



National Cross Country Champs

Nottingham

22nd February 2020

The National cross country championships, held by the English Cross Country Association was held at Wollaton Park, Nottingham, on Saturday.

Pitting himself against the finest athletes in the country was Ilford's sole entrant Trevor Robinson.

Recent weather meant that the course was less than ideal, with even the elite runners in the country struggling to maintain any kind of speed in the thick mud.

Over a very demanding and hilly 12.k course Trevor gave a very good account of himself however, finishing in a time of 1:26 which placed him in 1,679th place.

BMC Indoor track meeting

Lee Valley

19th February 2020

The BMC is one of the premier middle distance athletics clubs in the country, with athletes having to achieve target times to be granted entry.

On Wednesdays open meet Ilfords Paul Grange came 4th in the 800m event with a time of 1:55:68

Lee Valley Open meeting

19th February 2020

On the same evening Lee Valley sports centre also held an 'open event' for local athletes to test their speed on the track, and with many races cancelled over the last couple of weeks, two Ilford AC athletes took up the opportunity to race.

Sam Rahman ran in heat 3 of the 1500m and ran in the leading positions throughout the 7 1/2 laps of the 200m indoor track finishing 2nd in 4 mins 40.60 secs showing his marathon preparations are on target.



Farris Patel had a similarly excellent race competing in the 800m. Always in contention Farris just missed out on 1st place in the final few yards but was pleased with a Seasons best time of 2 mins 1.28 seconds for second place

Lee Valley U13 / U15 Open meeting

22nd February 2020

Three Ilford youngsters had a successful track meet at the U13/U15 Open meeting on Saturday, with all three achieving PB's .

First off was Lucas Emeagi who ran 28.39 seconds for the 200m and 5th place.

Following Lucas was older brother Jacob Emeagi who ran 47.57 seconds for the 300m and 4th place.

Finally Aaron Hick ran a great 800m to finish in 3rd place with a time of 2 mins 41.36 seconds