

## Press Report 16th November 2021



STEBBING 10 Sunday 14 November The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing on an unseasonably mild November morning.. The race started just after 11 o'clock and a short Remembrance Sunday service. It was a good day for Ilford Ac with 7 Essex medals and 6 personal best times. The race incorporated the Essex 10 mile championship and the Ilford AC challenge was headed by Malcolm Muir who is in excellent form at the moment coming home in 15th place overall in a time of 59:53. Malcolm was closely followed by Danny Holeyman 24th place in 1:02:02 who attained a new PB over the distance. Next home, and continuing to add to his V60 achievements was Terry Knightley ...[Read more](#)

## Press Report 9th November 2021



Interclub Vets Race Loughton Saturday 6th November Four male vets ventured across town to the home of Loughton AC to compete in their annual Interclub vets race at Loughton. Reigning male team champions IAC were slightly depleted in numbers due to very late notification of the event being received but they equipped themselves well finishing third overall on the day in a strong field comprising 7 teams. Gary Coombes had a fantastic run on the undulating 5.2 mile 3 lap course finishing 2nd overall in a time of 31.15. He was closely followed by Ilford debutant Fabrizio Stefanoni in 7th place (33.36) with Danny Holeyman finishing in 11th spot (33.59) with Diarmuid McDonnell in 20th place (36.19) making up the team. ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Saturday 30 October Writtle College, Chelmsford The second round of this season's Essex Cross-country League was held at Writtle College on the outskirts of Chelmsford On Saturday and there was a strong turn out from all 24 clubs in the league. The course was a flat grassland lap which was a little slippery after overnight rain. The first race of the day in which Ilford were featured was the U15 Boys race, which was also a trial race for Essex selection for the SEAA Inter Counties XC Champs at Oxford later in the year. The race, over 4k, consisted of a very strong field with the first 3 runners finishing just 2 seconds apart. In a thrilling finish Ilford's Joseph Grange came ...[Read more](#)

[Press Report 26th October 2021](#)



CHINGFORD LEAGUE Olympic Velopark Wednesday 20 October The third fixture in this winter's Chingford League was held at the floodlit Olympic Velopark in the Queen Elizabeth Park at Stratford . The 5km race was just over 3 laps of the fast circuit and Ilford AC had teams in both the mens' and ladies' events. The ladies were headed by Anna Crawley in 19th spot in 20m 55s with Carlie Qirem close behind in 21st with 21m 10s. Amy-Loise Bird completed a powerful trio for the club in 23rd recording 21m 28s. Next home was Gaye Young in 22m 53s for 39th with Alison Sale 42nd with 23m 22s. One place behind Hannah Sheikh completed the scorers with 23m 31s. On the night the ladies ...[Read more](#)

[Press Report 19th October 2021](#)



Chelmsford Marathon incorporating The Essex County Marathon Championships Sunday 17th October On Sunday a Dynamic Duo of Ilford AC athletes had a very successful morning of racing at the Chelmsford Marathon which incorporated The Essex County Marathon Championships. The race of over 550 athletes was held On a One Lap Course starting at Chelmsford City Centre and then heading out to the surrounding country lanes and finishing back in Central Park in Chelmsford. First Home for the Club in 4th Overall position was Amin Koikai in a superb time of 2 Hours 42 Minutes and 18 seconds to Win The Bronze County Senior Medal as well as winning Essex Gold in the Male Veteran Over 50 category. Following him home in 54th Position was Terry ...[Read more](#)

[Press Report 12th October 2021](#)



Manchester Marathon / Half Marathon Sunday 10th October Three runners from Ilford AC travelled North to take part in the Manchester Full and Half Marathons. The Marathon, the 2nd largest in the country, started and finished outside Old Trafford Cricket Ground and is run over a fast course. Carlie Qirem represented the club in this event and kept to her plan of running just inside of 8 minutes a mile. The even paced approach was successful as she passed 1306 other competitors between 10km and the finish setting a new personal best time, by over 13 minutes, of 3 hrs 26 minutes 22 seconds, finishing 1893th out of a field of 13850 finishers, and was 136th female to finish. This performance moved ...[Read more](#)

## Press Report 5th October 2021



London Marathon Sunday 3 October The London Marathon returned to the streets of London after an absence of 2 1/2 years and Ilford AC had 8 runners among the 38500 finishers and a small army of volunteers handing out Lucozade at Mile 9.. Sam Rahman had a steady controlled run after having some foot problems in his build up, reaching half way in 1 hour 29 minutes 57 seconds and finishing the 26 miles in 3 hours 3 minutes and 53 seconds. Gaye young was the next Ilford runner home on her debut over the classic distance in 3 hrs 56mins 20 secs, which gave her the 'Good for Age' qualification for the F50 grouping for next year's race. Also reaching this qualification ...[Read more](#)

## Press Report 28th September 2021



Essex League Hockley Saturday 27 September The Essex Cross Country League for this winter made an early start last Saturday at Hockley. Ilford Ac were well represented and had another good afternoon of racing. Due to a lack of available officials no times were recorded. The course was on grassland land and trials with a challenging hill complex of three climbs on each lap. The ladies race was over 2 laps and 6km and the Ilford team were led home by Carlie Qirem, who is in good form ahead of the Manchester Marathon in two weeks, in 19th with Gaye Young who will be action in the London Marathon next weekend, next home in 27th and 3rd in the F50 category. Alison Sale came home ...[Read more](#)

[Press Report 21st September 2021](#)





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Chingford League 5k Redbridge Cycle Track 18th September 2001 Because of a packed race diary Ilford AC sent a small squad of 5 runners to the Redbridge Cycle track for the first race of the new season in the Chingford League. In the U17 men's race Ronan Edwards impressed to take 1st place in a time of 19:48. In the women's race Breege Nordin placed 30th and 2nd W60 in a time of 22:58 The Senior men's race saw Gary Coombes place 10th and 3rd M40 in a time of 17:18, John Crawley placed 38th in a time of 19:24 and Trevor Robinson was 124th in a time of 29:25 Before the race ILFORD AC were awarded shields for winning both the men's and ladies 2nd Division ...[Read more](#)

[Press Report - 14th September 2021](#)



TRACK SCVAC (Southern Counties Vets Athletics club) Lee Valley 6th September 2021 The Vets team travelled to a warm and sunny Lee Valley for the final match of the Vets Track and Field season. Cliff Warren competing in the Triple Jump leapt to 9m 59 for first place. He followed this up with a 400m time of 66.09 to finish 7th in the race. Tony Young achieved a



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personal best in the 1500m with a time of 6.02.48s to be the 4th V50. Rob Sargent finished in 7.08.60s again for 4th place in the V60 category. Amin Koikai (V50) and Sam Rahman (V35) competed in the 3000m both finishing 1st in their age categories in times of 9.48.87s and 10.23.45s. Henry Ricketts competing in field events threw 27m ...[Read more](#)

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