



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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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](#)

[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 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](#)

[Press Report 10th November 2020](#)



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](#)

[Press Report 3rd November 2020](#)



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](#)

[Press Report 26th October 2020](#)



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](#)



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](#)

[Press Report 20th October 2020](#)



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](#)