

## Press Report 24th May 2022



Summer Ware Cup Loughton Thursday 19th May Ilford had a large youth squad and small Senior squad entered for the Ware Summer Cup on a warm Thursday evening in ideal conditions for racing. Mohamed Zergout had a great race in the U17's finishing 2nd on the 5k course in a time of 23:41. In the U15's race Samuel Crane really impressed coming home in first place in 20:49 over the 5k course whilst Anika Sharma was 4th girl home in 27:30. Ilford had 2 boys in the U13 race over 1.5k, Tyran Pabla finishing 12th in 7:44 and Luke Thake 17th in 8:41 Finally in the U11 race, also over 1.5k Sofia Crane came in on 9:33 for 11th followed just 3 seconds later by her brother ...[Read more](#)

[Press Report - Essex County T+F Championships](#)



Essex Champs 14th/15th May 2022 Ilford had a fine weekend at the Essex champs recently, picking up 11 medals. ( 4 gold, 3 Silver, 4 Bronze ) Unfortunately a breakdown in the results system meant that a week later some results are still missing. Day 1 First Ilford involvement on day one was the heats of the U15 1500m, Samuel Crane was in heat and produced a great run to finish 6th in a pb time of 4.51.88, his time was so good that he qualified for the final later in the day. Ryder Islam was in heat two and finished in 9th in 5.17.42, which was again a pb. Later in the day in a very fast starting 1500m final, Samuel worked ...[Read more](#)

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Chester Half Marathon Sunday 15th May Terry Knightley of Ilford AC won his first England 'Masters' Vest making his England debut on Sunday at The Chester Half Marathon. Running in his third big race in 13 days including Winning Essex Gold at the Halstead Marathon last Sunday was not ideal preparation for the event. The Chester course was brutally undulating and was held in hot and humid conditions and Knightley finished in 1 Hours and 29 Minutes and 11 Seconds and was 221st out of a huge field of 3,899 athletes and was 4th MV60 After a well deserved rest his next England race will be The Bristol 10K in September. VAC 5 MILE CHAMPIONSHIP Battersea Park Tuesday 10th May The VAC 5 ...[Read more](#)

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Halstead Marathon 8th May 2022 On Sunday a Trio of Ilford Athletic club Athletes tackled the Notoriously Hilly 26.2 Miles of The Halstead Marathon in Very Hot and Sunny Conditions. The Race incorporated The Essex County Marathon Championships and attracted a high quality field of over 500 entrants. First Finisher for the Club was the ever reliable Sam Rahman in 17th position in 3 Hours and 59 Seconds. Next Finisher in 28th place Winning the Gold First Over 60 Essex County Medal and retaining his title from last year was Terry Knightley in 3 Hours 10 Minutes and 45 Seconds. Anthony Young Completed the three man Team and put in a Sterling effort finishing in 4 Hours 26 Minutes and 36 seconds for 183rd Place, which

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## Press Report 3rd May 2022



BANK HOLIDAY BLING WITHAM 10 Monday 2 May This year's Mayday Witham 10 incorporating the Essex 10 mile Championship was held on a cool cloudy but still morning, ideal for running. The course was held over fast rural undulating roads and Ilford Ac entered 12 runners and returned with 4 medals and three new personal best times. First home for the club in 22nd position was Sam Rahman in 60 mins 31 secs showing that he is in good form for next weekend's Essex Marathon Championship at Halstead. Next in was Steve Philcox in 63 mins 17 secs finishing 39th overall which meant he placed 2nd in the M55 age category in the Essex Championship. Terry Knightley collected the bronze medal in the M60 ...[Read more](#)

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British Universities & Colleges Sport (BUCS) 10,000m Championships Loughborough 23rd April 2022 Ilford AC athlete travelled to Loughborough at the weekend as part of the British Universities and Colleges National Championships. Taking part in the 10,000m Ahmed pushed eventual winner Alfie Manthorpe hard, taking second place in a season's best time of 30 minutes 21.48 seconds. REEDY RUN 10km Greenville South Carolina Saturday 23 April

The 44th Reedy Run in Greenville South Carolina was run on a hot sunny weekend, however the early 7.15am start was beneficial as the temperature was still in the low 20's C. The race is mostly held within the picturesque Falls Park and Cleveland Park with some challenging hills on route. Ilford AC endurance coach Rob Sargent laced up his shoes ...[Read more](#)

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TRACK As the longer nights and warmer weather finally arrives, Ilford's track runners have finally started reappearing. Open Meeting Havering Saturday 9th April The first athlete out of track hibernation first was Oliver Blainey, who has moaned about hills and long reps all winter, but has done them all and was rewarded with a win and a new pb of 52.35 in his 400m race, knocking almost half a second off from last year. Open Meeting Lee Valley Sunday 10th April Oliver was back at it again the next day. Different venue and different distance, but the result was the same with another pb, this time over 200m, in a time of 23.12. Sisters Ayshah and Aleena Lawrence started their seasons with solid runs, ...[Read more](#)

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Essex County Relay Championships Colchester Sunday 10th April Ilford ACs U15s road relay team produced an inspired performance in the Essex Road relays on Sunday to win the



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Bronze medal. Ilford's team was made up of Aaron Hick and Samuel Crane, who both have a year left in the age group, as well as Joseph Grange, who has had a great X country season in 2022 Aaron ran a great first leg to come home in 6th and keep the team in contention, with an excellent time for 2.5k of 9.19. Aaron handed over to Samuel ,who as usual gave everything and bring Ilford into 5th position with a time of 9.43. On the last leg Joseph went off at such a pace that he caught up ...[Read more](#)

[Ilford AC Press Report. 4th April 2022](#)



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MANCHESTER MARATHON Sunday 3 April In the 2022 Manchester Marathon two of Ilfords newer recruits used the club's structured training to record personal best times for the classic. The race over a fast flat course from the Old Trafford cricket ground runs into the city for a short loop before heading out to Altrincham and back to the finish at the cricket stadium. This year the event included the England mens and ladies commonwealth Games trial which were won by Jonny Mellor and Becky Briggs respectively, both in course record times. Joanne Reeves came home 2585th in a field of over 14000 finishers and 38th in the F45 category in 3 hrs 20 minutes 06 secs, a new personal best by over 10 minutes. ...[Read more](#)

[Ilford AC Press Report. March 29th 2022](#)



Cardiff University Half marathon Cardiff, Wales 27th March 2022 The Welsh capital had to wait 903 days for the return of the Cardiff University Cardiff Half Marathon, the nation's largest mass-participation event. Starting just outside Cardiff Castle the participants raced through the city centre, past the Principality Stadium and Cardiff City Stadium before



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crossing the barrage to take in Cardiff Bay. From there they headed for the Roath Park loop before a sprint finish in the heart of the city at the Civic Centre. In a quality line-up, which included Kadar Omar of Birchfield and the Mohamed brothers from Southampton, Ilfords Ahmed more than held his own on his first attempt at the distance going with the main group at the beginning slipping back to ...[Read more](#)

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