



Frank Heaney RIP

Former member, President, athlete and auditor Frank Heaney sadly passed away yesterday 15th August Frank was a great Ilford AC stalwart and had a lasting influence on anybody who ever knew him. He was a great friend and supporter of Ilford AC as well as being a larger than life personality. Our deepest condolences go to his wife Doreen and their family. Frank will be missed by us all.

Ernie Forsyth





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Dear Frank was Ilford AC President 1778/79, following Brian Armstrong and succeeded by Roy Gill. He was a long-serving Club Chairman from 1988-to-1996 and a diligent auditor. Frank was aged 86 at the time of his demise, and I believe resided in Loughton. He enjoyed his Saturday afternoon/evening pints with “The Jokers” and rarely missed any of our Club functions and activities. A truly genial man who’ll be much missed and long remembered. As for the Walking Section, he regularly turned out for our 2 main events to hold a stopwatch or a recorder’s clipboard : our Christmas 10K walks at Chigwell Row and summer 10K around South Park’s perimeter, and was an enthusiastic supporter of our Walking Section. Dave Ainsworth (a Past President).

I am deeply saddened to hear the news that Frank has passed away. He was one of the first people I met when I went to Cricklefield way back in 1962. From those early days and throughout my career Frank always supported and encouraged me, and I remember that especially so from the times when things weren’t going well.

Frank was a chartered accountant and his support extended to guiding me through some accountancy exams in my early working years which proved to be really significant for me. He was a very intelligent man, always cheerful and lively, but also with a wicked sense of humour – something that always made it fun to be in his company. He will be greatly missed.
Tony Nixon