

Press Report 3rd June 2019



Dagenham 88 5m - Elvis Series Race 1 Eastbrook End Country Park Wednesday 29th May
The 2019 Elvis series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on an unseasonably chilly Wednesday Evening when Dagenham 88 hosted the first of this years 8 summer races on a 2 lap multi-terrain course of 5 miles. Ilford AC entered a large squad of 28 runners in the event with Gary Coombes leading the team home in 12th place in 30:39 which also placed him 2nd in the VM40 category. In an epic battle between team-mates Gary was followed very closely by Stephen Philcox in 13th place in 30:55 for 1st VM50 and Seb Parris in 16th place in ...[Read more](#)

Press Report 28th May 2019



Vitality Westminster Mile Sunday 26th May The Vitality Westminster Mile is the world's biggest timed mile event, with over 9,100 runners setting over in 30 waves over many separate categories. The men's race was won by Chris O'Hare in exactly 4 minutes, the fastest in the events 7 year history, whilst the women's was won by Melissa Courtney in 4:31. Amongst the runners were 6 juniors and 11 seniors from Ilford AC, with virtually all claiming a



All News Items

PB for the distance. Fastest Junior on the day was Mungo Prior with 4:38, closely followed by Jak Wright 4:45 and Bradley Deacon 4:56 in the U17 category. Matthew Hick finished in 5:15 in the U15 category, with brother Aaron Hick finishing in 6:08 in the U11's. Only female
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[Press Report 21st May 2019](#)





All News Items

Southern Counties Vets Athletics Club (SCVAC) Lee Valley Sports Centre Monday 13th May
The first match of the Vets season saw the Men's team finish the evening in an excellent first place and the Ladies team achieving a creditable fifth. The match held on Monday 13th May at Lee Valley Sports Centre started with the 2000m walk. Seb Parris achieved a PB finishing first M35 in 9.29.7. He later followed this up with another PB in the 1500m with 4.58.4 for fourth place M35. Steve Uttley won the M50 walk in 11.14.0. In the Ladies walk Emma Dyos came home first W35 in 10.54.5. Rachel Lawless completed the clean sweep of first places with a time of 12.22.3 in the W50 age group. In the ...[Read more](#)

[Press Report 14th May 2019](#)



All News Items





All News Items

Lee valley aquathlon Lee valley white water centre 7th may Seb parris ventured out to the London Olympics kayak venue on Tuesday evening. A 500m 2 lap swim of the course in 13 degree calm waters followed by a 2 lap 5.5 km run around royal gunpowder mills park run course. Seb finished in 31.04 for 2nd v30-39 and 4th place overall. He was only 4 seconds behind 3rd place after running down over a minute deceit that his competitor had on him after exiting the swim leg! Pure racing at its best. Essex County Track and Field Championships Chelmsford 11th and 12th May Ilford had a successful two days at the Essex championships at Chelmsford Last weekend. Day 1, bought 4 gold medals, 2 silver and ...[Read more](#)

[Press Report. 7th May 2019](#)



ITU world multisport championship Pontevedra. Spain 2nd May After a previous run of good

aquathlon (swim/run) results last year, Seb Parris was picked by British triathlon to represent the age group team in the recent international triathlon union's world multisport championship taking place in northern Spain. Pontevedra played host due to being a training home of current triathlon legend Javier Gomez. The aquathlon was a mandatory wetsuit swim of 1000m due to the cold atlantic waters reaching just 14 degrees. Seb was out the water lying in 22nd place. The 5km run was at the other end of the weather scale being 23 degrees with no shade! After his legs thawed out Seb ran very well on the 2 lap course and moved up 5 ...[Read more](#)

[Press Report. London Marathon 2019](#)



LONDON MARATHON Sunday 28th April There were 12 runners from Ilford AC among the 42438 finishers in last Sunday's London Marathon won by Eluid Kipchoge in a fast 2 hrs 2 mins 39 secs. Best for the club was Amin Kolkai who finished 200th in 2 hrs 35 mins 06 secs and placed him 10th in the M45 age category. Next home was Dan Holeyman with a new personal best time of 3 hrs 09 mins 53 secs, while Tom Joy recorded 3 hrs 27 mins 32 secs,. Carlie Qirem led the ladies challenge for Ilford and also improved her best time by 19 minutes to 3 hrs 39 mins 37 secs. Steve Parker found the second half of the race tough finishing 3 hrs



55 mins ...[Read more](#)

[Press Report 22nd April 2019](#)



BOSTON MARATHON Monday 15 April The early morning storm past over the 135th Boston Marathon course and at the start the weather conditions were good, warm with a slight tail breeze for this point to point race for Hopkinton to the centre of the city of Boston. Nicola Hopkinson of Ilford AC was among the 30000 starters and ran her usual steady race to reached halfway in 1 hr 51 mins 33 secs. The Newton Hills at 20 miles slowed her a little in the second half and Nicola finished 16,312nd and 193rd in her age category in 3 hrs 57 mins

35 secs. VETS AC 5 Battersea Tuesday 16th April Tuesday evening saw the Vets Athletic League stage a 5 mile race in Battersea Park. Brennie ...[Read more](#)

[Press Report 16th April 2019](#)



Southern Athletics League Watford Saturday 13th April. The first Southern Track League competition took place at Watford on Saturday produced some stunning performances and team spirit. Ilford ended up second overall, which is the best performance for many year and gives us confidence that Ilford are going to have a good year on the track. Amie Harrison, making her debut for Ilford got the team off to a good start with a 4th in the Women's 400M hurdles. Dan Wheeler did the Mens 400 hurdles for a credible second, considering he was also competing in the High Jump(He came first), Shot Putt(4th) and 100m(4th) nearly all at the same time It was also great to see the Sprinters coach Nat Senior ,making his comeback and showing ...[Read more](#)

Press Report April 9th 2019



Rome Marathon Sunday April 7th The endurance team from Ilford AC opened their spring marathon season last Sunday. First at the start was Sam Rahman who took to the streets of Rome for the 25th staging of their city marathon. The route passes many historical buildings including the Colosseum and the Vatican but there are some cobbled sections on the way. The first half hour of the race was run in pouring rain, however Sam started well reaching the halfway point in 1 hr 26 mins 29 secs. He found the second half slightly tougher and came home in 143rd place in a field of around 10000 in 2 hrs 59 mins 28 secs., his 7th sub 3 hour marathon. Manchester Marathon Sunday ...[Read more](#)

Press Report 2nd April 2019





All News Items

World Masters Championships Torun, Poland 24th - 30th March 2019 On the Wednesday of the World Masters Indoor and Road Championship the 10km road race was held. On a bright, sunny but chilly morning the competitors headed out on a fast out and back course. Ilford AC had three ladies wearing the British kit in the event and Nicola Hopkinson showed good form finishing 8th in the F55 age category in 47 mins 19 secs, her best time for 5 years. Julia Galea came home in 15th in the F60 group in 56 mins 15 secs, which is her best for over a year. Ilford legend Pam Jones completed the trio and took her third championship medal as she came in 3rd in the ...[Read more](#)

