700 athletes took to the course from all age groups so the ground for the last race of the day was fair to middling. The 439 strong mens field completed 3 large loops and 1 small loop to rapturous applause from a healthy crowd on the steep hills.

Alex Richards was first home for the club in an impressive 40th spot with a time of 38.44.

Tom Gardner was close behind him in 39.42 for an excellent 59th spot. Seb Parris rounded the strong team performance off in 138th place for 42.47



Town Moor Half Marathon

Newcastle

18th November 2018

Tony Young returned to his family home in Newcastle at the weekend to run in the Town Moor Half Marathon. Held on a traffic free 3 lap course around the historic Exhibition park conditions on the day were ideal for running. Tony ran a strong race finishing just 6 seconds outside of his personal best to finish in a time of 1:47:57



Hertfordshire Half Marathon

18th November 2018

The Hertfordshire Half Marathon starts and ends at the iconic Knebworth House.

Knebworth House has hosted some iconic acts in the past including Led Zeppelin, Oasis, Red Hot Chilli Peppers and Robbie Williams.

On Sunday it welcomed Peter Spelman of Ilford AC who ran an excellent 1:55:11 to place him 3rd in the VM65 age group

Eastern Cross Country Champs

Chandry Park Ipswich

18th November 2018



Press Report 19th November 2018

Trevor Robinson was the sole Ilford AC runner at the Eastern Cross Country champs in Ipswich.

Trevor ran a strong race over the challenging 12k course to claim 48th place in a time of 59:18





Press Report 19th November 2018