



Ilford AC Boxing Day Handicap

Hainault Forest

December 26th 2018

A record field of 30 runners brushed off the Turkey and Christmas hangover's to toe the line for the 10th annual Ilford AC Boxing day handicap.

The route is 3.3 miles through the hills and mud of Hainault Forest. This year, for the first time, the course was marked out due to people getting lost and running their own route in previous years.

The first 5 finishers all finished within a minute of each other and was led home by Matthew Hick, closely followed by Jak Wright, John Crawley, Ryan Holeyman and Steve Philcox. Taking away the Handicaps Steve Philcox was the fastest Ilford runner on the day with a time of 20:50.

The ladies were led home by ever reliable Natalie Crisp followed by Anna Crawley, Gaye Young, new member Linda Day and Sharon Honey. Taking away the Handicaps Linda Day was the fastest female with a time of 28:02.





Witham Boxing Day 5

December 26th 2018

Brother and Sister act Malcolm and Carol Muir were amongst the 430 runners taking part in the Witham Boxing Day 5.

Malcolm finished in 10th place and second M40 position with a time of 28:40, whilst Carol who is still suffering from a calf strain finished in 51:55 for 384th place.

Inbhear Dee AC Streets Of Wicklow 5K

Wicklow Ireland

December 26th 2018

Diarmuid McDonnell was the only Ilford athlete to compete internationally on St Stephen's day when he joined over 400 runners through the beautiful streets of Wicklow for the 10th running of the 'streets of Wicklow 5k'.

A fast and furious downhill start takes runners down to the coast, before finishing with an



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uphill stretch through the twisting roads of the town.

Diarmuid was very pleased with his time of 18:30 which was a PB, and placed him 48th and 4th fastest M45



Ilford AC 10 Mile Cross Country Championship

Hainault Forest



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December 29th 2018

On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on an unseasonably mild December morning.

Over 90 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times.

Ilford's first 3 runners all finished in the top 10 with Malcolm Muir leading the way in 3rd place with a time of 1:04:49 followed closely by Seb Parris in 6th place with a time of 1:06:24 and Danny Holeyman who rounded off a great year with the club for 10th place in a time of 1:13:14. Danny also took the MV40 prize.

Breege Nordin was 2nd lady home on the day and first Ilford lady with a time of 1:25:24 for 29th place.

Other Ilford athletes to complete the tough course were Tony Young 1:27:07 (35th), Doris Gaga 1:34:13 (53rd), Julia Galea 1:43:43 (71st), Alison Sale 1:44:20 (72nd), Frieda Keane 1:45:07 (74th) and Martin Clarke 1:45:07 (75th)

This year, for the first time, the club also opened the race up to relay teams with 3 different runners each running a lap of the tough course.

The Relays were dominated by Ilford Sprinters who took the first 3 places.

First place went to Bradley Deacon (20.38), Mungo Prior (19.14) Farris Patel (21.09)

Cumulative time 61:01

Second place was Aaron Samuels (19.48), Jak Wright (21.48), Phil Ellul (22.19)

Cumulative time 63:55.

Third place was Matthew Hick (23.30), Ryan Holleyman (24.32), Joseph Grange (22.03)

Cumulative time 70:05

Ilford also had a mixed team of Junior and seniors finish in 5th place

Wayne Hick (25.17), Jordan Hinds (26.15), Cliff Warren (26.47) Cumulative time 78:19.

First place in the senior mixed relays went to the Ilford 'Committee team'

Club Captain and Press Officer Billy Green took the first lap in an impressive 28:01, handing over to Welfare Officer Rachel Halpin with a steady lap of 32:10, before handing over to Club Chairman Ernie Forsyth, who despite giving it his all was unable to be the fastest member of the team by mere seconds, finishing in 28:03.

The race is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury four years ago and now requires full-time care .

A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.









South Essex Cross Country League

Hadleigh

30th December 2018

Three of Ilfords runners were out on Sunday on a very wet and hilly Cross Country League 4.7 mile run in Hadleigh.



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Gary Coombes was first of the three home in 14th place with a time of 31:07, followed by Steve Philcox in 32:28 for 28th place and Trevor Robinson in 42:07 for 142nd place. Gary and Trevor represented second claim club 'Barking' on the day as Ilford do not compete in this league, whilst Steve ran as a 'guest'.