



All News Items

[Press Report 27th July 2021](#)



All News Items





All News Items

HAVERING 5 Raphaels Park Tuesday 20 July On a humid evening in Raphaels Park, Romford the 3rd match of this summers ELvIS competition was held over a two lap course around the park. Ilford AC were once again in form producing a good set of results The Ilford men were led home by the usual battling performance from Malcolm Muir in 8th spot in 29 mins 31 mins. Dan Holeyman, who is improving with every run, was next home in a new personal best of 30 mins and 7 secs for 14th, while Steve Philcox took the 1st M50 age group prize in 18th with 30 mins 43 secs. Will Crossley had a fine race in 28th with 31mins 44 secs, a new best ...[Read more](#)

[Press Report 20th July 2021](#)





All News Items

VAC 5km Battersea Park Wednesday 14 July There were three members of Ilford AC in action in the recent VAC Masters 5km held over the usual fast two lap course in Battersea Park. Dan Holeyman set off in the leading group and worked hard throughout the race to finish 15th and 5th in the M45 category in 17 mins 53 secs, just outside his personal best for the distance. Ed Skinner also showed good form coming home in 23 mins 59 secs, his best time for over 3 years, in 58th spot and 5th in M65 category. In the race walk Lesley Morris finished 4th lady in 33 mins 38 secs, a new personal best by over 30 seconds Sri Chinmoy 10km Battersea Park Saturday 17 July Dan ...[Read more](#)

[Press Report 13th July 2021](#)





All News Items

Southern Counties VAC Stevenage Monday 5th July 2021 The first evening match of the Southern Counties VAC league was held on Monday 5th July. All matches are non-scoring this year so an opportunity to assess performance against training or try new events. A small team travelled to Stevenage to represent Ilford. Results as detailed with positions in brackets: 2000m walk Stuart Bennett M35 (2nd) 12.15.9, Rachel Lawless W35 (2nd) 12.27.2, Lesley Morris W50 (2nd) 12.43.8 100m Sam Malekout 12.5s (guest), Henry Ricketts M50 (4th) 13.5s, Pete Whiting M60 (3rd) 15.2s, Michaela Davis W50 (4th) 20.1s, Barbara Higgins W60 (5th) 20.1 400m Henry Ricketts M50 (7th) 64.2s 1500m Rob Sargent M50 (11th) 7.11.2, Dave Butler M60 (6th) 5.30.9 Shot Michaela Davis W35 (5th) 5m 77, Barbara Higgins W50 (5th) ...[Read more](#)

[Press Report 6th July 2021](#)



Eastern Young Athletics League Thurrock Sunday 4th July 2021 Youngsters compete in Eastern Young athletes league Ilford AC have not been in a position for many years to compete in the Young athletes league, due to lack of athletes, coaches and officials. However last year Ilford approached Orion Athletic club to ask whether they would like to join up and enter a joint team. Therefore last weekend, Ilfords talented u17's athletes were able to wear the Ilford colours in the Eastern young athletes league for the first time in decades. First up for Ilford on the day was U15 James Thake, who was racing for Ilford for the first time. James was outstanding on the day and ran a very impressive 2.23 for 4th in ...[Read more](#)

[Press Report 29th June 2021](#)



Olympic Park 5km Wednesday 23 June Ilford AC had a good evening in the Olympic Park as the 2nd race in the 2021 ELvIS series was staged on a fast course in good conditions. The club had 30 entrants of whom no less than 8 gained personal best times and 4 won awards. Paul Grange continued to show fine form and won the event with a fast finish in 15 mins 40 secs. He was supported by Malcolm Muir in his first race of the year with 17 mins 47 secs for 20th spot, one place and 1 second in front of the improving Dan Holeyman whose time was a personal best. Next home was Steve Philcox taking the M50 age category in 17 ...[Read more](#)

[Ilford AC Press Report 22nd June 2021](#)



TRACK Southern league Saturday 20th June Ilford AC returned to competing in the Southern league for the first time for 2 years at the weekend and all our athletes performed admirably. Even though Ilford had a small team compared to other clubs, there were many outstanding performances and the club finished a very promising 4th Our women sprinters started the day well with Aleena Lawrence and Efe Adjarifo running 13.4 and 13.5 respectively in the 100m. In the Women's 200m Krsytle Balogun, who always runs well, ran a very good 26.61 and it's great to see Ellie Wright back on the track, not only coming second but running a pb of 26.7. In the 400 and 800m both Gemima Eshimu Massamba and Jordan Hinds did ...[Read more](#)

[Press Report 15th June 2021](#)



VAC 5km Battersea Park Tuesday 8 June The second VAC promoted 5km of the summer was held last week on a warm but muggy night. Four runners from Ilford AC travelled to the park to race over the fast flat 2 lap course. First home for the club was Tony Young, who is currently showing good form, in 43rd spot in 22 mins 07 secs, with Alison Sale producing results showing that she trained well earlier in the year during lockdown recording 23mins 47 secs in 54th and 5th in the F55 grouping. Ilford endurance coach Rob Sargent laced them up and came home 62nd and 4th in the M65 age category with 25 mins 35 secs. Ernie Forsyth raced for the first time ...[Read more](#)

[Press Report 7th June 2021](#)



Conquer 24, Powderham Castle 3 Ilford athletes experienced success in the inaugural Conquer24 endurance race at Powderham Castle near Exeter. Aaron Browne, Craig Livermore and Diarmuid Mac Donnell from Ilford AC were part of a team of 7 local runners taking part in the mixed team relay over 24 hours. The race lap was just under 5 miles of mostly undulating trails with spectacular scenery. Camping facilities and catering were on the castle grounds. Going down with no real expectations, the team found themselves among the leaders going into the night. Strong running overnight saw them take the lead which they managed to hold on to till the end, running approximately 163 miles (33 laps) in just over 24 hours. The ...[Read more](#)

[Press Report 1st June 2021](#)



Track Academy Open Series Mayesbrook Park, Dagenham 29th May 2021 Ilford AC Sprinters finally competed in some favourable weather at this weekend's open meeting in Mayesbrook Park Dagenham. Fidunu Abidekun ran a fast 10.8 in the 100m and looks set to close in on the club's long standing U20M 100m record of 10.6. Newcomer to Ilford, Elijah Mayindu, ran a swift 11.1 to break his PB by 0.4. When the Southern League arrives, the Sprint squad looks to take aim at the club's SM 4x100m relay record of 42.9. On the Women's side, Krystle Balogun continued her progress this season with a 200m of 26.24 and looks set to break into the 25 second region before summer's end. Ellie Wright ran a legal 200m PB (27.03) despite carrying a knee injury, so when she is ...[Read more](#)

[Press Report 25th May 2021](#)



TRACK A number of Ilford Ac athletes ran across 3 venues on Saturday and all of them achieved Personal Bests. At Bromley both Farris Patel and Dylan Harrod ran an 800m. Farris hadn't ran on the track for over a year and was against some high quality athletes. The leaders actually went through the bell in 52 seconds and Farris ended up 4th in a massive personal best of 1.53.56. Not only does this rank Farris in the top 15 U20 800m runners in the UK, but the time he ran makes him the second fastest U20 800M runner of all time at Ilford and in the top 10 of Ilfords all time 800m athletes Dylan Harrod, who recently joined Ilford ,has trained really ...[Read more](#)