

Press Report 14th February 2023



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](#)

Press Report 7th February 2023



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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Southern Area Cross Country Championships Beckenham Place Park Saturday 28th January 2023 Ilford AC sent a small team of Juniors and Senior Athletes to this yearly event on a pleasant January Day.Event of the Day for the Club was the boy's u15 race where Ilford put together a team of four. Samuel Crane had his best race of the season coming home in 48th place, beating many competitors who had previously beaten him in the recent county championships. He was backed up by good runs from Aaron Hick (99 th) who had his usual strong finish, Ryder Islam (117th) who ran strongly the whole way and Aron Berhe (156 th) in his first large championships. The Team finished 21 st. Unfortunately in ...[Read more](#)

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Chingford League Cross Country Epping Forest Saturday 21st January On a cold, icy Saturday morning, Ilford AC sent a small team to Epping Forest for the toughest Cross Country fixture in the Chingford League season, a hilly 5 miles in Epping Forest. A race only for the hardcore runners, so much so that Ilford were unable to field a men's team. The ladies however did the club proud with a great team performance from Alison Sale, Pauline Tester and Frieda Keane.. In the ladies 2nd division match Alison Sale was 6th home in 46 mins 56 seconds, followed by Pauline Tester in 12th place in 52 mins 31 secs and the ever reliable Frieda Keane in 21st place in 1 hr 1 minute 22 seconds. The ...[Read more](#)

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REGENTS PARK 10KM Sunday 8th January The Regents Park 10km is held over 3 twisty laps on the paths in the Park. This year the race incorporated selection for the England Masters team to race in Chester later in the year and was of a good standard in all age groups. Ilford Ac had a team of 10 in this event with Joel Denning leading the team home despite taking a fall towards the end of the race. He finished 68th overall in 42 mins 19 secs with Dennis Briggs 91st in 45 mins 06 secs. Jo Reeves was the pick of the ladies team in 97th overall and 33rd female with 45 mins 26 secs, with Hannah Sheikh recording 119th overall and ...[Read more](#)

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Essex Cross Country Championships Gloucester Park January 7th 2023 Ilford AC sent a strong team of runners across all of the age groups to contest this yearly Cross Country event Performance of the day, undoubtedly, came in the men's senior 12 kilometres race where Ahmed Abdulle won his first Essex senior cross-country title. He has had a strong season so far with a previous win at the London Cross Country Championships. He ran alongside second place Gus Withers from Leigh on Sea running club, breaking away on the last lap for a comfortable win and Essex qualification for the inter counties championships later in the year. The team race was six to score and Ahmed was backed up by strong performances from Alex Richards (15th), Malcolm ...[Read more](#)

[Press Report 3rd January 2023](#)



Ilford AC Boxing Day Handicap Hainault Forest 26th December 2022 A field of 16 runners brushed off the Turkey and Christmas hangover to toe the line for the 13th annual Ilford AC Boxing day handicap. The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships Each runner is given a handicap based on their previous form over the year, as chosen by club President Gary Floate This years



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winner was Danny Holeyman who ran the course in 24:45 off of a 10 minute handicap giving him a Nett time of 34:45, just a second ahead of Neil Crisp and 56 seconds ahead of third place Dennis Briggs, both who also ran off ...[Read more](#)

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[Press Report 13th December 2022](#)



Sikh's In The City Running Festival Woodford Green Sunday 11th December The 'Sikh's In The City Running Club' held its 10th Anniversary running festival on a bitterly cold, sub zero temperature, Sunday Morning in Woodford Green. Over 200 competitors took part on a short 2k course around the Woodford area in various distances ranging from 10k right through to the Marathon distance. Ilford's bright young running star Ryder Islam took part in the 5 lap 10k distance race and led the field to take home a Gold Medal in a time of 39 minutes and 30 seconds. Seasoned veteran Ray 'Sparra' Everingham took on the 11 lap Half Marathon challenge and was pleased with his 22nd place in a time of 2 Hours 37 minutes and ...[Read more](#)

[Press Report 6th December 2022](#)



ESSEX VETS CROSS COUNTRY CHAMPIONSHIP Writtle Saturday 3rd December The Essex Cross Country Championship for athletes over 40 was held over a two lap grassland course at Writtle, near Chelmsford. The Ilford team was slightly down on numbers and strength due to injuries and a fixture clash but gave a good performance in the challenging muddy conditions.. In the ladies race Mel Jones led home the Ilford team in 52nd position and placed 12th in the F50 category with 43 mins 31 secs. Close behind was Alison Sale in 55th and Gaye Young came home 63rd with 44 mins 51 secs In 84th spot was Sharon Honey with 48 mins 48 secs, a performance that earned her the silver medal in the F65 grouping. The [...Read more](#)