



## Press Report 15th October 2019



Essex Cross Country League Thurrock 12th October 2019 JUNIOR REPORT U13 Boys – 3k Rain heralded the start of a new cross country season at One Tree Thurrock last Saturday. For the first time in many years, Ilford fielded a team in the U13 boys race which was the second race of the day. The four boys are very new to the sport and for three of them, it was their first cross country race. Joseph Grange led the Ilford charge and was up with leaders to begin with, Aaron Hick, James Thake and Lucas Emeagi made more cautious starts. Joseph ended the race in 13th place, and was backed up by good runs from Aaron 20th and James 23rd. Lucas who is even newer to ...[Read more](#)

## Press Report 8th October 2019



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Chingford League 5km Redbridge Cycle Circuit Tuesday 1st October 2019 The winter Chingford League opened its season on a rainy night at the Redbridge Cycle Circuit at Hog Hill. Ilford are not currently members of this league so their members ran as guests or for their second claim clubs. Gary Coombes, who is in fine form at present, recorded a good time for this hilly race recording 18 mins 06 secs in 13th, while Seb Parris finished 30th with 19 mins 12 secs. Dan Holeyman placed 43rd with 20 mins 05 secs and Trevor Robinson came home 132nd with 27 mins 17 secs. Three paces back Rob Sargent recorded 27 mins 47 secs and Jim Huddart completed the Ilford squad in 150th with ...[Read more](#)

### [Press Report 1st October 2019](#)



Essex Cross Country Champs Writtle College September 28, 2019 Ilford U17 boys went in to Saturday's match with a title to defend, and defend it they did with a brilliant run from all 3 boys to bring back the Essex U17 trophy and Gold medals for the 3 boys. First off in the 3k Cross country boys race was Bradley Deacon who led by example with a fantastic 11m 07



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seconds. Jak Wright put in a very solid middle leg in a time of 10m 55 secs before Aaron Samuels went off on a blistering 10m 02 secs lap to seal the honours for Ilford AC with a lead of 18 seconds over second placed Woodford Green Ilford entered 2 Senior men's teams in these ...[Read more](#)

### Press Report 24th September 2019



South of England 6 stage road relay champs Crystal Palace Sunday 22nd September Ilford AC put out a team in these prestigious championships on Sunday for the first time since 2011 With a mix of youth and experience, and an age spread of 30 years, Ilford gave an excellent account of themselves Paul Grange led the team out on a very competitive opening leg in 18:36 for 52nd Place On leg 2 Oscar Peris on his debut at this event slipped to 56th place in 19:24 On leg 3 Ahmed Abdulle move us up 21 places with an excellent 17:03 to place the team in 35th Place Leg 4 the youngest member of the team Mungo Prior held on to 35th Place in 19:11. Leg 5 Alex Richards moved ...[Read more](#)

### Press Report 17th September 2019



PLESHEY HALF MARATHON (incorporating the Essex Championship) Pleshey, Essex Sunday 15th September The Essex Championship were once again staged in conjunction with the Pleshey Half Marathon. The race from the picturesque village is over a rolling hilly course and conditions were made more difficult on the day due to unseasonable hot weather It was though a successful day for Ilford AC with the club winning 4 county medals and runners setting three new personal bests for the distance. Gary Coombes led the way for the Ilford team with an excellent 15th place in 1hr 16 mins 21 secs, the performance winning him Essex Bronze in the M40 age group and a new personal best at the distance. The ever reliable Sam Rahman put in a ...[Read more](#)

[Press Report 10th September 2019](#)



Woodford graded open meeting Ashford playing fields 3rd September 2019 Ideal conditions greeted the team at the final graded track meet in Woodford. A large number of athletes took to the track over the course of the evening with Ilford AC being well represented, especially in the 3000m where they took 7,8,9 and 14th place. Sam Rahman was happy to run the mile race in 4.57 (3rd place) doubling up and running 10.04 in the 3,000 metres for 7th place. Seb Parris also doubled up race walking 3000m in 16 minutes flat for 4th place and then gaining a new pb of 10.11 in the 3000m for 9th. Seb chased Steve Philcox most of the way pushing him to a seasons best of 10.08 ...[Read more](#)

[Press Report 3rd September - Road, Cross Country and Race walk](#)



ROAD AND CROSS COUNTRY REPORT Last Friday of the Month 5km Hyde Park Friday 30 August Three runners from Ilford AC were among the entrants for this popular lunch time run in London's Hyde park. This a new two lap course was used in the Park which was busy with tourists enjoying the warm sunshine, First home from Ilford was Adam Coals in 92nd place with 20 mins 37 secs, while Club endurance coach Rob Sargent recorded his fastest time this year of 26 mins 36 secs for 219th. For the Ilford ladies Julia Galea was placed 2nd in the F60 category and 236th overall with 28 mins 56 secs. In today's day and age where races can be entered on-line months in advance, it ...[Read more](#)

[Press Report 3rd September - TRACK](#)



TRACK REPORT SCVAC Final (Southern Counties Vets Athletic Club) Ashford Saturday 31st August The Men's Team travelled to Ashford on Sunday 1st September to compete in the Southern Counties Vets final having won the 4 league matches. A magnificent team effort resulted in the team finishing third on the day. The most successful athlete on the day was Paul Grange who won the 100m (B string), 200m (B string), 400m (A string) and 800m (A string) achieving PBs in the 100m and 400m. Sam Malekout showed his versatility by competing in the 100m (A), 200m (A), High Jump, Pole Vault, Discus, Shot and Javelin M35 events. His positions were 3rd, 3rd, 2nd, 5th, 3rd, 3rd and 2nd respectively. Team Manager Henry Ricketts matched the effort by covering a ...[Read more](#)

[Press Report 27th August 2019](#)





Barking Park 5km Monday 26 August The annual Barking Park 5km took place on a flat, fast course on a hot sunny Bank Holiday morning and it was a good day for the 38 entrants from Ilford AC. The race was the 7th match in the ELvIS series and left the positions tight at the top. There was a fine run from Paul Grange to lead the club home in the runners up spot in a new personal best time of 16 mins 08 secs. Supporting him were Tom Gardner in 5th in 16 mins 34 secs and Gary Coombes with 9th in a new best time of 17 mins 02 secs. Close behind in 11th was Sam Rahman with 17 mins 22 ...[Read more](#)

[Press Report 20th August 2019](#)



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Woodford Green Open Woodford Tuesday 13th August It was a good night for Ilford Ac at the Woodford Green Open Meeting. Krystle Balogun recorded a time of 27:07 in the 200m which placed her 4th on the night, whilst Jordan Hinds ran in the 800m recording 2:28:58 which gave her 3rd place and 1st U20 female. There was a big field for the 3000m and both Diarmuid Mac Donnell and Dan Holeyman got into their running early and kept a steady pace to come home 13th and 14th respectively. Diarmuid recorded 10 mins 34.54 secs , a new personal best by 17 seconds, while Dan better his personal best by over 20 seconds with 10 mins 38.97 secs. Ilford had 3 athletes in the 3000m walk who ...[Read more](#)

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