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Orion Harriers Forest 5 Series - Race 3 Epping Forest Saturday 4th September The Orion Harriers Forest 5 was held on Saturday over a 5 mile challenging lap on the trails around Epping Forest at Chingford. Of the 89 starters, 3 runners represented Ilford AC. Leading the way was Stephen Philcox finishing in 5th place and for the 3rd time in the 3 match series claiming the top V50 prize in a time of 30:52. Breege Nordin once again captured W60 top spot, finishing in 30th place in a time of 38:43. Julia Galea had a great run finishing in 73rd place in a time of 48:52 ABP Southampton 10k Southampton Sunday 5th September In preparation for this years London Marathon, Ilford AC athlete Amin KOIKAI travelled down ...[Read more](#)

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GREAT NIGHT FOR ILFORD JUNIORS Watford Open Track meeting Watford Wednesday 25th August Ilford juniors had a great night at the recent Watford Harriers Open Meeting, with 6 entrants in the 1500 and 1 in the 400m. First up was Oliver Blainey in the 400m, running a PB of 52.99! a great achievement in his first full season of track racing. Next up was Jordan Hinds in the 1500m, she stuck to her race plan for the first few laps, and just got tired over the last 200m , she achieved a PB of 5m:02, and the sub 5 race will come shortly. Joseph Grange ran in race 8 and ran his second fastest time just outside his PB with 4:29. Joseph was pleased with his ...[Read more](#)

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Forest Five (ELVIS) Epping Forest Saturday 21st August The latest round of the ELVIS summer league was held over a challenging 5 mile loop in Epping Forest. With the race during the summer holiday season the turnout was lower than usual with Ilford AC entering a squad of 18 who produced a set of good results. The team was led home by dependable Malcolm Muir who came 6th just 1 second over 30 minutes which placed him 3rd in the m40 age category, with Pal Holloway racing for the first time since a period out with injury one place back in 7th position in a time of 30m 11 secs taking the M50 first prize. Next home was the in-form Dan Holeyman in 10th ...[Read more](#)

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TRACK Southern League Race 3 Ilford competed in the penultimate Southern league match of the season and a number of outstanding performances were achieved, with Ilford coming a credible fourth position. It's difficult to define the best performance of the day as Ilford's young sprinters and middle distance runners were outstanding. Starting with the sprints Hakin Mohamed stormed through to victory in the Men's 100 with a superb 10.80. with Oliver Blainey coming 4th in 12.01. Oliver came 3rd in the 200 in 23.93 whilst Farris Patel took a rest from his normal 800 races to compete in the 200 and 400. Both performances were Pbs with 24.04 in the 200 and 51.49 in the 400. In the women's sprints, Krystle Balogun stood ...[Read more](#)

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England U15 Championships Manchester 7th August Ilford AC's Joseph Grange 14 travelled to Manchester last Saturday for the English national track championships. Joseph ran in his preferred distance the 3000m. Joseph's dad says: Joseph came 7th he tried so hard as he always does. Joseph's training partner and brother Jak says: Joseph ran the race in his typical aggressive attacking style starting with the leaders before he fell slightly off the pace, finishing in a time of 9m 33.19 secs. Joseph battled on never giving an inch to the competitors around him running as hard as he could right to the line in the longest of the middle distance events permitted for the still growing U15s age group. Joseph made his club



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Essex Championships 31st July/1st August Ilford had a successful day at the rescheduled Essex championships last weekend, these championships usually take place in early May, but due to covid were moved to August. Ilford came away with 16 Medals, of which 5 were Gold, 6 Silver and 5 Bronze Day 1 The first Gold medal of Day 1 was secured by Hakin Mohammed who won the senior 100m in a time of 11.08 despite getting injured late into the race (80m). He has the 55-year old club record of 10.5 in his sights before the season ends. Ahmed Abdulle ran a controlled race to win the senior 3000m, biding his time before unleashing a burst with 600m to go to win in a time ...[Read more](#)

[Elvis Race 4 Newman Hilly 5 Results - 28/07/2021](#)



[Elvis-Race-4-Newman-Hilly-5-Results.xlsx](#) [Read more](#)

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HAVERING 5 Raphaels Park Tuesday 20 July On a humid evening in Raphaels Park, Romford the 3rd match of this summers ELvIS competition was held over a two lap course around the park. Ilford AC were once again in form producing a good set of results The Ilford men were led home by the usual battling performance from Malcolm Muir in 8th spot in 29 mins 31 mins. Dan Holeyman, who is improving with every run, was next home in a new personal best of 30 mins and 7 secs for 14th, while Steve Philcox took the 1st M50 age group prize in 18th with 30 mins 43 secs. Will Crossley had a fine race in 28th with 31mins 44 secs, a new best ...[Read more](#)

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VAC 5km Battersea Park Wednesday 14 July There were three members of Ilford AC in action in the recent VAC Masters 5km held over the usual fast two lap course in Battersea Park. Dan Holeyman set off in the leading group and worked hard throughout the race to finish 15th and 5th in the M45 category in 17 mins 53 secs, just outside his personal best for the distance. Ed Skinner also showed good form coming home in 23 mins 59 secs, his best time for over 3 years, in 58th spot and 5th in M65 category. In the race walk Lesley Morris finished 4th lady in 33 mins 38 secs, a new personal best by over 30 seconds Sri Chinmoy 10km Battersea Park Saturday 17 July Dan ...[Read more](#)

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Southern Counties VAC Stevenage Monday 5th July 2021 The first evening match of the Southern Counties VAC league was held on Monday 5th July. All matches are non-scoring this year so an opportunity to assess performance against training or try new events. A small team travelled to Stevenage to represent Ilford. Results as detailed with positions in brackets: 2000m walk Stuart Bennett M35 (2nd) 12.15.9, Rachel Lawless W35 (2nd) 12.27.2, Lesley Morris W50 (2nd) 12.43.8 100m Sam Malekout 12.5s (guest), Henry Ricketts M50 (4th) 13.5s, Pete Whiting M60 (3rd) 15.2s, Michaela Davis W50 (4th) 20.1s, Barbara Higgins W60 (5th) 20.1 400m Henry Ricketts M50 (7th) 64.2s 1500m Rob Sargent M50 (11th) 7.11.2, Dave Butler M60 (6th) 5.30.9 Shot Michaela Davis W35 (5th) 5m 77, Barbara Higgins W50 (5th) ...[Read more](#)

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