

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



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



All News Items

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](#)

[Press Report 7th September 2021](#)





All News Items

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](#)

[Press Report 31st August 2021](#)



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](#)

Press Report 24th August 2021



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](#)

Press Report 17th August 2021





All News Items

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](#)

[Press Report 10th August](#)



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



All News Items

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[Press Report 3rd August 2021](#)





All News Items

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](#)



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