



## [Ilford AC 10 miles and Relay Results](#)



[IlfordAC-10-miles-and-Relays-2019.xlsx](#) [Read more](#)

[Press Report 24th December 2019](#)



With a couple of races cancelled last weekend due to waterlogged courses, Ilford AC 'flooded'



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the local parkruns with runners on Saturday. SHEPTON MALLET Shepton Mallet was the unlikely location for Ilfords quickest parkrun of the year. In a field of 168 runners Ilfords young star Mungo Prior finished first in an incredible time of 16 mins 54 seconds, 90 seconds in front of the second placed runner. ILFORD Valentines parkrun in Ilford saw 10 Ilford runners compete including 3 finishing in the top 10.. Winning the race in a new pb of 17:17 was Gary Coombes which caps off a great year for him at the club. Finishing in 8th place, and also gaining a pb was John Crawley in a time of 19:12. Finishing in 9th ...[Read more](#)

### [Press Report 17th December 2019](#)



ESSEX CROSS-COUNTRY LEAGUE Writtle College Saturday 14 December ILFORD CLAIM SENIOR MALE AND TEAM TITLES Ilford AC created a piece of club history last Saturday winning an Essex League match for the first time as their Senior men's team triumphed in the 3rd match of the season at Writtle College beating local rivals Havering AC by just 2pts. The men's race was over around 8.5k on a muddy course in a stiff chilly breeze. Ahmed Abdulle was in superb form winning by over 200 metres in 29 mins 09 secs. He was supported by Alex Richards on his first run over the country this season in 8th with 30 mins 58 secs and Paul Grange who ran well for 11th in 31 mins 18 secs. ...[Read more](#)

## Press Report 9th December 2019



WARE CUP Loughton Saturday 7th December The Annual Inter Club Ware Cup was held over the traditional 8km Cross country 3 lap course at the Roding Valley Country Park in Loughton. Ilford AC fielded 12 athletes and Steve Philcox led the way in 11th spot, and 2nd in the M50 category, in 32 mins 53 secs. Sam Rahman battled well for 13th with 33 mins 45 secs, while Dan Holeyman had a good run for 16th in 34 mins 19 secs. Diarmuid Mac Donnell came home 23rd in a time of 35 mins 20 secs. Alan Pearl was the first in the M60 age grouping to finish with 38 mins 09secs for 33rd overall.. Bree Nordin also was the first finisher in the ...[Read more](#)

## Press Report 3rd December 2019



Essex County U13 / U15 / Veterans' Championships Writtle College Saturday 30 November  
The Essex county cross-country championship for master athletes was held in the grounds of Writtle College near Chelmsford on a bright chilly Saturday morning. All three races were held over a 2 lap 8km course featuring grassland, mud at a couple of challenging climbs. First up was the ladies race where the runners compete in 5 year age bands. Ilford Ac were led home by the consistent Bree Nordin in 33 rd overall in 42 mins 19 secs. This position earned the silver medal in the F60 age grouping. Next home for the Ilford ladies was Nicola Hopkinson in 56th, and 8th in the F55 category, with 47 mins 05 secs. ...[Read more](#)



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Press Report 19th November 2019



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London cross country champs Parliament Hill Saturday 16th Nov 495 runners took to the hills at this years London Cross country champs. Ilfords Mungo Prior in his 1st year as a u/20 and a step up in distance put in an excellent performance with 51st place overall in 40:41 which placed him 2nd u/20 finisher on the day. Chasing Mungo home was the ever consistent Tom Gardner in 53rd place in 40:47 and 11th vet 35. Gary Coombes in top form at the moment was not far behind in 68th place in 41:30 and 2nd vet 45 on the day. Trevor Robinson completed the team in a time of 1 hr 03:40 for 481st place. Fulham 10k Sunday 17th Nov Club captain Billy Green was chosen ...[Read more](#)

[Press Report 12th November 2019](#)







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CHINGFORD LEAGUE Hog Hill Tuesday 5th November Ilford AC joined the Chingford League officially this week, although runners have been running as 'guests' for a few years. Today was Ilford's first run in the league and the ladies put on a great display on fireworks night with both entrants making their debut in club colours. Sam Ahmed finished 13th in the 5k race in a time of 21 mins 41 secs, and Lovedip Dhaliwal placing 118th in 31 mins 33 secs. The men's race also went with a bang with Paul Grange finishing 2nd in 16 mins 36 secs and Gary Coombes in 8th in 17th mins 23 secs although both runners ran for 2nd claim clubs having competed earlier in the season whilst the ...[Read more](#)

[Press Report 5th November 2019](#)



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NEW YORK CITY MARATHON Sunday 3 November. The 49th staging of the New York City Marathon took place on a sunny still Sunday morning in 12C degrees, ideal for the 53500 runners. Sam Rahman of Ilford planned a controlled run with the target of finishing in just under 2hours 50 minutes. He ran at his selected pace throughout the race for 35km where the race enters Central Park. The last couple of miles are rolling hills and he lost a little time and finished in 2 hrs 51 mins 43 secs, his second fastest time, in 750th place, 171st in the M35 category. Masters Open Cross-Country Loughton Saturday 2nd November Saturday morning saw the staging of the Masters Open Cross-Country hosted by Loughton AC at the ...[Read more](#)

[Press Report 29th October 2019](#)



ESSEX CROSS-COUNTRY LEAGUE Horseheath, Cambridge Saturday 26 October Last weekends Essex League cross country match doubled up as a qualifying opportunity for the Junior runners to represent Essex in the Southern inter counties on the 7th of December. Ilford AC were very well represented across the age groups U17 boys as usual performed outstandingly with Aaron Samuels winning by a sizable margin in 21:16 earning him top spot on the Essex team. Jak Wright was the only other qualifying athlete on the day securing 5th in 22:25 with Bradley Deacon only 3 positions away from the required top 8 coming home in



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11th position in 23:07 over the 6k distance U15 boys regular scorer Ryan Holeyman was our first athlete home for 18th place in a competitive ...[Read more](#)

### [Press Report 21st October 2019](#)



South of England Cross Country relays Wormwood Scrubs Saturday 19th October 2019 Ilford U17's gained a well deserved bronze medal at the South of England Cross Country Relays, at Wormwood scrubs last weekend. Bradley Deacon ran the first Leg and got off to a good



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start, in amongst lots of early pushing. Jak Wright was on the second leg and he had plenty of runners in front of him to work his way through, after a steady start, he started moving past other runners on the second half of the course, eventually passing 7 athletes to bring the team home in 9th place. Jaks time of 10.53 was the third fastest on the second leg. Aaron Samuel was left with the last leg, and despite having ...[Read more](#)

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