

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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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](#)

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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](#)

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