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Press Report 2nd June 2025



Rayleigh 10 The Rayleigh 10k is a multi terrain, hilly course, through Hockley Woods in Essex. The recent dry spell meant the ground was firm but some long hills and the heat on the day made for tough conditions for the 400 runners, including 2 from Ilford AC. Billy Green came home in 55 mins 54 secs whilst Sharon Honey made a welcome return to competitive racing for the club, coming home in 72 mins 13 secs

Battersea Park 5k Three Ilford runners took on the Battersea Park Midweek 5k, all achieving sub 20 mins and two achieving PB's over the distance. First home was Tomas Krukauskas in 28th place for 18:08 and a PB, Joel Denning was next home in 50th place for 19:16. Second ...[Read more](#)

[Press Report 27th May 2025](#)



Southern Counties Vets League Lee Valley Ilford men started their defense of the Vets League with a win on Monday at Lee Valley. Steve Crane and Steve Uttley won the M35 and M50 walk over 2000m in 11.35.45 and 11.50.13 respectively. Sam Malekout finished third (12.81) in the M35 100m, fourth (8m 45) in the M35 shot and won the M35 400m (57.90).



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Chris Scott in his first year as M50 finished third (13.4) in the 100m, second in the shot (8m 41) and won the 400m (60.01). James Lambden in the M60 age group finished fourth (15.2) over 100m and came down to the M40 group to finish fourth (6.17.86) over 1500m. David Butler had a few events in the evening as the M70 athlete finishing ...[Read more](#)

[Press Report 20th May 2025](#)



Southern League Report The first race of the Southern League, held in Stevenage, proved to be a successful day for Ilford, where the team came a comfortable 4th place in Division 2 of the League. Much thanks must go to Team Managers, coaches, officials and volunteers who contributed to the team's success. Ilford's sprinters shone brightly in some highly competitive races. Krystle Balogun finished 5th in 13.07 in the women's 100m A string, and 3rd in 26.43 in the 200m A string. Her contributions to the success of the Ilford track team season after season have been pivotal, and this shows no sign of changing. Young athletes Rachel Obeng and Stacey Kwarteng-Amaniampong also put in assured performances, with Rachel finishing 3rd in the ...[Read more](#)

[Press Report 13th May 2025](#)



Ilford had a successful day at the recent Essex Track and Field Championships at Chelmsford. Gaining 2 gold, 3 silver and 3 bronze medals. Day 1 The U15 girls hammer throw was the first event of the day that contained Ilford athletes. Ilford were represented by Sophia Burrow and Sofia Crane. Sophia had a great competition setting a near pb of 37 metres 81, and beating her previous pb with three of her throws. She just missed the gold medal by 17 centimetres. Sofia in her first Essex Champs threw 17 metres 74 centimetres for 7th place. Daniel Tochukwu Okerke ran a pb of 13.19 placing 2nd in his heat of the under 13 boys 100m. Then followed this up with a great ...[Read more](#)

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MAY DAY 10 (incorporating the Essex 10 mile Championships) The Essex 10 mile championships was incorporated into the May Day 10 this year. The race is run over a rural rolling course on the country lanes from Witham to Terling and back. Ilford AC had 17 runners in the event First home in 18th place was Steve Philcox in 61 mins 01 secs to win the M55 age category Essex gold medal. Next over the line, just 27 seconds and 3 places later was Sam Rahman who also won a gold medal in the M40 grouping . Chris King came 33rd in 62 mins 52 secs and Dan Holeyman, who will be running in the Essex Marathon Championship at Halstead next Sunday, recorded 65mins 34 secs for 47th place. Richard ...[Read more](#)

[Press Report 29th APRIL 2025](#)



LONDON MARATHON 27th April Among the record finishers of 56640 at this year's London Marathon were 6 runners from Ilford AC. The warm spring sunny weather slowed many runners in the final few miles of the 26.2 mile course. First home for Ilford was Richard Morris who finished in 3 hrs. 12 mins and 43 secs after passing the halfway point in 1hr 30mins 06 secs. Next in was Steve Chissell in 3 hrs. 31 mins 29 secs with Tarik Qirem recording 3 hrs. 51 mins 36 secs. Steve Lacey ran the course in 4 hrs 35 mins 24 secs The club also had two runners tackling the distance for the first time with Shahnaj Begum finishing in 4 hrs 38 mins 02 ...[Read more](#)

[Press Report 21st April 2025](#)



Eastern Young Athletes League (EYAL), Thurrock 13/04/25 Ilford sent a large team of 40 Athletes to the first fixture of the year. It was a very successful day for the throwers in the group with victories for Sophie Burrow and Dhanusshan Ponnambalam in the hammer and discus respectively. Sophie threw an impressive 34.80m in the hammer, setting a new u15 club record and moving to 6th place in the UK rankings for 2025. Sophie then returned to record new PBs in the discus and shot. Dhanusshan threw a new PB in the shot of 11.04 to win the competition, cement his place in second on the club all-time list and rank 25th in the country. He was a little under par in ...[Read more](#)

[Press Report 15th April 2025](#)



ROAD Essex AA and Suffolk AA County Road Relay Championships Saturday 12th April
Colchester Due to injuries and holidays, Ilford AC were only able to enter one team, Male Vet 50, in the prestigious County relay Championships on a very windy and blustery but sunny afternoon in Colchester at the weekend. The team however delivered in style, finishing 2nd place and bringing home a well deserved county Silver medal. Steve Philcox was first off in the 3 x 3m relay with a time of 16:54, handing over to Berekhet Berakhy who clocked in at 17:02, handing over to Fabrizio Stafanoni who finished in 16:28 to secure 2nd spot in a combined time of 50 minutes 24 seconds to bring the Silver medals back to Ilford EUROPEAN ...[Read more](#)

[Press Report 8th April 2025](#)



St Clares 10k Essex The St Clare Hospice 10k starts and finishes at the Hospice in Hastingwood, Essex, tackling a route along roads through the beautiful Essex countryside and raises much needed funds for the Hospice. Ilford Julia Galea is a regular at this event and was pleased with her time of 1 hour 4 minutes 26 seconds which placed her 19th in her age grouping on the day. [Read more](#)

[Press Report 1st April 2025](#)



WORLD INDOOR MASTERS ATHLETICS CHAMPIONSHIP Gainesville, USA Saturday 30 March
The World Masters Indoor Athletics Championships have continued throughout the week inside the Alachua County Sports & Events Center in Gainesville Florida On Saturday morning the 10km road race took place on the streets around the stadium. The race was over 2 fast flat laps apart from crossing a bridge, which was a steep climb, over the freeway twice on each lap. Due to the relatively small number of men in the Great Britain squad for this race Ilford AC's Rob Sargent, along with Andy Murray from Dulwich Runners were moved down to the M55 age category team to join Ian Martin of Vale of York. Rob stayed in the M70 age group ...[Read more](#)

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