

Press Report 6th October 2020



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



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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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Ilford Back on track Ilford AC Athletes are still scrambling about trying to find track races before Winter sets in 6th September Newham Sprints Meeting Wanya Williams and Efe Adjarho both ran 100m races, once again the conditions were very windy a certain times of the day. Wanya ran a wind assisted 11.57 and a legal 11.83, Efe managed 13.54. 10th September Open Meeting Harrow Four athletes made the long journey across to Harrow and they were all rewarded with personal best times for 3000m. Danny Holeyman ran 10.36.73 knocking 2 seconds off his best. Joseph Grange ran really to knock 55 seconds off his best with a time of 10.07.45. Inspired by his dad Ryan Holeyman knocked off even more than

Joseph with 66 ...[Read more](#)

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Back on Track With some covid restrictions being slightly lifted a few athletes have finally managed to get in a few races, here is a roundup of what's been happening. First out of the blocks was Krystle Balogun who ran a 200m at Lee Valley on 16th August in a time of 27.52 A week later it was over to Mayesbrook Park for a 100m, unfortunately the wind was very



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unpredictable, which meant some of the races had a tail wind which was over the allowable limit. Krystle had two runs in 13.04 and 13.17, with the latter, being with a legal wind. Also taking part were Esmeralda Mengeyele 12.93 and 13.03 both above limit and Efe Adjarho 13.86 and 13.92. On the men's ...[Read more](#)

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The Chelmsford 'Mile of Miles' which is normally held on the track was held this year in a completely different format due to the ongoing covid restrictions. The event was held at Writtle college on a multi terrain course which allowed for social distancing. The races were spread out over the course of five hours with each race consisting of 6 athletes going off at 6 minute intervals. It was an Impressive day for the Grange Wrights as they picked up three wins. The first race for the three was Joseph Grange's(13) who ran in the U15s race. He won in 5:26 leveling his PB. Next was Jak Wright who attacked his over 20 race strategically, going of slow to out sprint the opposition on ...[Read more](#)

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Ilford AC 5K Champs Barking Park Saturday 1st August 2020 The Ilford AC 5k Champs were able to take place this year with careful planning, stringent risk assessments and a slight change of format. Whereas normally all athletes would have set off together and first past the post wins, this year's event was held as a 'handicap' with runners set off singly at timed intervals with prizes for first finishers and fastest runners. Barking Park was chosen as this year's venue due to its wide paths and long straight sections, and a sunny morning greeted the 38 participants and throng of time keepers and marshals from the club socially distanced around the course. For the ladies Kim Baxter was the first past the post and first ...[Read](#)



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The England Athletics 5k virtual road running Champs 2020 took place over the period of 11th – 13th July. 2 Ilford athletes took part in the event, which involved athletes from all around England, and they socially distanced by running 2 miles and 5 hours apart. First out of the blocks was Trevor Robinson with an early 7:49am start. Trevor's run took him on and out and back course down Crow Lane and Oldchurch road and he was pleased with his finishing time of 24:28 which placed him 1,425th nationally. Later in the day Danny Holeyman set off with his official photographer, son Ryan, in pursuit on a bike at 12:56pm. Danny's route took him down Pettits Lane, Eastern Avenue, Main road and ...[Read more](#)

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The Essex 6 – 12 stage relays are held every July in various Essex locations, however as with many races this year the event, although cancelled as a mass participation event, went ahead as a virtual event meaning Ilford AC could once again put themselves up against the best runners Essex had to offer The relay consists of long legs at 5 miles, and short legs of 5k. A scoring men's team had to have 6 runners going long and 6 going short, whilst the ladies scoring team consisted of 2 on the long leg and 4 on the short leg. Ilford AC entered 2 men's teams and 3 ladies' teams. The run could be done any time over a 3 day period ...[Read more](#)

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