

## Press Report 15th November 2022



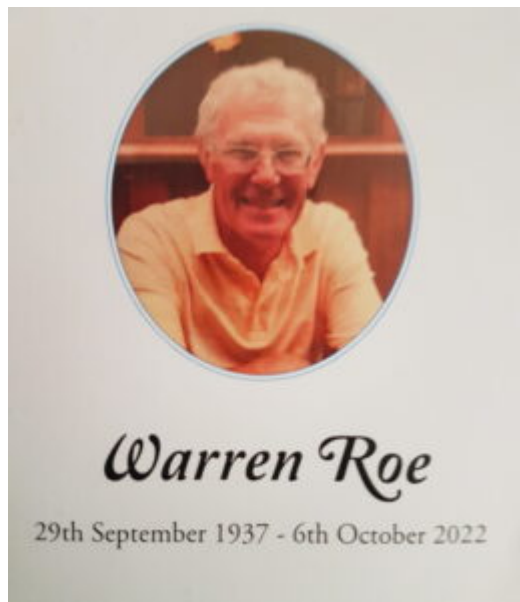
ESSEX CROSS-COUNTRY LEAGUE Epping Forest Saturday 12th November The second round of the Essex Cross County league was held over a traditional cross country course of muddy trials and hills. Ilford Ac ladies featured well in their division 1 match with Jordan Hinds having an excellent run to lead home the ladies' team in 25th place in a time of 27 mins 48 secs for the 6km course with Joanne Reeves running in the league for the first time recording 30 mins 07 secs for 47th. Gaye Young came home 76th after taking a wrong turn in the race with 33



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mins 39 secs and Pauline Tester was 1 place and 4 seconds behind her while Dianne Crisp finished 104th in 37 mins ...[Read more](#)

### Warren Roe RIP



Hornchurch resident Warren Roe, age 85, of Havering AC and ex-Ilford AC was author of our Ilford AC 75th Anniversary book in 1998 – it's title was "A 75th Anniversary History of Ilford Athletics Club 1923-1998" containing 184 pages of great writing. Warren Roe joined Ilford AC in 1954. Warren still places high in Ilford AC's all-time ranking list at 1,500 metres (3:54.7 in 1962) & 5,000 metres (14.33.8 also in 1962). Among mourners was Ilford AC walker Peter Harrison, who was in Ilford's team who the Southern Area 10 Miles Championship in 1959 at Wembley (our 4 team scorers were Ray Betts, Norman Alderman, Peter Harrison & P.A. Williams). In Normans's days top Ilford AC walkers also included Colin Williams, Alec ...[Read more](#)

### [Press Report 8th November 2022](#)



CHINGFORD LEAGUE Redbridge Cycle Circuit Tuesday 1 November The latest round of the Chingford League was held at a raining Redbridge Cycle Circuit at Hainault. Ilford Ac had teams in both the mens and ladies division two matches over a 3 lap race on the hilly circuit. The Ilford ladies were in good form with Neringa Aidietyte coming home in 1st place in the Division 2 match in 19 mins 18 secs and Jordan Hinds running well in second in 20 mins 12 secs. Joanne Reeves placed 11th and 2nd in the F40 category in 23 mins 04 secs with Gaye Young taking the F50 grouping honours in 14th with 24 mins 24 secs. Alison Sale was 15th in 24 mins 28 secs and ...[Read more](#)

[Ilford AC Awards night 2022](#)



Achievement awards 1 Khalif Ali 2 Latifat Adewunmi 3 Damien Amaniampong Best performance by Newcomer Aron Berhe Most improved athlete Ronan Edwards Coaches performance awards 1 Ruby Moffat Virk 2 Stacey Amaniampong 3 Anika Sharma 4 Luke Thake 5 Ryder Islam Special performance award Krystle Balogun SAL points award for U20 Aleena Lawrence SAL points award Dylan Harrod Senior female SAL award Jordan Hinds SAL Athlete of year Dylan Harrod Essex Champs T&F award Toyin Olufemi Essex T&F Champs award Paul Grange Outstanding achievement award. Female Sameena Ahmed Outstanding achievement award Male Dennis Briggs Outstanding Contribution award female Alison Sale Outstanding Contribution award Male Jeevakan Sivayogan Winter Trophy winner (F) Carlie Quirem Road & X Country female athlete of the year Jordan Hinds Road ...[Read more](#)

[Press Report 31st October 2022](#)



Last Friday of the Month 5k Hyde Park 28th October 2022 On a fine, unseasonably, sunny day the October edition of the Last Friday of the Month 5km took place in London's Hyde Park. The race, organized by Serpentine Runners, was an undulating 2 lap course around the north side of the park Carol Muir of Ilford AC is a regular at this event and her hard work in training recently saw her record her best time of the year, securing 200th place in a time of 30.22 which also placed her 7th female in her age category. October's event was the 30th Anniversary of the monthly event, with all finishers receiving a memento to mark the occasion. [Read more](#)

[Press Report October 25th 2022](#)



South of England Cross Country Relay Championship Wormwood Scrubs Saturday 22nd October 2022 Ilford AC Battle Back After Disaster at Relay Championships Ilford AC runners put on a heroic fight back after suffering disaster at the start of a major championship race. The four man team were genuine medal contenders when they lined up for the senior men's South of England Cross Country Relay Championship on Saturday. Current Essex Cross Country Relay Champions, Paul Grange, Tom Gardner, Alex Richards and Ahmed Abdulle, had their sights set on a top three position when lining up at the start of the fast, flat course in Wormwood Scrubs, West London. But they were soon on the back foot after first leg runner, Paul Grange, lost five minutes to the leaders ...[Read more](#)

[Press Report 18th October 2022](#)



AMSTERDAM MARATHON Sunday 16th October The Amsterdam Marathon was held in good conditions with a slight breeze and Ilford AC had three representatives in the field of 12658 finishers. The trio were led by Sam Rahman in 580th place. He went through the halfway point in 1 hr 26 mins 29 secs and kept the pace going to finish in a good time of 2hr 53 mins 37 secs. Aaron Browne ran his fastest marathon for six years coming home in 3 hrs 11 mins 17 secs. Tony Young reached halfway in 1hr 58 secs 59 secs but was troubled with a leg injury in the second half but continued to cross the line in 4hrs 45mins 11 secs. Essex Cross Country League One Tree ...[Read more](#)

[Press Report 11th October 2022](#)



**CHICAGO MARATHON Sunday 9 October** 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 Diarmuid Mac Donnell went through half way in 1 hr 34 mins 54 secs and pushed on to finish 4232th in a field of over 40000 in 3 hrs 16 mins 25 secs. Steve Lacey recorded 1 hr 59 mins 42 secs at the halfway stage. Steve found the last 10 miles challenging but still managed to finish in 4 hrs 25 mins 50 secs, a 13 minute improvement on his last run at the distance.

**Richmond Park Half Marathon Sunday 9 October** The Richmond Park Half Marathon is a tough hilly trail ...[Read more](#)

[Press Report 3rd October 2022 - London Marathon Special](#)





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LONDON MARATHON Sunday 2 October There was an outstanding run from Sameena Ahmed of Ilford AC at Sunday's London Marathon as she finished in 3 hrs 09 mins 34 secs for 2775th place in the field of 40000 and 56th in the F40 category. Sameena ran at a steady pace throughout the race reaching halfway in 1 hr 34mins 53 secs. Her time was a personal best by 42 minutes and also a new Ilford club record for her age group and the 5th fastest Ilford lady in its 99 year history. She was one of the 8 Ilford runners in the race. Amy-Louise Bird was making her debut at the distance finishing in 3 hrs 31 mins 39 secs while Sebastian Parris, ...[Read more](#)

[Press Report 27th September 2022](#)



Essex Cross Country Relays Champs Brentwood Saturday 24th September On a very hilly course in Weald Park the Ilford team excelled themselves. Starting with two vets on legs 1&2 Ilford got off to a flying start with Paul Grange on leg 1 coming in with the leading group in 22:24 over the 6k course. Leg 2 saw Tom Gardner take a slight lead in 22:19. With Havering chasing leg 3 Alex Richards, who's recovering from his injuries, slipped back to 2nd place in 22:46. With Havering now in the lead, leg 4 saw Ahmed Abdulle storm around the course passing Havering to bring home the victory for Ilford AC in 20:08 whilst also achieving the fastest lap time of the day with a ...[Read more](#)



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