



Nicola Hopkinson Tribute



Message from Club Chairman Ernie Forsyth:-

It is with great sadness and a heavy heart (broken) that I pass on this devastating news
We have been informed by Robin Davis that Ilford AC stalwart, Nicola Hopkinson, has passed away after a long and brave battle against cancer.

This is terribly sad news for everybody who was fortunate enough to have had their lives touched by Nicola. Our love, condolences, thoughts and prayers are with Nicola's family. ☹☹

Please leave your tribute to Nicola below and it will appear on this page shortly or if you refresh:-

Name (required)

Your Email (required)

Your Tribute

Tributes to Nicola



Nicola Hopkinson Tribute

From	Tribute
Kareem Beckett-Edwards	R.I.P to Nicola I remember when I used to come athletics with my brother and dad and she would always be so positive and always full of respect. Always there for everyone and was always saying hello to me and my brother. My condolences go to her family may she rest in heaven
Pauline Tester	RIP Nic - A life well lived. I will miss our walks, runs and swims together. A great IAC member in all respects.
Paul King	Such tragic news My thoughts are with Nicola and her family x
Steve Uttley	I communicated with Nicola many times and she was extremely diligent in all she did. I'm extremely sorry she has died. Steve Uttley
Launa Broadley	Nicola, you will be missed greatly. You have been a tremendous support in helping others realise their potential. You are one of my biggest cheerleaders and I appreciate You. Thank you for being an inspiration to so many over the decades. Now it is time to wish you goodnight. RIP ?
Dianne & Neil	Nic Hoppo, our dear team mate, friend and past president. Nic always supported IAC using her skills on the subscriptions. You were fab at getting people to pay on time. Also always helping the club organising race entries. Nic attended Track & Field judge courses so that she could help out at the track meets in recent years. Nic ran some fantastic marathons, xcountry Triathlon's and cold water swims. Amongst her successes and achievements Nic was named on the Majors wall of fame. We always loved hearing about Nic's adventurous holidays invariably involving some sport! We will remember you while running along the hospital path and park at Seven kings where we used to meet you especially during your treatment and covid to walk and chat. You were very positive and brave throughout the last 4 years, an inspiration to us all. You left us too soon. We miss you loads, Dianne & Neil.
Sharon Honey	It was such a privilege to know Nicola as a friend and fellow runner. She epitomised everything that is Ilford AC and was always so upbeat and lived life to the full. I was fortunate to go for many walks with her in the last few years and she always insisted my dog Poppy came along too. They had a very special bond. We will miss her. RIP Nic xx
Diarmuid MacDonnell	Rest in peace, Nicola. Your spirit lives on and whenever we wear the Ilford vest you will be there with us roaring us on! Our gratitude is eternal.
Dave Ainsworth	Much missed Nicola was a lovely lady and a truly committed stalwart of our Club. A most diligent Membership/Subscriptions Officer. Her loss is so, so sad. Dave Ainsworth
Carol muir	nicola was such an inspiration to everyone,always there to support everyone with their running and social events. She great support for me at my 100,250,500 parkrun .she will missed by everyone. R i p nicola.
Sharon	I don't think I saw Nicola looking unhappy. She was always friendly and chatty. She will be missed.
Sheila	Nicola was such an inspiration to us and an all-round athlete who achieved so much. She always had a smile on a face and had such a warm and friendly personality. She will be greatly missed. RIP Nicola



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Mart	Nic... I know for a fact you would have collared a fellow travelling soul for a lift to the pearly gates where, accompanied by your entry box of tricks and multi version forms, you would have met with the supreme and ultimate Entries Secretary St Peter manning the desk. Besieged by your endless and muddled witterings and after a quick check that the quality of your warm-up was in order he would henceforth have waved you through without further delay. Rest in Peace dear friend. ♥
Sally Gillam	<p>It is hard to process the fact that Nicola is no longer with us. We were great friends from about 2003. I first really connected with her when we were running up the hill to the Bald Hind on a long training run for the London Marathon and I mentioned I was looking for someone to climb Kilimanjaro with. She had agreed to come before we had reached the top of the hill. That led onto many holidays together whether running or for travelling. In the last week as I have been thinking about what to write in this tribute, I have thought of so many memories of the fun we had together.</p> <p>She was a great runner especially over the marathon distance. She was also conscious of the pecking order so when we ran Le marathon du Medoc to celebrate our 50th birthdays (a full marathon with hills, wine stops and compulsory fancy dress - Nicola was Twiggy, I was Dusty Springfield - 60's icons) we ran together, drank at every wine stop - wine and water which meant numerous toilets stops, then we crossed the line together. When we looked at the results, I appeared first by virtue of my surname appearing first in the alphabet. She was a little disgruntled but when I explained, we laughed. Nicola was competitive to the bone.</p> <p>As well as being a loyal team runner at IAC, Nicola went onto be an important member of the race organising team, a track and field official, a committee member and an active President of the club. She also gave generously to the club financially. Despite my departure from Ilford, we always kept in touch and she visited me in both Harwich and Paris. She will be missed by many. She fought the cancer bravely and it was only towards the end that her struggles were evident. I know she wants us to celebrate her life and I hope that we will all get the chance to do so at some point. Death is life's greatest certainty and I salute Nicola for living her life to the full (the 6 marathon majors - respect) and visiting every continent. Rest in Peace Nicola.</p>
Julie Gillender	Nicola was a great inspiration to me with my running. She will be sadly missed by everyone in IAC. RIP Nicola.
Stephen philcox	I will miss Nicola for her friendship, kind and warm personality. With a passion and talent for running our club will be forever poorer for your passing. R.I.P
James Huddart	It was a great pleasure to have known Nicola, she was such a great asset to Ilford A/C & a great inspiration to all the members. She was such a kind, generous & brave lady. Rest in Peace Dear Nicola ???
Terry Knightley	I have known Nicola at Ilford AC for well over twenty years and she will be missed by all - RIP Nicola x
Billy Green	<p>I had known Nicola for 15+ years and shall always remember how determined she was in everything she did, whether it was chasing up subscriptions, organising races, preparing herself on race day or training for Marathons.</p> <p>I did many long training runs with Nicola back in the day, and there was never any awkward silences mainly because she was so enthusiastic and chatty but also because her pace meant I struggled to speak myself.</p> <p>These last couple of years I never heard her complain once about her condition or have a 'why me' attitude she just fought it with the same determination she faced everything else.</p> <p>On one of our last conversations I told her how much I admired all her marathons and she thanked me and said that they were her proudest achievements.</p> <p>We'll all miss you Nicola xx</p>
Alison	Such a cheerful, friendly lady - always a smile on her face, she was an inspiration to many of us through her running & her attitude to life. RIP Nicola x



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Steve Parker	I will miss Nicola. Always smiling. We spent a lot of happy times swimming and on long bike rides, often stopping in a tea shop. We rode the Surry London 100 mile together and she said she was on a mission. Such energy and determination. I drove her to and from hospital many times for her treatment. Not once was she ever depressed about her condition. She is an inspiration in so many ways to all of us.
Tony Nixon	When someone who is a real cornerstone of the club passes on it brings an extra sense of loss to all club members. So it is with real sadness that I join our fellow club members in paying my respects and passing on my love to Nicola and family. Tony
Kim	RIP Nicola , so sad to loose one of the genuine good guys too soon ♥
Peter Spelman	I count Nicola both as a valued friend and a brilliant runner. She was a massive inspiration to me with her willingness to travel all round the world to compete in marathons. Nicola willingly gave a lot of her time and energy to Ilford AC and made a real difference to the club. She will be missed!
Danny Holeyman	I only knew Nicola for a few years but within a short space of time of meeting her I realised what a selfless person she was and how dedicated she was to the Club and the Sport. I have fond memories of her time as President and presenting young Ryan with one of his club trophies. I also recall tracking her performance in the Boston marathon with great interest and admiration. It takes a special person to have the determination to be a six star major marathon finisher. The club is a better place for Nic having been involved - thank you for that Nicola. You were taken too young but I'm glad you are at peace now.
John Batchelor	Terribly sad news about a lovely, friendly lady who put in such great service to our Club and was clearly a shining light to all. RIP Nicola
Gaye	Nicola had such a great way to be cheerful and lift your spirits with her stories and never ending chatter. She had a wonderful way of making you feel positive about how you were performing with your running and would offer helpful tips to help you improve. She was incredibly proud of Ilford AC and never missed an opportunity to invite people to sign up after a couple of weeks of training with us. I thoroughly enjoyed her enthusiasm and her high energy levels and her running achievements were honestly amazing.
Alan Pearl	Fond memories of our training and fund raising for the 2019 London Surrey 100mile bike ride, where you completed your London Classics. A top all round athlete and invaluable Ilford AC club administrator and volunteer. Ultra competitive but with a heart of GOLD. Rest Peacefully Nicola x
Melinda Jones	Nicola I will miss our runs, our swims, our walks, our cycles and most of all our social get togethers. I feel blessed that we were able to ski in France last year as your last holiday wish. Your courage was inspirational during your treatment. I feel privileged to have known you. Rest in peace Nicola and do a lap for me in Heaven.



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Ernie	<p>How do you begin to write a tribute when the pain and sense of loss is so raw. Nicola and I spent so much time together travelling to and from hospital appointments, track and field competitions and various races. We spoke at great lengths about her diagnosis and cancer treatments. I believe that Nic felt that as a former cancer sufferer I may have been able to discuss the mental, physical and emotional effects of this horrible disease.</p> <p>The best advise that I could give Nic was to be positive, rely on friends and family and don't be afraid to ask pertinent questions about her treatment. I know that Nicola really appreciated the support that she received from friends and family, whether it was accompanying her to appointments, taking time for a telephone conversation or a walk over the park.</p> <p>I am sure that Nicola's stubbornness and sheer will to fight this disease and not let it dominate the goals that she had set for herself extended her life when many others would have succumbed to it a lot earlier.</p> <p>Nicola's passion for life was never in doubt, whether it was running, cycling , swimming or skiing, Nic was a fierce and successful competitor admired by all.</p> <p>Whether Nic was competing, judging Or carrying out administrative work she always gave her very best. She was a great field judge, brilliant administrator and an integral part of the Ilford AC family.</p> <p>Spending time with Nic was always a great pleasure and it is very difficult to come the realisation that we will not see her again or hear her constant chat or see her big smile. I will always smile when I remember Nic and count myself blessed to have known her and spent time in her company.</p> <p>Our deepest condolences to Nicola's family, friends and Ilford AC membership.</p> <p>It will take us all a long time to process this loss.</p> <p>Rest in peace Nic, nobody could have fought harder for so long</p> <p>We will miss you so much and try to live our lives mirroring your determination and passion.</p> <p>Blessed memories</p> <p>Ernie</p>
Frieda Keane	<p>Nicola welcomed everyone to the club.</p> <p>Her positive attitude and desire to make the most of every day throughout her illness will remain an inspiration- just like her marathon running.</p> <p>We will not forget you xxx</p>
Susan, Rhys and Ronan	<p>In our few years at Ilford Athletics Club Nicola has stood out as an amazing club member who firstly warmly welcomed us all and then regularly gave so generously of her time as a Field Official at so many matches.</p> <p>Our thoughts and prayers are with all of Nicolas family and friends. Rest in Peace Nicola.</p> <p>X</p>
Akwasi :Nkrumah	<p>Sorry to hear, and our deepest Condolences to the family. In the short time of knowing Nicola, she has been smiley and welcoming. Rest In Peace...</p>
Claire Levey	<p>Such sad news to hear for such a lovely lady. RIP Nicola. My thoughts and prayers to your family and friends. You will be missed by all your friendds at IAC x</p>
Satha	<p>what an individual Nicola is. Really very sad to hear this devastating news. Nicola is very helpful, very kind and most positive person. My heartfelt condolences to Nicola's family and friends. Its a shocking news to the club and her club mates. My last interaction with nicola was during the ELVIS club 5 miler in July last year. RIP my friend</p>
Joe Ramen	<p>Your memory will live on as this tree blossoms and grows.</p>
Sam Malekout	<p>So sorry to hear this news. Nicola was such a big part of Ilford AC, always really friendly and a pleasure to be around. Rest well Nicola ?</p>
Andy	<p>Desperately sad news.</p> <p>Nicola was a former club President, long serving committee member, membership officer and a talented runner. She will be very sadly missed by all at IAC</p>