

## Press Report 13th August 2019



Forest Five Epping Forest Saturday 3 August The sixth round of the ELVIS series for 2019 was held over a 5 mile off road course in Epping Forest at Chingford. Ilford AC fielded a team of 19 for this fixture and in form Gary Coombes headed the squad with a fine 6th place finish in 29 mins 13 secs and took home the 1st M40 trophy. He was supported by Sam Rahman in 17th with 30mins 34 secs and Steve Philcox in 30 mins 58 secs for 19th, a position which won the M50 age category. Seb Parris placed 20th with 31mins 13 secs, while Dan Holeyman came home 25th in 32mins 09 secs and Diarmuid Mac Donnell was one place back with ...[Read more](#)

## Press Report 7th August 2019





Harold Wood 5km (Elvis) Wednesday 31 July The latest round of the Summer League ELVIS competition was held over a demanding course at Poges Wood in Harold Wood. Ilford AC had a good entry of 24 runners. Leading the way was Gary Coombes in 6th spot with 17 mins 47 secs and the prize for the first in the M40 category. Next home was James Rigby placing 13th with 18 mins 21 secs with the leading M50 group runner Steve Philcox one place behind in 18 mins 25 secs. Seb Parris had a good run for 19th in 18 mins 58 secs Dan Holeyman was next over the line for the club in 24th with 19 mins 11 secs, with John Crawley closing ...[Read more](#)



## Press Report 30th July 2019



SCVAC Match 4 (Southern Counties Veterans Athletic Club) Monday 22nd July The Men and Women's team travelled to Hemel Hempstead to compete in the last match of the Herts and North Middlesex Vets. The Mens team were going into the match in first place knowing that a finish 3 places behind London Heathside would guarantee representation as the league champions in the Ashford season finale on 1st September. The Women's team was under-represented due to availability and injuries however the Walking team of Emma Dyos and Lesley Morris finished first and second respectively in V35 and V50 in the 2000m. Seb Parris comfortably won the V35 walk as did Steve Uttley in V50. At the same time Sam Malekout won the M35 javelin. Due to ...[Read more](#)

## Press Report 23rd July 2019



TRACK SIAB Schools International Swansea 20th July 2019 Samuels wins on England debut  
Aaron Samuels of Ilford AC was picked by England to compete in the annual competition against Scotland, Ireland & Wales, in Swansea last Saturday. This came as a result of his stunning win in the English Schools 1500m Steeplechase the previous weekend Aaron came home first again to win convincingly again in a time of 4:30 to end a great couple of weeks of success  
Eight Counties U17 Inter Counties Championships Chelmsford 21st July 2019 Wright competes for Essex in Inter Counties Jak Wright competed for Essex on Sunday in the Intercounties, after his great success of winning the Essex u17 3000m title, earlier in the summer. Jak came a very credible 11th in 9.28  
BMC Regional Races Eltham 17th July ...[Read more](#)

[Press Report 16th July 2019](#)





TRACK Samuels storms home at English Schools championships ESAA English Schools' Championships Birmingham 13th July 2019 Ilford AC had 2 athletes compete in the prestigious English Schools athletics championships 2019, held at Birmingham. The English Schools is seen as competing at the highest level achievable at school level, as every top athlete in the Country competes and Aaron Samuels and Marion Dobrescu were the Ilford AC athletes in the Essex team Due to GCSEs Aaron Samuels has had to try and combine his studies with his training , which has obviously reduced the amount of time he has been able to train. Aaron decided about a month ago to compete in the 1500 steeplechase at the Essex



Schools , an event he had never done before. ...[Read more](#)

[Press Report 9th July 2019](#)



Essex County Relay Champs Chelmsford Friday 28th June Ilford ACs Gold Rush at Essex Champs Relay Ilford entered 7 teams in the Essex Track relays at Chelmsford last weekend and came home with a successful 4 Gold medal, 1 Silver medal and a Club Record. First up was the Senior men and Senior women sprinters In the Senior Men's 4 x 100, Ilfords team of Jordan Akinpelu, Wanya Williams, Daniel Wheeler & Nathaniel Senior ran a great race but just missed out on a medal with 4th position, in a real quality race. In the Senior Womens 4 x 100 Krystle Balogun, Eshimu Massamba Gemima, Ellie Wright & Esmeralda Mengeyele powered round to win Ilfords first Gold medal of the night. All 4 girls had amazing runs and takeovers ...[Read more](#)

[Press Report 2nd July 2019](#)





SCVAC - Southern Counties vets track league Lee Valley Monday 24th June Match 3 of the Vets season was held at Lee Valley on the evening of the 24th June. The Men's team triumphed for the third match in a row and go into the last match of the regular season in a great position. Sam Malekout covered the V35 triple jump, discus, 100m and 400m finishing 3rd and 5th in the field events and winning both short and long sprints. Malcolm Muir came down an age group to win the 5000m in the V35 age group. The first place theme was continued by Sam Rahman who won the 1500m in the same age group. In the V40 category Paul Grange ran his first competitive 100m ...[Read more](#)

[Press Report 25th June 2019](#)



Olympic Park 5km - Elvis #3 Tuesday 19 June The third round of this summer's ELvis competition took place over a twisty but fast two lap 5km course in the Olympic Park last Tuesday. It was a good race for Ilford AC with 40 entrants, 11 of whom recorded new personal best times. Leading the way for the club was the ever reliable Malcolm Muir in 9th spot with 16 mins 58 secs. Two places back was Paul Holloway in a new personal best of 17 mins 13 secs which won him the prize for the first in the M50 category. Sam Rahman came in 17th with 17 mins 36 secs and Gary Coombes next over the line 2 seconds further back. Seb [...Read more](#)

[Press Report 18th June 2019](#)





## All News Items





## All News Items

Southern Athletics League - Match 3 Parliament Hill, London Saturday 15th June Ilford made a short trip across town to Parliament Hill fields for their third Southern League fixture of the season, unfortunately the recent wind and rain prevailed so times were generally slow. Top performer on the men's side was recent new joiner Paul Grange, who firstly came second in a very fast 800m in a time of 1.56.2, this knocked over 10 seconds Ilford's over 40's club record, not content with this he came back less than an hour later to come second in the 400m in a time of 52.7, which was again an Ilford vets record. Jak Wright also did the 400m/800m double and in finishing 2nd in the ...[Read more](#)

[Press Report 11th June 2019](#)





All News Items





## All News Items

Havering 5 (ELvIS) Raphael Park Tuesday June 4th There was another impressive turn out of 24 runners from the endurance squad of Ilford AC in the second round of the summer 2018 ELvIS tournament, which also produced 7 pb's over the distance. The event was two laps within Raphael park, Romford. Leading the way for Ilford was Malcolm Muir in an excellent 5th place in 28 mins 17 secs which also placed him 2nd in the M40 category. Malcolm was closely followed by the next 5 male scorers who all finished in the top 30 - Sam Rahman, 12th 30:03, Gary Coombes 14th 30:16, Stephen Philcox 16th 30:35 and 1st M50, John Crawley 29th 31:20 and Diarmuid MacDonnell with the first PB of ...[Read more](#)

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