

Ilford AC Press Report 21st March 2022



Ilford AC had representation across the age groups this weekend with good success English Schools Cross Country Hop Farm, Kent Saturday 19th March Joseph Grange rounded off his great cross country season with another fine run at the English Schools Cross Country champs held at Hop Farm in Kent at the weekend . Joseph was running in the intermediate boys category, which meant he was running against athletes a school year older than himself, so even making the team was an excellent achievement. Not content with just

making the team Joseph had a great run finishing 41st out of 325 runners and he was 3rd man home for Essex, who took an excellent 9th place in the team event. Victoria Park Open 5 Victoria Park ...[Read more](#)

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2022 National InterCounties XC Champs Prestwold Hall in Loughborough Saturday 12 March It was a windy and muddy course that greeted athletes at Loughborough for the National Inter-Counties Cross Country Championships. Ilford AC provided one runner on the day, Joseph Grange who was representing Essex in the U15 Boys squad, who raced over 4k. Joseph had a great race finishing 18th on the day in a time of 14:40 and finishing in the scoring team which helped ESSEX to a Gold medal. Later in the day Ronan Edwards represented Essex in the U17's race and ran well in the first time he had been selected for the County for a time of 26:56 over the 6k distance BMAF CROSS COUNTRY CHAMPIONSHIP Tonbridge Saturday 12 March The British Masters ...[Read more](#)

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British Indoor Masters Athletics Championships Lee Valley Mar 5-6th 2022: At the British Masters Indoor Championships, Ilford stalwart Krystle Balogun announced her arrival on the scene with a superb silver medal in the W35 200m. Her time of 26.56 seconds improved upon her previous indoor personal best set just a fortnight ago in winning the Essex indoor title. She has her aims set on representing Great Britain at the World Outdoor Masters Championships in Tampere, Finland later this summer. Chingford League Relays Wanstead Flats Saturday 5 March The final fixture of this winter's Chingford League relays was held on a grassland course with some softer muddy sections over a 2 mile lap on Wanstead Flats. Just

before the Seniors Ilford AC were able to field a full ...[Read more](#)

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ENGLISH NATIONAL CROSS-COUNTRY CHAMPIONSHIP Parliament Hill Fields Saturday 26 February The English Cross Country Championships were held at Parliament Hill Fields over the usual undulating and extremely muddy course with large fields in all the races. For the first time in a number of years Ilford AC had full teams in both the mens and ladies Senior events as well as 4 juniors competing. Ryder Islam ran well for 284th place in the U13 Boys race in 15:06 over the 3k distance. Ilford had 3 boys in the U15 race which was held over 4.5k. Joseph Grange led the team home with a superb run of 15:03 which placed him in 11th place. Joseph was up with the leading group the whole race with just 45 ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Writtle Saturday 19 February The final round of the Essex Cross Country League for the winter was held at Writtle on a difficult course which deteriorated further as heavy rain set in during the meeting and a strong cold wind added to the poor conditions. First race of the day saw the U13 boys race 3k, with Ryder Islam continuing his fine Cross Country season racing well for 24th place in a time of 13:36. Next up Ilford AC had 3 boys in the U15 competition racing over 4k was the U15 boys racing over 4k. Joseph Grange was always in sight of the leading pack and did well coming home in 5th place in a time of 14.18. Joseph was followed by ...[Read more](#)

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ILFORD CLEAN UP IN THE MUD Ilford AC 10 Mile Cross Country Championship Hainault Forest February 13th 2022 On Sunday Ilford AC hosted their winter showcase 10-mile cross country event on a cold February morning. Runners were treated to the thick mud and hills that characterises most of the 3.3-mile course which is negotiated 3 times. Ilford's men totally dominated the race providing 5 of the first 8 finishers. Coming home in first place, by a margin of almost 5 minutes, was Malcolm Muir in a time of 63:48. In third place was Stephen Philcox in 68:42 who was closely followed by Danny Holeyman in 68:54. In 6th place and first M50 to finish was Diarmuid Mac Donnell in 74:35. Stephen Crane ran strongly for 8th place in 76:58 Making their ...[Read more](#)

[Ilford AC 10 mile Cross Country Results](#)



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Chingford League 5 Victoria Park Saturday 5 February The Chingford League continued at Victoria Park on Saturday over the usual 2 lap figure of 8 fast flat course in good conditions. In the first race of the morning Ilford AC fielded 7 youngsters, 6 of whom were racing for the first time after the club set up a foundation group late last year. The U11's ran 2k with Ilfords youngsters recording Tyran Singh Pabla 8.28 24th, Noah Crawley 8.31 25th, Corey Rughoo 9.30 28th, Sofia Crane 9.42 32nd , Kayla Ayertey 9:53 35th and Ruby Moffat 9:59 35th. In the U13 boys which was over 3k Ryder Islam, already a regular for the club, ran an impressive 12:43 for 3rd place whilst another making his debut ...[Read more](#)

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