

Press Report 25th January 2022



ESSEX CROSS COUNTRY LEAGUE Hainault Forest Saturday 22 January On Saturday, Ilford AC hosted an Essex Cross County League match for the first time in over 30 years. The match, the penultimate race of this winter's Essex League, was held over a tough muddy and hilly course at Hainault Forest. First race of the day saw the U13 boys race 3k, with Ryder Islam racing well for 10th place in a time of 13:39. Next up was the U15 boys racing over 4k with Ilford AC having 3 runners. Joseph Grange was always up with the leading pack and did well coming home in 6th place in a time of 16:27. Joseph was closely followed by Samuel Crane in 18th place for 17:54 and Aaron ...[Read more](#)

Press Report 17th January 2022



Essex Schools Cross Country Championships Writtle University 15/01/2022 Four younger athletes from Ilford AC attended this race all representing different regions of the County. Best performance of the day came in the Inter Boys event. Joseph Grange representing Havering Schools came 4th in a highly competitive race. His performance backs up his recent good form and even more impressive as he was in the lower age group for the race. He moved through the field following a steady start only losing a couple of places in the last kilometre. Ronan Edwards representing Waltham Forest followed up his fantastic performance in the county event last week with an equally impressive 9th place. He moved through from 12th at half way to finish strongly. The above earns both ...[Read more](#)

[Press Report. January 8th 2022](#)



ESSEX CROSS COUNTRY CHAMPIONSHIP Gloucester Park Basildon Saturday 8th January The 2022 Essex Cross Country Championship took place in a very wet and muddy Gloucester Park on Saturday and Ilford AC had good representation. The course was over wet parkland and the park's hills which became more slippery as the meeting progressed. First race was the U17's both men and women combined, in which Ilford had 1 runner, Ronan Edwards. Ronan has been training well this winter, and was up with the leaders as they approached the difficult hill section of the course, including one very slippery downhill section, where everyone seemed to be taking their time. Ronan took advantage of this and raced into the



lead. Around the flatter parts of the course the ...[Read more](#)

[Geof Hunwicks R.I.P](#)



GEOFF HUNWICKS R.I.P. Former Junior International Geoff Hunwicks (Ilford AC and Weymouth St.Paul's Harriers) has sadly passed on, while a hospital patient in The Gambia, where he had settled. He was aged 71 (d-of-b 17/08/1950). He will be remembered so well by all those who had the pleasure of meeting him. He certainly lived life to the full. Below is confirmation from the Hart House website, where Geoff worked so hard for the good of the community in such a positive way. All reading this will be deeply saddened. This is what was just posted by Hart House (on their FB page) ... We are shocked and sad to report the sudden death of the inspirational Geoff Hunwicks, founder and CEO of Hart ...[Read more](#)

[Press Report 27th December 2021](#)



Witham (Not on) Boxing Day 5 On Bank Holiday Monday Four Intrepid Ilford AC athletes tackled The Annual Witham Boxing Day Five Miles Road Race which this year was held on the Bank Holiday Monday. Running amongst a field of 264 other athletes around the one lap undulating country lane course in damp conditions Malcolm Muir was first home for the club in 14th position in 29 Minutes and 12 Seconds for 3rd Male Veteran Over 45. Next home in 22nd place and smashing his personal best was Danny Holeyman in 30 Minutes and 25 Seconds and 5th Male Veteran Over 45. Following him home and Winning The First Male Veteran Over 60 Trophy was Terry Knightley in 31 Minutes and 53 Seconds for ...[Read more](#)

[Press Report 21st December 2021](#)



ESSEX CROSS-COUNTRY LEAGUE Great Notley Country Park, Braintree Saturday 18th December The third round of the Essex Cross-Country League was held in Great Notley Country Park in Braintree. The course featured several hills including a long climb at the end of each lap and was on slippery muddy grassland and trials. First to compete in Ilford Colours on the day was Ryder Islam in the U13's race. Ryder continues to improve with each race and battled through the field for a 21st position in 12:37 over the 3k course. Next up in the U15's boys race Ilford had 3 athletes, who all performed well. If we had a 4th athlete Ilford would have been in the top 3 team events so hopefully we can achieve ...[Read more](#)

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Ware Cup Loughton 11th December 2021 Loughton AC hosted the annual Ware Cup championship at Roding Valley on 11 December 2021. Although late notice of the event meant that usual entrants from IAC were depleted, three athletes from IAC made the journey to compete. A challenging course of 4.8 miles of undulating ground soft with surface water and mud awaited Frieda Keane, Seb Parris and Danny Holeyman. The three entrants equipped themselves well with Seb Parris completing the course in a very respectable time of 30.52 in 13th place, Danny Holeyman in 23rd place in 31.53 and Frieda Keane completing the course in 47.41 in 102nd place. South of England Masters Cross Country Champs Croydon 11th December 2021 On Saturday Terry Knightley travelled South of ...[Read more](#)

[Ilford AC Press Report 6th December 2021](#)



ESSEX U13, U15 AND VETERANS CROSS-COUNTRY CHAMPIONSHIP Writtle College Saturday 4 December The Essex Cross Country Championships for U13's, U15's and athletes over 40 took place at Writtle college on Saturday In the Junior races Ilford had one entrant in both the junior boys races. The first race of the day was held over a 3k grassland course that was fairly sticky after some overnight rain. Ryder Islam gave a very good account of himself in the U13 boys finishing 19th in 14:26. Next up was Samuel Crane in the U15 boys race, who continues his fine form finishing in 21st place in a time of 17 mins over the slightly longer 4k course. The veterans all completed 2 laps of approx. 4k. In the race for the ...[Read more](#)

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British Athletes cross country challenge, inc. European trials. Liverpool Saturday 27th November Two of Ilfords athletes took the long journey to Liverpool for the British Athletics Cross Country challenge, which was being used as Cross Country European trials, a major event in the Cross Country calendar. Mungo Prior was first up in the u/20 race, putting in an excellent performance finishing in 21:59 for 62nd place over the tough 6.7k course. Ahmed Abdullah ran in the u/23 race which was combined with the Seniors and after a successful London champs recently he continued his impressive comeback with a 23rd place in the u/23 in 30:18 and 59th overall on the day in a field of over 500 runners. Chingford League Trent Park Sunday 28th November The Chingford League headed ...[Read more](#)

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Evensplit 5k Friday 19th November Friday night saw Jak Wright open his winter season with the EvenSplit 5k in York, representing Ilford up north. Despite the wind Jak ran a new PB of 16:03, an improvement of 17 seconds from his previous best, placing 8th overall and 3rd from the University of York. London Cross Country Championships Parliament Hill Saturday 20th November After setbacks with Injuries Ilfords Ahmed Abdulle had set his comeback for this, the London Cross Country Championships. After a measured start Ahmed fought his way to catch the lead group which very early on turned into a battle between himself and Sayed Chafari of Highgate Harriers with both runners well clear of the chasing pack. Ahmed attacked with 1k to go but just ...[Read more](#)

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