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WORLD MASTERS INDOOR AND NON STADIA CHAMPIONSHIP Torun, Poland Further afield Ilford AC endurance coach Rob Sargent has been taking part in the World Masters Indoor and Non Stadia Championships, being held in the indoor arena in Torun, Poland with the road and cross country being staged in the adjoining area. Robs first race of the tournament was the cross country, which was raced on 2 km loops in the park which featured several stiff climbs per lap. Rob took part in the M65 age category 8km event on a cold afternoon with snow flurries through the race. The course was a tough challenge and Rob finished 28th in 56 mins 36 secs. The following day, the 10km road race was held on a ...[Read more](#)

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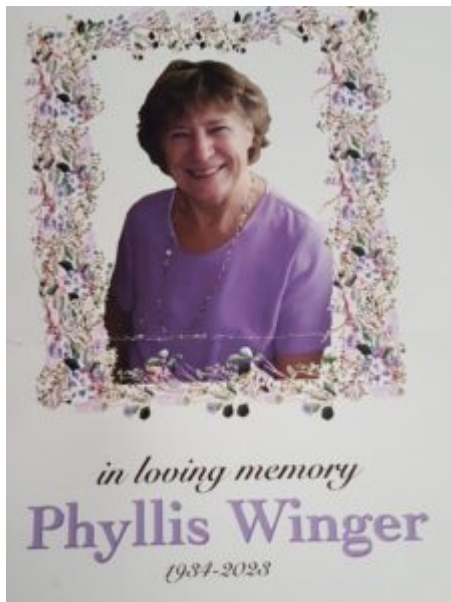




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Cross Country finale - Inter Counties and English Schools Champs Whilst most members' Cross-Country season finished several weeks ago, Ilford's rising young middle distance star Joseph Grange has been representing Essex in two prestigious Cross-Country races. First up was the Inter Counties held in Loughborough, and to even make the Essex team as a lower age athlete was a tremendous achievement. The race started well, and Joseph established a good pace to follow closely the leading group; after two kilometers, however it proved to be a notch too fast and Joseph was forced to slow down, still completing the race 67th position in a field of nearly 300 runners and only half minute after the fourth Essex scorer was impressive. This weekend was ...[Read more](#)

[Phyllis Winger RIP Tributes](#)



From Dave Ainsworth :- Phyllis was born at Horfield in Bristol on 22nd February 1934 which made her aged 89. For many years Phyllis resided in Rayburn Road, Hornchurch before moving to Kent. She was a Past President (1974/75), and a former Hon.General Secretary 1997/98 and was a Life Member. As Phyllis Perkins she became the Club's first Olympian when competing in the 800 metres at the 1960 Rome Olympics. In an event which been restored to the Olympic programme for a first time since the 1928 Amsterdam Games, Phyllis was eliminated in a heat when clocking 2:15.41. Further major events came her way as in the 1962 European Championships in Belgrade, over the same distance, she failed to make the final ...[Read more](#)

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Chingford League Relays The final Chingford League fixture of the season took place at Wanstead flats last weekend. Unlike the previous fixtures the final event was a 4x 3000m relay race. Ilford AC fielded four teams including one team (C team) made up entirely of U15 Athletes. New Member Sam Horsley, an under 15, ran a great first Leg for the D team running a time of 11.45 and handing the team over in 7th place. Fabrizio Stefanoni who is returning from injury ran a solid leg for the A team in a time of 12.11 for 13th place. Aaron Hick ran 12.47 for 28th for the C team and Steve Crane 13.23 for 34th for the B team. Wayne Hick was ...[Read more](#)

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BRENTWOOD HALF MARATHON Sunday 12th March 2023 Thirteen runners from the endurance group of Ilford AC took part in the popular 41st staging of the Brentwood Half Marathon. The undulating course is a one-loop, road race, starting and finishing in Brentwood, taking runners on a route around the roads north of Brentwood. It continues to be the most popular race in Essex and attracts a field of over 1700 runners. Leading the way for Ilford AC was Sam Rahman, who continues to show good form in his marathon build up, in 19th spot and 4th in the M40 category, with 1 hr 21 mins 21 secs. He was followed home by Malcolm Muir showing his usual gutsy performance with 1 hr 26 mins 03 ...[Read more](#)

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British Masters Indoor Championships (18-19th February) (Sheffield) Krystle Balogun put on a strong showing in winning a Bronze medal in a closely contested W35 200m final at the recent British Masters Indoor Championship that took place in Sheffield. Despite an interrupted start to her season due to nagging injuries, she showed her championship prowess in setting a new indoor personal best of 26.49 seconds to win her fourth national medal at Masters level in the last year. Essex and Eastern Indoor Championships (4-5th March) Lee Valley The Essex and Eastern Indoor Championships took place last weekend, with some outstanding performances and results from Ilfords athletes, including 7 medals. Krystle Balogun continued with the fine form she has been showing of late with a Gold medal for ...[Read more](#)

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LAST FRIDAY OF THE MONTH 5km Hyde Park Friday 24th February The last Friday of the month 5k is held around the Serpentine in Hyde Park and is a flat, fast course. Sam Rahman of Ilford AC tested his current fitness in this fast lunchtime race last Friday as he prepares for the forthcoming Boston Marathon. There are two races on the day, an 'A' race for those who expect to compete in under 22 mins and a 'B' race for everyone else. Sam competed with the elite runners in Race 'A' This month's event was held in chilly conditions and Sam set off towards the front of the field of around 200 and kept a steady pace throughout to eventually come home 27th place ...[Read more](#)

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Friday Night Under the Lights 5k Battersea Park Friday 17th February The PUL5K race is a joint collaboration between Friday Night Under the Lights 5K and Podium 5K held in Battersea Park in South West London. This annual get-together of the UK's finest distance runners and ambitious club athletes always delivers fast results and this year was no exception. 3 Ilford runners made the journey South of the river and all managed to break the 16 minute barrier. Mungo Prior was 25th in a time of 15:24, Joseph Grange 29th in 15:28 with Paul Grange coming home in 44th place, and 3rd in his age category in 15:45 Friday Night in the dark 5k Hainault Forest Friday 17th February Meanwhile in Hainault Forest, Ilford AC held its own 'Friday ...[Read more](#)

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ESSEX CROSS COUNTRY LEAGUE Saturday 11th February Hainault The final leg of this winter's Essex League was held at Hainault Forest over a traditional tough and hilly cross country course in good weather conditions. The match was hosted by Ilford AC who also fielded 23 athletes in the fixture. One of the first races of the day was the u15 boys who raced one large lap of the course, approx. 4.5k. Ilford AC were able to put out a full team and the promising season for the boys continued with good placings for all. Samuel Crane came home in 7th, Ryder Islam 15th, Aron Berhe 21st and James Thake 23rd. The team finished 5th on the day and 4th overall for the season The senior ladies raced over ...[Read more](#)

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CHINGFORD LEAGUE 5Mile Road Race Saturday 4th February Victoria Park The latest round of the Chingford League was held in good conditions on the fast course in Victoria Park, Hackney. There was a good turnout of 18 Senior runners from Ilford Ac in the event and the good results, including 5 new personal bests for the distance, showing that their winter training for the upcoming spring marathons and road races is going well. In this competition Ilford raced in division two and the men's squad was led home by Sam Rahman, who showed great form to finish 8th in the match in 28 mins 23 secs just 1 second off his best time for the distance. Paul Holloway came back from a spell of ...[Read more](#)

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