

Press Report 16th August 2022



Southern League Woodford Saturday 13th August On Saturday Ilford AC Co hosted the Final Southern League match of the season along with Woodford at their venue at Ashton Playing fields. Ilford members provided good support staff although the turnout of competing athletes was a little disappointing on a blistering hot Saturday Those members that did compete helped the club to 4th place and there was also an opportunity for some of the new members to race for the first time. Ian Johnson, Mohammed Zergouat, Jeremiah Brown and Sherry Nantongo all made their debuts in the senior league competition. All did the 100m with Ian running 11.91, Jeremiah 12.3, Mohammed 12.58 and Sherry 14.68. Jeremiah and Sherry returned later in the day to also gain points in ...[Read more](#)

Press Report 9th August 2022



FOREST FIVE (Elvis race 6) Chingford Saturday 6 August The sixth round of the 2022 Elvis league was held in the forest at Chingford on a warm sunny Saturday morning over a 1 lap 5 mile course which was dry and featured a few climbs. Another hazard for the runners was when a herd of cows wandered onto an early part of the course The Ilford AC men's team put up a good challenge with Gary Coombes leading the squad in 8th place in 30 mins 03 secs taking the prize for the 1st M50 in the field, The in form Sam Rahman was next over the line with 30 mins 52 secs for 10th one place ahead of Steve Philcox who recorded 30 ...[Read more](#)

[Press Report 2nd August 2022](#)



SCVAC Lee Valley 25th July Ilford Vets team travelled to Lee Valley on the evening of 25th July for match 3 of the SCVAC league. Great performances on the evening resulted in the Men's Team winning the event. The Ladies team was represented by Emma Dyos and Lesley Morris who competed in the 2000m walk finishing 1st and 2nd in their competition age groups in times of 10.44.3 and 13.02.9. Shahida Arthur non-scored and finished in 19.38.9. In the Men's walk John Arthur and Simon Morris both won their age groups in 12.00.06 and 12.55.00. Stuart Bennett as a non-scorer finished in 13.03.1. John Crawley debuting as a Vet covered all the track V35 events as follows: 100m 14.26 2nd 400m 62.86 3rd 1500m 5.14.51 1st He also non-scored in the ...[Read more](#)

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Harold Wood 5km Elvis Series - Race No 5 Wednesday 20 July There was an outstanding performance from the Ilford AC ladies team at the 5th round of this years Elvis competition winning the match with three runners in the top 4 and all scoring six in the top 20 The race was mainly on grassland in the Harold Wood Park and adjoining area with a number of challenging climbs. The Ilford Ladies were led home by Neringa Masilioniene who won the race convincingly heading the ladies field from the start in 18 mins 58 secs, which placed her 18th overall in the field. Jordan Hinds was third female and 27th overall in 20 mins 07 secs and Sameena Ahmed 4th female and 35th ...[Read more](#)

[Press Report 19th July 2022](#)



INTERNATIONAL World Masters Tampere, Finland Jun 29-Jul 10 Krystle Balogun donned her first British vest as she competed at the highest stage of all in the World Masters Championships held in Tampere, Finland. Competing in the W35 category in her favoured event, the 200m, she qualified for the final with a season's best performance of 25.92 into a slight headwind, a time that is just outside of her personal best. Despite being given an unfavourable Lane 8 in the final she ran true to form and finished a highly creditable 5th in a stacked final. A superb display of sprinting in her first international competition, she has her sights set on further competitions in the remaining 4 years/seasons left in the W35 category. A stalwart in Southern ...[Read more](#)

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Track Performance of the week undoubtedly goes to Ahmed Abdulla who in the Milton Keynes 5000m, placing 8th, dipped under 14 minutes for the first time to achieve a PB time of 13:59. This achievement places him 3rd in the all-time list of 5000m times by an Ilford AC athlete. English Schools County Championships (Track) Manchester Sport City 8th and 9th July Two high performing athletes from Ilford's young squad were selected to represent Essex schools in this prestigious high-quality event held this year in Manchester Sport City, The recent National Championships were held there only a few weeks ago. Oliver Blainey ran in 400m heats on Friday afternoon. He had been slightly hampered in the days leading up to the event by allergies but ran strongly ...[Read more](#)

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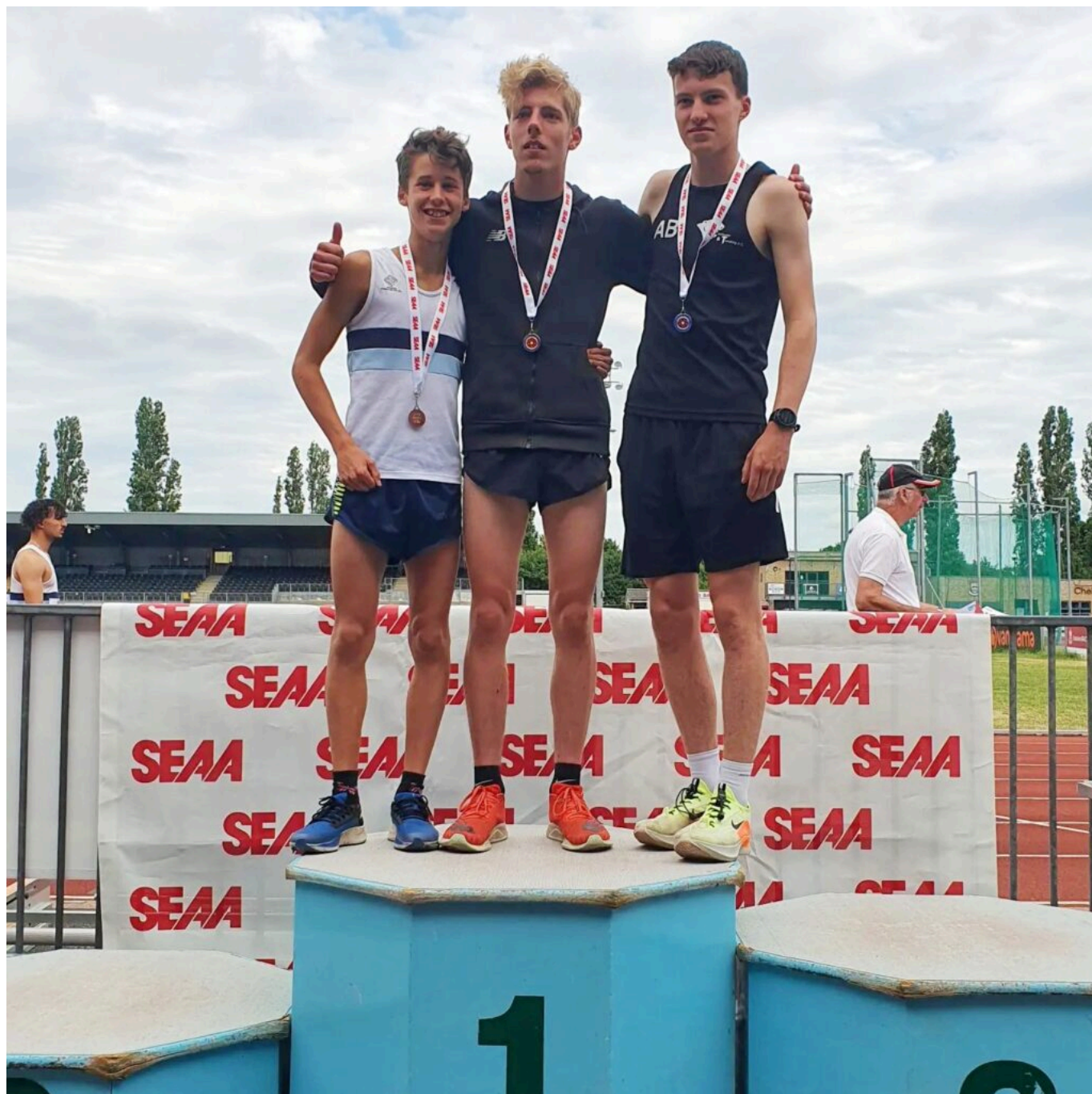




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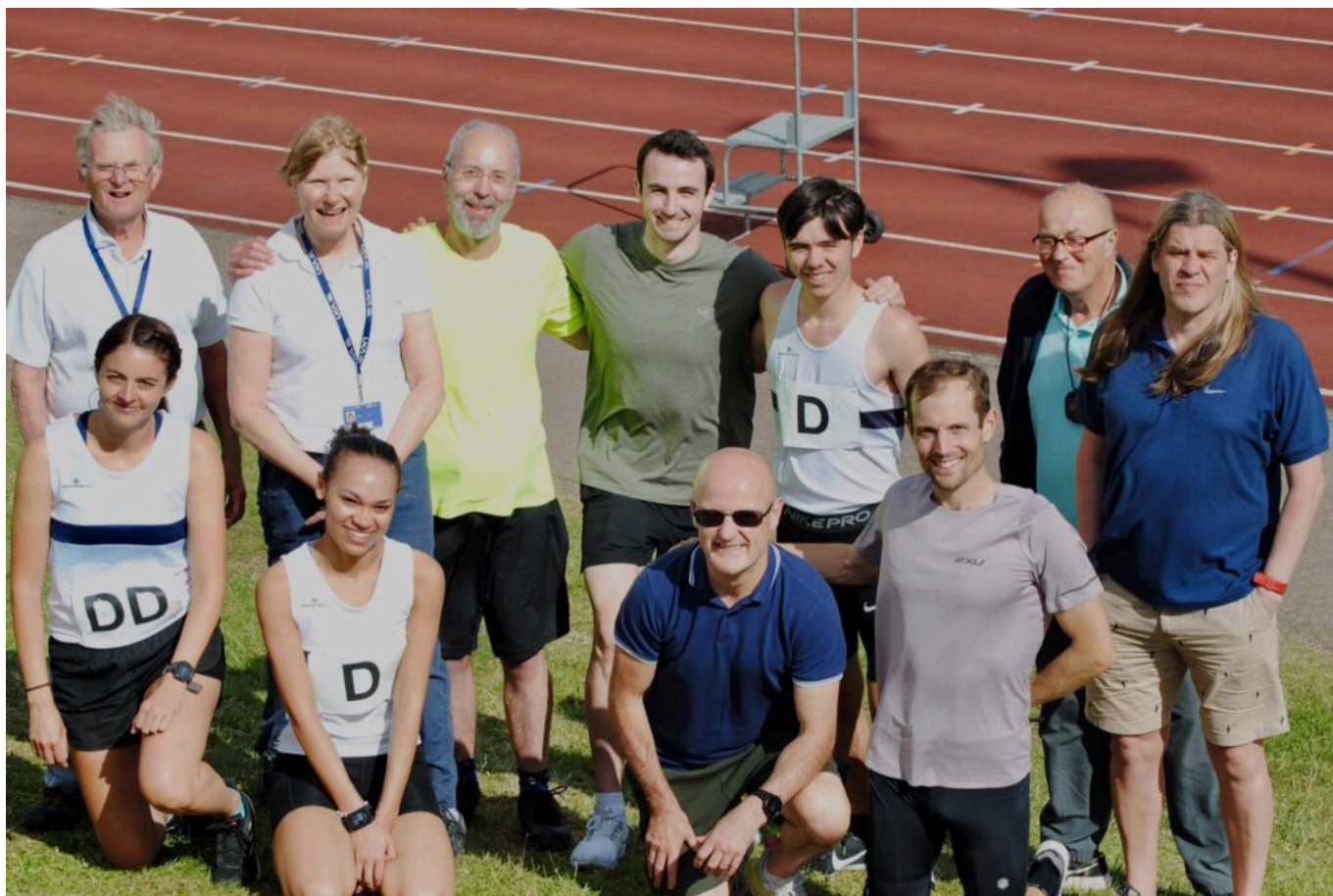
Ilford AC stalwart Carol Muir achieved a magnificent milestone on Saturday when she competed in her 500th parkrun at Valentines park in Ilford. This achievement is even more remarkable in that Carol has competed at 302 different parkrun locations over the last 12 years, regularly traveling the 4 corners of the United Kingdom to find a new venue. To support Carol on the day, 28 of her teammates supported her by volunteering at the event and 15 other Ilford AC members also ran in the event including 2 Ernie Forsyth and Andrew Catton running their first ever parkrun. Carol was pleased to finish under her target of 30 minutes, coming in on 29 mins 44 seconds in 111th place. Other Ilford members competing in ...[Read more](#)

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South of England Champs Chelmsford 12th / 13th June Several athletes from Ilford recently competed in the South of England Championships, which these years were held at Chelmsford. Samuel Crane and Ryder Islam took part in the U15's 3000m, for the latter it was his first track race over the distance. In warm, but windy conditions they both acquitted themselves well, with Samuel finishing 7th in 10.42.59 and Ryder 10th in 11.10.25. Joseph Grange took part in the U17 3000m, the pace was fast from the start, and Joseph sat off the early pace, content to lead the second group. The two leaders split after three laps, with Peck of St Edmunds pacers moving clear of Ballard of Colchester. Joseph by now was ...[Read more](#)

Press Report 21st June 2022



British Masters Outdoor Track & Field Championships Derby 10-12 June Krystle Balogun continued to impress in her W35 endeavours with a superb Gold medal in the W35 200m, clocking 26.43seconds into a stiff -3.1m/s headwind putting her 0.5seconds clear of the field. Earlier in the day she had captured a Bronze medal in the 100m which served as a good warmup for the afternoon's 200m. She takes another step towards representing Great Britain at the World Masters Championships in Tampere, Finland in July where she'll contest her favoured 200m event. Southern League Parliament Hill 12th June A small Ilford team produced some fine performances at the recent Southern League match at Parliament Hill, the team eventually finished 4th after battling all day for 3rd. Ilford's top point's ...[Read more](#)

Press Report 14th June 2022



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ESSEX 5000m Championship Chelmsford Wednesday 8 June It was the ladies team of Ilford Ac who fared best for the club at the Essex 5000m championship at the Chelmsford track. Sameena Ahmed moved up the field as the race unfolded to come home 4th overall in 19 mins 38. secs which placed her second in the F40 category to take the silver county medal. Joanne Reeves was racing on the track for the first time and recorded a very creditable 21 mins 39.3 secs coming home 6th and was third in the F40 age grouping taking the bronze championship medal. Gaye Young won her first county gold in winning the F50 age category in 23 mins 09.2 secs finishing 8th in the ladies race. There ...[Read more](#)

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