



All News Items

Press Report 17th March 2020





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Essex County Relay Championships Colchester 15th March 2020 A great day for Ilford senior men's relay team Over 120 teams descended on Abbey fields in Colchester on Sunday morning for the annual running of the Essex Relay Open and Veteran Championships. Held in almost ideal conditions for running, Ilford AC ran out Gold medal winners in the Male open event in a combined time of 1 hour 5 minutes and 48 seconds beating their nearest rivals and host club Colchester Harriers by 1 min and 10 seconds for the 4 runners. Each leg consisted of a 3.2 mile lap and 34 teams competed Paul Grange on the opening leg had an excellent start for the team chasing home Strange of Basildon in 16:10 placing the team 2nd ...[Read more](#)

[Press Report 10th March 2020](#)



CAU Inter County Championships (Inc British Athletics Cross Challenge) Loughborough 7th March 2020 Six Ilford athletes had qualified to represent Essex in the UK inter county cross country championships held at Loughborough on Saturday, however due to injuries and

University pressures only three were available to travel on the day. All three though performed well and did their County and club proud. The first 2 Ilford runners off were in the 6k U17 men's race and Bradley Deacon, representing his county for the first time ran a tremendous 24 minutes 35 seconds to place 163rd, and was very closely followed by team mate Jak Grange-Wright who placed 173rd in a time of 24 minutes 43 seconds. Next up in the 3.5k U13 men's race was in ...[Read more](#)

[Press Report 2nd March 2020](#)



Essex 20 Rochford Sunday 1st March The Essex 20 mile championship was held on a sunny but breezy Sunday morning over a 3 lap course. There was a squad from Ilford Ac in action as part of their preparations for the forthcoming spring marathons. With an inter-counties match between 10 southern counties incorporated in the event the racing was of a high standard. Paul Holloway led the way for the club taking the county title and gold medal in the M50 category in a new personal best time of 2 hrs 4 mins 28 secs for 28th overall. He was supported by Sam Rahman who showed he is on target for a good run in the London Marathon in 34th spot with a new ...[Read more](#)

[Press Report. 25th February 2020](#)



National Cross Country Champs Nottingham 22nd February 2020 The National cross country championships, held by the English Cross Country Association was held at Wollaton Park, Nottingham, on Saturday. Pitting himself against the finest athletes in the country was Ilford's sole entrant Trevor Robinson. Recent weather meant that the course was less than ideal, with even the elite runners in the country struggling to maintain any kind of speed in the thick mud. Over a very demanding and hilly 12.k course Trevor gave a very good account of himself however, finishing in a time of 1:26 which placed him in 1,679th place. BMC Indoor track meeting Lee Valley 19th February 2020 The BMC is one of the premier middle distance athletics clubs in the country, with athletes having to achieve target ...[Read more](#)

[Club AGM 2020](#)



NB Due to the Coronavirus the AGM is now cancelled. Agenda for Cub 2020 AGM booked for 19th March at ISC Sports Hall Scan-127.pdf [Read more](#)

[Press Report 17th February 2020](#)



Barcelona Half Marathon Sunday 16th February The Barcelona Half Marathon is one of the biggest running events in Spain attracting close to 19,000 runners, one of whom was Ray 'Sparra' Everingham from Ilford AC running his second international running event in preparation for his first ever Marathon in London in April. Escaping 'Storm Dennis', which

cancelled most events in England at the weekend the race nonetheless took part on an overcast but chilly morning. Starting and finishing at the Parc de la Cuitadella, Sparras aim was his first sub 2 hour marathon, so prepared was he that he had his planned split times written on the back of his hand!. After a steady start the congestion on some parts of the route meant the sub ...[Read more](#)

[Press Report 10th February 2020](#)



Essex & Eastern Counties Indoor Championships 2020 Lee Valley 8th - 9th February 2020 Ilford AC was represented very well by several athletes this weekend at the 2020 Essex & Eastern Counties Indoor Championships at Lee Valley. First up was newcomer Rhys Ofori who won Gold in the U15 Boys 60m with a superb 7.26 seconds. He won the final originally but the race was re-run after a rules infringement made by an Official. Despite this, Rhys composed himself well to win in what was his fourth race of the day and in doing so captured his first County Gold medal after having been edged out in a photo finish at last year's Essex Schools. In the Senior Women's 200m Krystle Balogun was ...[Read more](#)

Press Report 4th February 2020



Chingford League 5 miles Victoria Park Saturday 1st February The last match of the Chingford League for this winter was held on the fast flat road course in Victoria Park. On a breezy Saturday morning Ilford AC had 19 athletes in action, ten of whom finished with personal best times showing the club's winter training has been going well. First home for Ilford in 32nd place in a strong field of over 300 was Sam Rahman who looked strong recording 29 mins 17 secs. Next home was the improving Haydn Newland with 30 mins 27 secs for a personal best time in 47th. Close behind in 49th was Dan Holeyman with a new best time of 30 mins 33 secs. Diarmuid Mac Donnell was ...[Read more](#)

Press Report 28th January 2020



South of England AA Championships Parliament Hill 25th January 2020 The penultimate race on the long day of Cross Country running was the Senior ladies. With the fields now well and truly churned up this was always going to be a tough race. However the 5 Ilford ladies equipped themselves very well over the 8k course and did the club proud. Leading the way was Anna Crawley who has been in fantastic form over the last 12 months. Anna battled to a fine 215th position in a time of 38 mins 07 secs, an improvement of over 300 places in the same race last year. Coming in 2nd and 3rd for Ilford were two of the clubs Cross Country stalwarts Alison Sale and Frieda Keane ...[Read more](#)

[Press Report 21st January 2020](#)



Benfleet 15 January 19th 2020 Three Brave and intrepid Ilford AC team members took on the tough and gruelling 30th Anniversary Benfleet 15 Miles Multi-Terrain Race on Sunday Morning. A Very Challenging 15 Mile Multi-Terrain Course incorporating sections of the Canvey Island Sea Wall and the brutally hilly and very slippery and muddy Hadleigh Downs. First home for the Club in a huge field of over 850 athletes was Diarmuid Macdonnell in 60th place and gun time of 1 hour 53 minutes and 24 seconds for 19th Veteran Male Over40. Next home in 115th position was Terry Knightley in 2 Hours and 2 Minutes and 3 Seconds and 8th Male Veteran Over 50. Anna Crawley completed the Ilford AC team finishing the course in gun time ...[Read more](#)