

Press Report 31st October 2023



ESSEX CROSS-COUNTRY LEAGUE Gloucester Park, Basildon Round 2 of the Essex League was held over a challenging course in Gloucester Park, Basildon featuring a tough series of climbs on the hills in the Park. Ilford Ac fielded full teams in both the senior men and ladies races. The men raced over 9km and ran the hill complex 3 times with Tom Gardner leading the way in 18th spot in a large field in 31 mins 40 secs, followed home by Malcolm Muir in 45th with 34 mins 09 secs. Josh Alder is improving race by race and finished 63rd with 35 mins 31 secs and Steve Philcox was one place behind and was the first in the M55 age category. Dylan Harrod ran 35 ...[Read more](#)

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CHINGFORD LEAGUE EastbrookEnd Country Park Saturday 21 October 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 in division 2 despite only fielding small squads. The ladies team were in great form finishing first, second and third and having four runners in the top ten in their division 2 match. Gemma Ellender led the way with victory in 34 mins 12 secs for the approx 8km race with Carlie Qirem just 7 seconds behind and Joanne Reeves in 3rd with 35 mins 03 secs. Joanne was also ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE One Tree Hill The Essex Cross-Country League opened this winter's fixtures on a warm sunny day at One Tree Hill in Basildon last Saturday. The races were held over the trials in the country park with the course featuring a couple of stiff climbs on each lap. Ilford AC were very well represented across all age groups. We had 10 athletes in our Junior races, which is a testament to our Coaches Ernie, Gary and Wayne, and the hard work they put in to ensure the future of the club is in safe hands. In the year 5 and 6 grouping the 1st Ilford athlete with a very impressive debut in a high class field was Khalif Ali followed by Arnav Rathhi ...[Read more](#)

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Chicago Marathon On a sunny cold day in Chicago two runners from Ilford AC tackled the Chicago Marathon. The course around the Windy City is fast and flat and very popular with over 40,000 runners. This year was a special one for all competing as the World Record was broken on the day by Kelvin Kiptum from Kenya in a time of 2 hours 35 seconds. Husband and wife team Carlie and Tarik Qirem both ran excellent races finishing together in 3:32:27, which was a Personal best for Tarik by over 14 minutes. Essex 10k Road Championships Southend The Essex 10k Road Championships were held this year in Southend The course is a flat, out and back, traffic- free course along Southend seafront, also incorporating a section ...[Read more](#)

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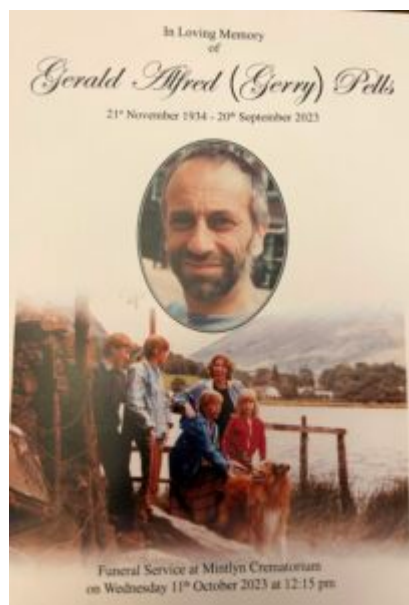
ILFORD AC MAKE CAPITAL GAINS IN BERLIN, LONDON AND CARDIFF Ilford AC Athletes Shine at 2023 Berlin Marathon. Five Ilford AC athletes travelled to Berlin for the 49th edition of the annual Berlin marathon, one of the Six Marathon Majors, along with London, Tokyo, Boston, Chicago and New York City. In a field of 48,000 runners, from 156 different countries, all 5 of our athletes had outstanding performances on what is a notoriously flat and fast course In near perfect conditions the first athlete back was Sam Rahman running a personal best of 2:47:26 placing 225th in the M40 age category. Running together for most of the 26.2 miles Richard Woolterton and Danny Holeyman pushed each other to personal bests, 3:07:20 (265th M50) and 3:07:47 ...[Read more](#)

Press Report 26th September 2023



Essex Cross Country Championships Ilford AC had a very impressive squad of 9 teams, and 27 runners, enter the prestigious Essex Cross Country Relay championships last weekend. The teams consisted of 5 men's veteran teams, One Senior and one Veteran ladies' teams and 2 male junior teams. The day started with the U15 boys with Aron Berhe, Ryder Islam and Sam Horsley finishing in 5th place followed by our U17 boys with Aaron Hick, Samuel Crane and James Thake running well for 7th. The Seniors ran a 2-lap course over difficult terrain. Kicking off for the ladies were our Senior team of Carlie Qirem, Joanne Reeves, and Jordan Hinds. First off was Carlie Qirem in a time of 29.51 handing over to Joanne Reeves to run ...[Read more](#)

Gerry Pells - RIP



It is with sadness that we announce the passing of Gerry Pells:- If you would like to leave a tribute please email: tributes@ilfordathleticclub.co.uk Eulogy I am really not quite sure when was the first time I met Gerry at our club. At Ilford AC he was just always there, part of the club fabric. I know I am just a few years younger but, meant in the nicest way, Gerry had always looked old. But that had the huge advantage that he never seemed to age. And of course he was always young at heart and was at every club event, competition and definitely every social function and enjoyed the company of younger club members. Actually we started as rivals within the club. Gerry got ...[Read more](#)

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Ingatestone 5 There were 5 Ilford AC runners in this long established race. The race takes place on a challenging course starting from the Anglo-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school. First home for the team was Steve Philcox in 16th spot with 31 mins 07 secs which placed him third in the M50 category title. Next home, and first for our ladies was Alison Sale in 68th with 39 mins 58 secs. Mandy Reid was next for the ladies in 95th overall with 43 mins 49 secs. Mandy was followed home by Frieda Keane in 138th place in 54 mins 45 secs, and Julie Gillender closing the ...[Read more](#)

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PLESHEY HALF MARATHON (Incorporating the Essex Championship) Sunday September 10
The Essex Half Marathon Championship was held in conjunction with the Pleshey half marathon for the 10th 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 blazing temperatures, in the early 30's, which made the times well down on normal. Ilford AC had 15 runners among the 282 finishers and Sam Rahman led the way for the club in 22nd spot with 1:23:04 to finish 4th in the Essex M40 category. Four places back was Malcolm Muir with 1:25:20 which earned him the Bronze Essex medal in the M45 age grouping. Then followed a batch of [...Read more](#)

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ONE HUNDRED NOT OUT The Essex Way Essex Sunday 3rd September The Essex Way relay is held on the first Sunday in September every year and covers 82 miles of ancient trails, footpaths, and countryside across Essex starting from Epping Station at 8am and finishing after 6pm at the Harwich Old Lighthouse in a 10 stage relay. This is one of the County's premier events with 76 teams from across Essex and beyond competing Ilford's team of 10 not only competed the 82 miles successfully, finishing a very credible 5th, but this year, to celebrate the clubs centenary we used the occasion to run a club 100 miles by adding 3 runners to make up the remaining 18 miles. Ilford's lucky 13 runners were Ray Sparra



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