



## Baby Maya



Great news from Ilford AC's Double-Olympian Neringa Masilioniene as her second born baby safely arrived this morning (Monday) - a sister for Jokubas who was born last year. Writes Neringa : Delivered my baby girl this morning at Harlow hospital. Momma and baby are doing well [Read more](#)

## Peter Ryan R.I.P. (1954-2020)



Ilford AC are mourning the death of one of their leading lights - Pete Ryan - who died peacefully in his sleep during the night and failed to rise this morning (Friday). He was a



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pancreatic cancer sufferer in his final years. He was a lifelong Sheffield Wednesday supporter and enjoyed watching football – having viewed Thursday evening’s match on television before retiring. Peter, aged 66, a retired Police Constable, was a proud Yorkshireman who moved south to this area in the 70s – and stayed! He was a tall man with a long stride and a formidable athlete in both running and race walking events, at a variety of distances, and one who also represented the British Police in representative matches. His [...Read more](#)

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ILFORD ONE MILE HANDICAP Saturday was supposed to be the 3rd in the Winter series of Ilford Handicap races, however tighter Government restrictions meant that the 1 mile handicap had to be held virtually. Fifteen athletes took part with each runner given an undisclosed Handicap. The handicap calculations worked well with the winner Lovedip Dhaliwal finishing in a combined time of 14:50 just one second ahead of Sharon Honey, Frieda Keane and Adam Coals on 14:51. Fastest actual time on the day was Steve Philcox on 5:25, followed by Phil Davies on 5:50 and Anna Crawley on 6:10. Third male home was Cliff Warren on 6:13 and second and third females were Breege Nordin in 6:35 and Alison Sale / Gaye Young who both ...[Read more](#)

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**EUROPEAN MASTERS ROAD RUNNING CHAMPIONSHIP** Funchal, Madeira 29-31 October 2020  
The European Masters Road Running Championships took place in Funchal on the Island of Madeira in sunny conditions. The Championships were postponed from March due to Coronavirus and the restaging was with a reduced attendance than is normal for these championships. The British team totalled just over 30 instead the normal of around 150. The event did attract a good quality field which included the 1995 World Marathon Champion Martin Fiz of Spain who won the M55 half marathon title here. The first event was the 10km road race which was staged on a two lap course along the seafront and around the town with a start time of 8.30pm.. Ilford AC second ...[Read more](#)

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**CHINGFORD LEAGUE** Epping Forest Saturday 24 October  
The first match of this winter's Chingford League took place in Epping Forest on Saturday and was run under the Covid regulations. This necessitated that the men and women ran in separate races and the races were started in 12 separate waves, with each wave racing one minute after the previous. Ilford AC competed in the league for the first time and therefore both men and ladies were competing in division 2. The club entered a large team and were rewarded with good results. It was the first time that most had raced since March. The women's squad were headed home by Amy-Louise Bird in 24th spot with 37 mins 44 secs for the 2 lap 5.2 mile ...[Read more](#)

[Tribute to Joe Mallott RIP](#)





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Joe Mallott It is my very sad duty to inform the club members of the passing of Joe Mallott, after a two year battle with cancer. Joe came to the club in the early 1970s. He was a marvellous athlete. In his first year of competition he reached the Inter-counties final for the high hurdles and featured on the front cover of Athletics Weekly.....not bad for a beginner! He came under the care and guidance of Alf Pells an inspirational coach, where he learnt that time in the air was time wasted. His personal bests of 15.4 secs. for the high hurdles and 6.61m. for the long jump are just the bare bones of his contribution to I.A.C. in it's pomp on ...[Read more](#)

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Woodchurch 5 Mile Road Race Sunday 18th October 2020 With races in short supply at the present time, two intrepid Ilford AC athletes travelled to a small village near Tunbridge Wells in Kent for the second running of The Woodchurch 5 Miles Road Race. With a Covid friendly wave start involving a maximum number of 12 runners setting off to run in 5 minute intervals, and Competing against 137 other runners over an unbelievably Hilly course around the village of Woodchurch, Terry Knightley won The Male Veteran Over 60 Category finishing in 23rd place overall in 34 Minutes and 11 seconds. Following him in 129th place and 2nd in the Female Veteran Over 60 position was Kim Baxter finishing in 56 Minutes and ...[Read more](#)

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Open Meeting Jim Peters Stadium 3rd March 2020 With gale force winds and rain predicted for the weekend, not much was expected from the open Meeting at the Jim Peters stadium at Barking, last Saturday. However the young middle distance squad produced some great performances and achieved 8 personal bests Joseph Grange was the only member of the group to do a 1500m and he had a very good run to record a time of 4.47.24 a pb by 16seconds. Jordan Hinds was feeling ill before her race, but despite this she gave it a go and ran a time of 2.29.36. U13's Ryder Islam, Samuel Crane and Aaron Hick could count on one hand the amount of track races they had run, but all achieved pbs. ...[Read more](#)





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SENIORS REPORT The Essex Way The Essex Way is a 10 stage relay race covering 81 miles through Essex from Epping to Harwich. The last leg finishing at the lighthouse in Harwich is traditionally well attended by Ilford AC members, many of whom have run previous legs, to cheer on the teams last runner. This year with the actual race cancelled, several Ilford AC runners ran various legs of the race throughout September, culminating in 10 runners running leg 10 together on the last Sunday of the month. Setting off at staggered intervals to comply with new racing regulations the team set off from Ramsey to the Harwich Lighthouse on a very blustery morning, so much so that only 400m into the run the ...[Read more](#)

[Martin Etchells RIP 1950-2020](#)



ILFORD AC LOSS Former long serving Ilford AC Secretary Martin Etchells has passed on. Wrote our Essex County AA Chairman : Sad news that former Ilford Athletic Club road, cross-country & steeplechase stalwart, prime instigator of Sportshall athletics and past club General Secretary, Martin Etchells, passed away on Sunday 6th September. Believe that Martin had been battling away against cancer since 2011 - Andy Catton. Wrote the Director of Competition at the South of England Athletic Association : It is with great sadness that I have to inform you that Martin Etchells died after a long illness - Linda Whitehead. Olympian Roger Mills wrote : Good bloke, another sad loss. Everyday is a bonus. Former Southend-on-Sea AC walker June Cork wrote : He ...[Read more](#)

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