

Ilford AC Press Report 27th April 2021



Five intrepid Ilford AC middle distance runners competed at a local open meeting over various distances. Conditions on the day were cold and windy, which in theory meant times would be slower, however the Ilford squad proved otherwise. First up Joseph Grange (13) ran in the 1500m A race against numerous local rivals. Joseph finished in 6th place achieving a new PB of 4:33.90. Joseph's dad and club team mate won the 600m later in the day setting a M40 British best time for 2021 of 1:23:88. Windy conditions did not stop Dylan Harrod from



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running a very fast U20s time of 1:31:26 placing 3rd.. Next up was two club teammates Jak Wright elder brother to Joseph and Bradley Deacon both trying their ...[Read more](#)

[Ilford AC Press Report 20th April 2021](#)



Essex Half Marathon Debden Sunday 18th April 2021 On Sunday club stalwart, Terry Knightley, was the sole Ilford AC representative at the Essex Half Marathon at Debden disused airfield in Saffron Walden in Essex. Over a three lap course around the old airfield designed in the shape of an aeroplane, Terry smashed the 26 Year Old Male Veteran Over 60 Club record by 1 minute and 13 seconds that was held previously by Ilford AC Great, Gerry



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Pells. Terry recorded a new Ilford AC Club MV60 record time of 1 Hour and 28 minutes and 31 seconds to finish 54th Overall in the race out of 256 runners that incorporated the socially distanced 'Rolling' Start. All finishers received a superb commemorative medal. [Read more](#)

[Ilford AC Press Report Monday 12th April 2021](#)



VAC Masters 5km Wimbledon Park Sunday 11 April The Veterans Ac organised a 5km masters b road race in and on the roads around Wimbledon Park which included a steep incline after a mile. The race had an interesting entrant, Andy Muray - not the famous tennis player but a runner from Dulwich. Tony Young and Rob Sargent from Ilford Ac entered the event and Tony produced a good performance finishing 49th in 21 mins 39 secs beating his previous personal best by 39 seconds. Rob placed 78th and was the 4th in the M65 age category to finish in 26 mins 17 secs. Blackheath and Bromley Open Bromley Sunday 11 April Three Ilford athletes represented the club at the Blackheath and Bromley open meeting on Sunday. First ...[Read more](#)

[Ilford AC Press Report Tuesday 6th April 2021](#)





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Chingford League Redbridge Cycle Track Monday 5th April 2021. The Chingford League continues to pull out all the stops to get races on during these difficult times and on Easter Monday a series of races, to abide by current social distance measures, was held at the Redbridge cycle track. Ilford AC competed in the first race of the day at 12:10 and were up against Barking Roadrunners, Trent Park and Harold Wood. Despite challenging hills and cold wet weather Ilford AC athletes provided 28 of the 97 runners who took on the challenging 5k course. Ilford runners after months of no competition put in a great performance on the day placing 1st and 2nd and having 7 runners in the top 10 Paul Grange put in a ...[Read more](#)

[Ilford AC 2021 AGM 22 March](#)



Message from General Secretary Having been forced to hold an “emergency” EGM/AGM last year and regrettably still being unable to have a “physical” meeting the committee proposes a virtual AGM this year. Notice as attached. Anyone wishing to participate in this meeting (on Microsoft Teams) please notify me at ilfordacsec@gmail.com before the 22nd so I can send you the link. Any items for discussion under any other business and any nominations (with detailed reasons and a seconder) for Life Membership to be notified to me by 15th March. Similarly if anyone wishes to be nominated and seconded for a committee role or honorary position (as per the attached list) also send to me by 15th March. In absence of any other nominations the persons ...[Read more](#)

[Happy 80th Birthday John Batchelor](#)



On Saturday club legend John Batchelor celebrated his 80th birthday. His daughter secretly had a special cake made reflecting his interests - and John thinks she got it spot on! The lettering on the side of the cake is the Periodic Table of the Elements as John was a chemistry researcher [Read more](#)

[BILL GARRETT R.I.P.](#)



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BILL GARRETT R.I.P. Ilford AC members are mourning the passing of popular former race walker Bill Garrett, who turned out for the Cricklefields-based Club between the mid-70s & mid-90s. Never a leading light, Mr. Garrett was a good solid back-up walker who could be relied on. Twice he closed home winning Ilford teams in Southern Area 50 Kilometres' Championships, on both occasions around a bleak deserted Basildon industrial estate. On a more popular course around Battersea Park's Queen's Carriageway he was the Club's 3rd scoring finisher (of 4) when winning a Southern Area 10 Miles' Championship so claiming the



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coveted “Garnet Cup”. He was proud when awarded race walking’s 10 kilometres-in-an hour badge, achieved in an Essex County AA 10,000 metres championship ...[Read more](#)

[John Weightman RIP](#)



It is with great sadness that I am informing you that John died on Monday, 28th December 2020. You will remember him as a loyal, long serving and talented thrower. There are no funeral arrangements as yet but COVID restrictions would make attendance difficult. His son David can be contacted on tel. no. 01277 654329. Regards Ray Radley Such sad news to hear of John Weightman’s passing. I have so many happy memories of him being such a formidable member of our track team. He had such quiet composure, I always knew that maximum points or very close to it were assured in the events covered by John and his great partner Bill Bushnell. what a deadly duo they were. They will be greatly missed, both ...[Read more](#)

[Ilford AC Press Report 15th December 2020](#)



Essex Remembrance Day 10k Saffron Walden 13th December 2020 On a Very Cold and wet Sunday, Four Quality athletes from Ilford AC travelled to Saffron Walden in North Essex for The Essex Remembrance Day 10K Road Race. Held around an old disused World War 2 Airfield near Debden Army Barracks, the two lap race with socially distanced wave starts, was originally scheduled for Remembrance Sunday in November, however due to Lockdown it was rearranged for 13th December. First home in the biting wind and torrential rain running his first 10K on a course that was unfortunately 'long' by 150 metres was Ryan Holeyman in 36 minutes and 51 seconds for 13th place from around 200 competitors. Next home was Ryan's dad, Danny Holeyman in 38 Minutes ...[Read more](#)



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Press Report 7th December 2020



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Chingford League Redbridge Cycle Track Sunday 6th December. . The Chingford League continues to pull out all the stops to get races on during these difficult times and on Sunday, for the second time this season they got a permit to race, this time at the Redbridge cycle track. Races look a little different at the moment with a series of smaller socially distanced races taking part over the course of an afternoon and results being collated late into the night by the hard working organisers. Despite challenging hills and cold wet weather the 26 Ilford AC athletes who took on the challenging 5k course on Sunday all enjoyed themselves in the first race of the day at noon. Alex Richards led from gun to tape and ...[Read more](#)

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