



Ilford AC's 101st year concluded with 2 of the clubs longest running(excuse the pun) events, the Boxing day handicap which is 15 years old, and the 10m Cross Country Championships which has been part of the clubs running calendar since the early 1950's

Ilford AC Boxing Day Handicap

Hainault Forest

26th December 2023

A field of 20 runners brushed off the Turkey and Christmas hangover to toe the line for the 15th annual Ilford AC Boxing day handicap.

The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships which traditionally takes place a few days later

Each runner is given a handicap based on their previous form over the year.

This year's winner was Shahnaj Begum who ran the course in 32:55 off of a scratch handicap. Billy Green was next home in 33:46 (4 min handicap) followed by Barney Perkins in 33:50 (11 min handicap)

The actual fastest times on the day, handicap excluded, were Josh Adler 20.45, Samuel Crane 20.51 and Stephen Philcox 22.12.

Other runners on the day (actual times) were Rhys Edwards 22:37, Gary Coombes 23:24, Alfie Hick 23:35, Danny Holeyman 23:50, Jordan Hinds 25:11, George Hick 27:07, Steve Crane 27:24, Mathew Hick 27:25, Jim Tilbrook 28:52, Charlie Hick 30:15, Rachel Halpin 33:15, Diane Crisp 34:16, and Julia Galea 36:50







ILFORD CLEAN UP IN THE MUD

Ilford AC 10 Mile Cross Country Championship

Hainault Forest

December 28th 2023

On Saturday Ilford AC hosted their winter showcase 10-mile cross country event on a pleasantly mild December morning.

Runners were treated to the thick mud and hills that characterizes most of the 3.3-mile course which is negotiated 3 times.

First home for the club was Josh Adler, claiming first Senior Male prize in 63:55

In 5th place, claiming 1st VM50 was Stephen Philcox in 68:44.

There then followed the remaining 5 Ilford men in very close proximity:-

Christopher King 14th 73:37, Richard Woolterton 15th 74:21, Bradley Brown 17th 78:14, Diarmuid MacDonnell 18th 78:56 and Steve Chissell 19th 79:11

Steve Chissell's time gained him 1st place in the VM60 grouping.

Josh, Stephen and Christopher made up the men's team which finished 2nd on the day.

In the ladies race, Alison Sale led the team of 3 home in 6th place with a time of 91:42.

Alison was followed home by Pauline Tester who was 9th female finisher in a time of 95:37, which also gave her 1st place in the FV60 grouping.

Completing the team was Shahnaj Begum, 12th female finisher in a time of 102:58

The 3 ladies combined to finish first female team on the day.

With the race being Ilford's own Championship, medals were awarded to Ilford athletes in all categories.

Winners were :-

Senior Men Gold Josh Adler, Silver Christopher King

V50 Men Gold Stephen Philcox, Silver Richard Woolterton, Bronze Bradley Brown

V60 Men Gold Stephen Chissell

V40 Ladies Gold Shahnaj Begum



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V50 Ladies Gold Alison Sale

V60 Ladies Gold Pauline Tester

Of course this event wouldn't have been possible without the help of all the marshals, organisers and scorers, all of whom were club members, many traveling many miles to offer their support and help to the club.





















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