

Press Report 26th July 2022



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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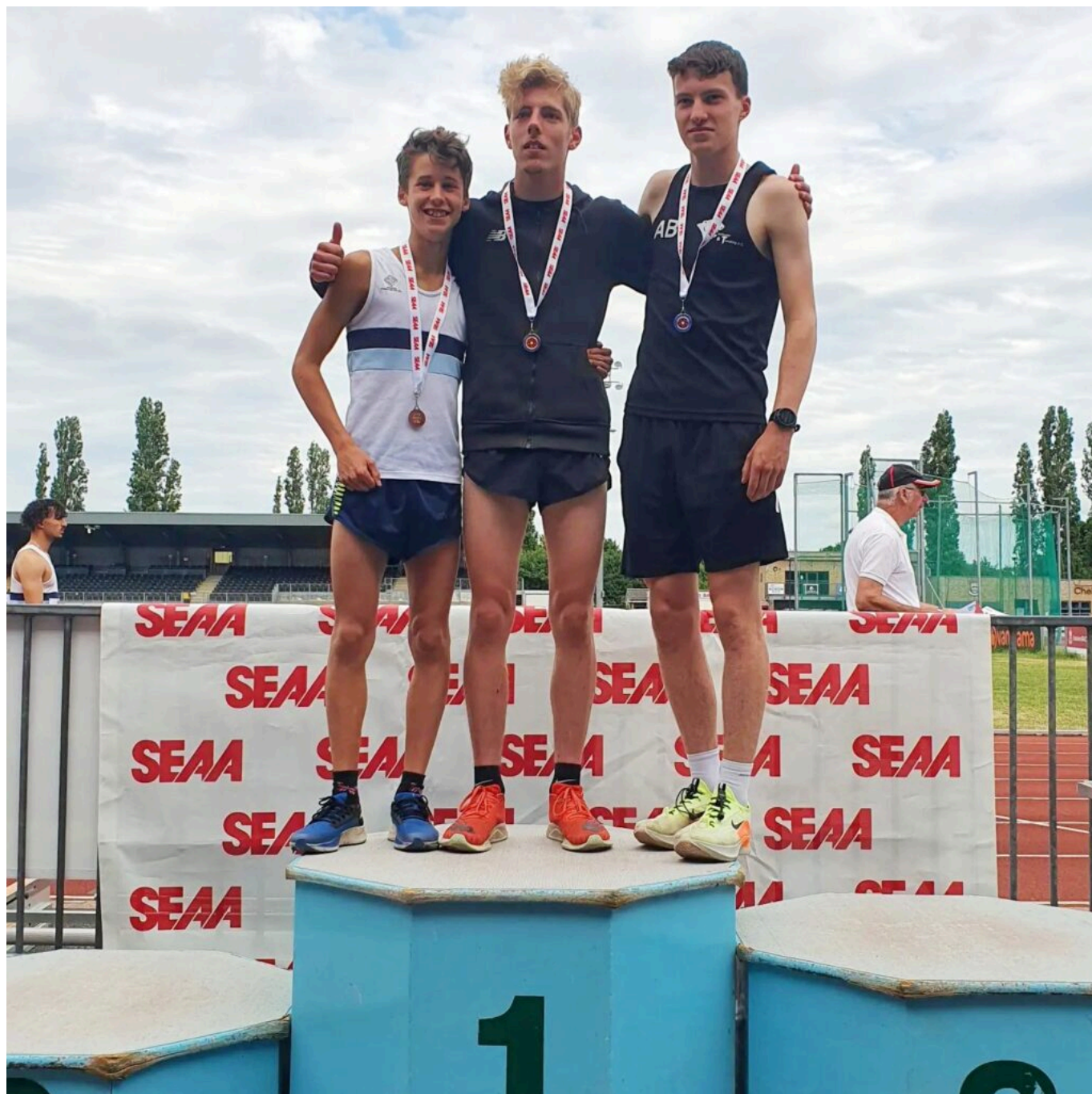




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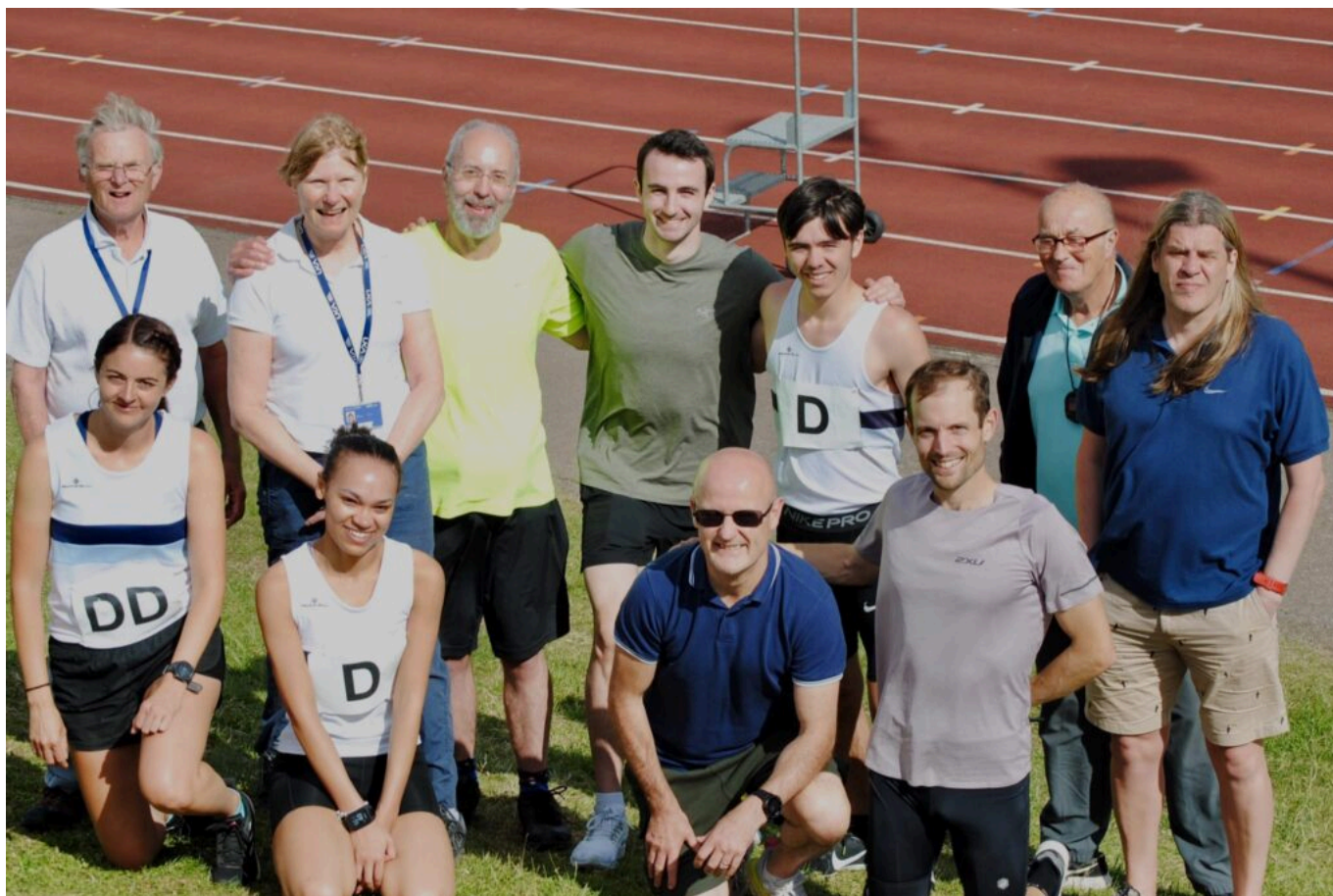
Ilford AC stalwart Carol Muir achieved a magnificent milestone on Saturday when she competed in her 500th parkrun at Valentines park in Ilford. This achievement is even more remarkable in that Carol has competed at 302 different parkrun locations over the last 12 years, regularly traveling the 4 corners 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](#)

[Press Report 28th June 2022](#)



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](#)

[Press Report 7th June 2022](#)



Eastern Young Athletes League. Chelmsford 5th June 2022 The second Young athletes league match was held at Chelmsford at the weekend. Even though the Jubilee celebrations were taking place all over the country ,the key Ilford AC youngsters turned up at Chelmsford to compete for their club. With very strong opposition it was a great achievement to see Ilford win 2 of the events in the Mens u17s. Firstly Oliver Blainey maintained his winning record over 400 in the league and Essex Championships this year with a comfortable win in 51.4. Oliver has Essex Schools this weekend where he will need to run a much quicker time to get a spot at the English schools. The other winning run was by Ronan Edwards in ...[Read more](#)

[Press Report 31st May 2022](#)

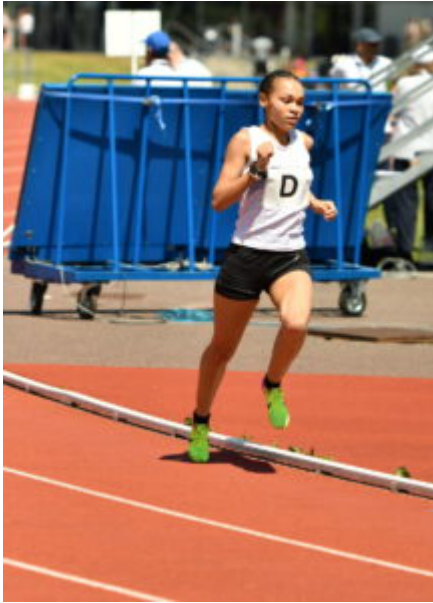


Dagenham 88 ELVIS Central Park, Dagenham Wednesday 25 May The 2023 Summer Elvis league kicked off on an off-road grass and gravel course of just under 5 miles last Wednesday in Central Park Dagenham. Ilford AC had 25 runners in action. It was a successful start to the competition for Ilford with Paul Grange winning a tactical race in 27 mins 32 secs and his 15-year-old son coming in an excellent 3rd spot just 4 seconds behind. The club also had two more runners in the top 20 with Steve Philcox placing 16th in 30 mins 16secs and taking the prize for 1st over 50 and Sam Rahman one place behind 30 mins 20 secs. Another of the club's young athletes Ryan Holeyman came home 21st with 30 mins ...[Read more](#)

[Southern Athletic League Press Report May 30th 2022](#)



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Iford AC competed in the first Southern athletic league of the 2022 season at Lee valley last weekend. Iford had a small team that turned out but as usual the whole team competed to a high level to finish 4th in the match. With a few more events covered Iford would have been closer to the leading teams. The 6 Iford AC Ladies had a very successful day. First up as usual was the ever reliable Krystle Balogun, who came third in the 100 with 13.2 and second in the 200 in a great time of 26.5. Krystle also got good points in the Shot with a throw of 6.98. Backing Krystal up in the sprints was the returning Ayshah Lawrence. ...[Read more](#)

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