

## Press Report 19th November 2024



ESSEX CROSS COUNTRY LEAGUE Hilly Fields, Colchester The third round of this season's Essex League was held of the appropriately named Hill Fields on the edge of Colchester Ilford AC had 15 senior men and 5 senior women competing, which considering the location and proximity to Christmas represented a good turn out for the club. The men raced over an 8.5km course and leading the team of 6 home was Tom Gardner in an impressive time of 27 mins 20 secs for 16th place. The team places were completed by Joshua Adler 57th in 29 mins 33 secs, Manuel Vigo 63rd in 29 mins 40 secs, Stephen Philcox 69th in 30 mins 02 secs, Malcolm Muir 103rd in 31 mins 44 secs and Richard Morris ...[Read more](#)



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SENIORS STEBBING 10 (Miles) The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing on an unseasonably mild November morning and is always held on Remembrance Sunday. This year the race incorporated the Essex Championships Starting just after 11 o'clock, there is a short Remembrance service before the race. Ilford AC had 6 runners on the day. First home for the club in 34th place, and achieving a Gold medal in the V55 age grouping was Stephen Philcox in a time of 1:01:44. Steve was followed home by Daniel Holeyman in 50th place in 1:03:44 and Terry Knightley in 1:08:54. Second medal of the day went to Alan Pearl who gained an Essex Bronze in the V65 age grouping, coming home in ...[Read more](#)

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CHINGFORD LEAGUE Eastbrook End Country Park The second round of this winter's Chingford League was held on Saturday over a new 2 lap twisty hilly course around the EastbrookEnd Country Park in Dagenham. The event attracted 285 entrants which was split into 2 divisions for both men and ladies. Ilford AC impressed despite only fielding small squads. The ladies team compete in Division One Alison Sale led the ladies home, finishing 30th in the Division 1 match in a time of 36 mins 03 seconds. Backing Alison up was Pauline Tester in 45th for 37 mins 45 seconds, a time which gained her 3rd place in her age grouping. Frieda Keane was



71st in 44 mins 21 secs and Launa Broadley in 82nd for 48 mins 19 ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Gloucester Park, Basildon Saturday 26 October The second round of the Essex Cross-Country League was held over the usual challenging course in Gloucester Park Basildon using a 3km lap which featured two stiff climbs. There was a good turnout from Ilford AC with encouraging results The Senior Ladies race was over a shortened lap with 3 circuits totalling 7km. Ilford had 9 runners in the race and were led home by Jordan Hinds in 23rd spot with 32 mins 05 secs. Supporting her were Alison Sale with 69th spot in 38 mins 15 secs and Bree Nordin 82nd and 2nd in the F65 category with 39 mins 52 secs. The scorers were completed by Pauline tester placed 92nd in a time ...[Read more](#)

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Ilford AC Athletes Shine at the Chicago Marathon Chicago Marathon Ilford AC made a strong showing at the 46th edition of the Chicago Marathon, one of the world's largest marathons with over 52,000 finishers. The race, part of the World Marathon Majors, saw three Ilford AC athletes take on the notoriously fast course, with impressive results. Leading the way for Ilford AC was Sam Rahman, who crossed the finish line in an outstanding time of 2:47:41 which was just outside his personal best for the distance. Danny Holeyman delivered a remarkable performance, smashing his previous personal best by a significant 6 minutes. Holeyman's finish time of 3:01:05 was a testament to his hard work and dedication. Completing the Ilford AC trio was Richard Woolterton, who ...[Read more](#)

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Essex Cross Country Relays Champs Brentwood Saturday 12th October On a very hilly course in Weald Park the Ilford teams excelled themselves., with 4 teams entered we brought home 4 Essex County medals. Starting the day, over the 2 lap, 6k hilly course were the Female V60





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team. Julia Galea was first off in 41:45 before handing over to Diane Crisp who ran 37:03 to hand over the final leg to Pauline Tester. Pauline ran 34:21, which was the fastest race by a V60 female on the day and ensured a GOLD medal for the team. The men's V50 team were anchored by Stephen Philcox in a time of 23:58, handing over to Fabrizio Stefanoni for 24:24 before Malcolm Muir ran his usual gutsy race in ...[Read more](#)

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Essex Cross Country League Hainault Forest Saturday 5th October 2024 The 2024/25 cross country season started on a sunny afternoon at Hainault Forest over Ilford's usual tough course which featured a couple of muddy sections. Ilford AC had a good turnout of 13 young athletes and twenty Seniors for the first league fixture. For the youngsters, this was a big step for many of them to a higher level of racing and they all acquitted themselves well. Competing in the league for the first time in the U11 race over 1.5km was Danilo Reina and Joshua Denning. Both boys ran strongly on a difficult course, Danilo finished 17th and Joshua 25th. We had six athletes in the under 13s race over 3km. The girls all stayed ...[Read more](#)

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Vitality London 10k Last weekend over 15,000 runners took to the streets of our capital city, for the iconic Vitality London 10k. Included in the line up were 7 runners representing Ilford AC The race starts on the Mall, takes in such landmarks as Trafalgar Square, St Pauls, Horse Guards parade and Parliament Square before finishing in front of Buckingham Palace. Leading the team home was Amin Koikai with an impressive 34:36 which placed him 93rd and 2nd in his age category. Zuzana Sinalova led the ladies home with an impressive run of 42:38 which placed her 111th and 20th in her age category. Billy Green was next home in a time of 50:56 There then followed 4 Ilford runners all finishing within a minute of ...[Read more](#)

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National Cross Country Championship Shropshire The 2024 National Cross Country Championships were held this year at Weston Park Shropshire. The men's race consisted of a really tough, hilly 3 x 4k laps. Only one Ilford athlete was prepared to put themselves up against the best cross country runners in the UK, and that was Jim Tilbrook who was very pleased with his time of 1 hour 12 minutes and 58 seconds which placed him 505th on the day Valentines Park 5km (ELVIS) Ilford The concluding race of the 2024 ELVIS series was held on a flat fast course in Ilford's Valentines Park. Ilford entered a remarkable 31 runners, which resulted in both our men's and women's teams gaining 1st place on the day First home for



the men was ...[Read more](#)

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PLESHEY HALF MARATHON (Incorporating the Essex Championship) The Essex Half Marathon Championship was held in conjunction with the Pleshey half marathon for the 11th consecutive year. The race from the village green in the picturesque village is held over rural roads on a rolling course and was held in warm conditions. Ilford AC had 10 runners among the 300 or so finishers and came away with a handful of county medals. Sam Rahman led the way for the club in 20th spot with 1:17:41 to claim a bronze medal in his age grouping. Next home was Stephen Philcox in 37th place in 1:23:03 to gain a silver medal in his age grouping. Next home was Danny Holeyman in 45th place in 1:23:57 followed by ...[Read more](#)

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