



Press Report. 25th February 2020



National Cross Country Champs Nottingham 22nd February 2020 The National cross country championships, held by the English Cross Country Association was held at Wollaton Park, Nottingham, on Saturday. Pitting himself against the finest athletes in the country was Ilford's sole entrant Trevor Robinson. Recent weather meant that the course was less than ideal, with even the elite runners in the country struggling to maintain any kind of speed in the thick mud. Over a very demanding and hilly 12.k course Trevor gave a very good account of himself however, finishing in a time of 1:26 which placed him in 1,679th place. BMC Indoor track meeting Lee Valley 19th February 2020 The BMC is one of the premier middle distance athletics clubs in the country, with athletes having to achieve target ...[Read more](#)

Club AGM 2020



NB Due to the Coronavirus the AGM is now cancelled. Agenda for Cub 2020 AGM booked for 19th March at ISC Sports Hall Scan-127.pdf [Read more](#)

Press Report 17th February 2020



Barcelona Half Marathon Sunday 16th February The Barcelona Half Marathon is one of the biggest running events in Spain attracting close to 19,000 runners, one of whom was Ray



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'Sparra' Everingham from Ilford AC running his second international running event in preparation for his first ever Marathon in London in April. Escaping 'Storm Dennis', which cancelled most events in England at the weekend the race nonetheless took part on an overcast but chilly morning. Starting and finishing at the Parc de la Cuitadella, Sparras aim was his first sub 2 hour marathon, so prepared was he that he had his planned split times written on the back of his hand!. After a steady start the congestion on some parts of the route meant the sub ...[Read more](#)

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Essex & Eastern Counties Indoor Championships 2020 Lee Valley 8th - 9th February 2020
Ilford AC was represented very well by several athletes this weekend at the 2020 Essex & Eastern Counties Indoor Championships at Lee Valley. First up was newcomer Rhys Ofori who won Gold in the U15 Boys 60m with a superb 7.26 seconds. He won the final originally but the race was re-run after a rules infringement made by an Official. Despite this, Rhys composed himself well to win in what was his fourth race of the day and in doing so captured his first



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County Gold medal after having been edged out in a photo finish at last year's Essex Schools. In the Senior Women's 200m Krystle Balogun was ...[Read more](#)

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Chingford League 5 miles Victoria Park Saturday 1st February The last match of the Chingford League for this winter was held on the fast flat road course in Victoria Park. On a breezy Saturday morning Ilford AC had 19 athletes in action, ten of whom finished with personal best times showing the club's winter training has been going well. First home for Ilford in 32nd place in a strong field of over 300 was Sam Rahman who looked strong recording 29 mins 17 secs. Next home was the improving Haydn Newland with 30 mins 27 secs for a personal best time in 47th. Close behind in 49th was Dan Holeyman with a new best time of 30 mins 33 secs. Diarmuid Mac Donnell was ...[Read more](#)

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South of England AA Championships Parliament Hill 25th January 2020 The penultimate race on the long day of Cross Country running was the Senior ladies. With the fields now well and truly churned up this was always going to be a tough race. However the 5 Ilford ladies equipped themselves very well over the 8k course and did the club proud. Leading the way was Anna Crawley who has been in fantastic form over the last 12 months. Anna battled to a fine 215th position in a time of 38 mins 07 secs, an improvement of over 300 places in the same race last year. Coming in 2nd and 3rd for Ilford were two of the clubs Cross Country stalwarts Alison Sale and Frieda Keane ...[Read more](#)

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Benfleet 15 January 19th 2020 Three Brave and intrepid Ilford AC team members took on the tough and gruelling 30th Anniversary Benfleet 15 Miles Multi-Terrain Race on Sunday Morning. A Very Challenging 15 Mile Multi-Terrain Course incorporating sections of the Canvey Island Sea Wall and the brutally hilly and very slippery and muddy Hadleigh Downs. First home for the Club in a huge field of over 850 athletes was Diarmuid Macdonnell in 60th place and gun time of 1 hour 53 minutes and 24 seconds for 19th Veteran Male Over40. Next home in 115th position was Terry Knightley in 2 Hours and 2 Minutes and 3 Seconds and 8th Male Veteran Over 50. Anna Crawley completed the Ilford AC team finishing the course in gun time ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Hilly Fields, Colchester Saturday 11th January The latest round of this winter's Essex Cross-Country League took place over a firm, course on Hilly Fields just outside Colchester with a testing hill on each lap. The ladies raced over a two lap course of 6km with Anna Crawley showing her current fine form in leading home the Ilford AC ladies team in 26th place in 25 minutes 16 seconds. Next over the line was Carlie Qirem who returning from an injury was pleased to place 44th with 27 minutes 21 secs, while Bree Nordin was once again the first to finish in the F60 category in 28 mins 50 secs for 52nd overall. Nicola Hopkinson was as consistent as ever closing the scorers ...[Read more](#)

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Essex Cross Country Champs Basildon 4th January 2020 The Essex Cross-Country Championship was held at Gloucester Park in Basildon over a two lap 10km course which features several climbs on each lap. Ilford Ac produced good results despite both their senior mens and ladies teams going hit by a few withdrawals due to injuries and illnesses. The Ilford men were headed by Ahmed Abdulle who was up with the leaders finishing 5th in 33mins 28 secs. Next home was Tom Gardner in 35 mins 38 secs for 19th and Alex Richards in 29th with 36 mins 08 secs. Paul Grange recorded 36 mins 18 secs for 31st with Oscar Peris one place and 5 second behind. Paul Holloway made up the scoring ...[Read more](#)

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ILFORD CLEAN UP IN THE MUD Ilford AC 10 Mile Cross Country Championship Hainault Forest December 28th 2019 On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on a cold December morning. Over 110 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times. Due to recent rain the mud was thicker this year than in many of the previous years. Ilfords men totally dominated the race providing the first 7 finishers. Aaron Samuel continued his great 2009 form with first place for 1:01:52 which also made him the youngest winner in the events 40 year history. Close behind was Tom Gardner recording 1:02:17 for 2nd, Mungo Prior 1:02:36 for Bronze with ...[Read more](#)

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