

## Press Report 14th January 2020



ESSEX CROSS-COUNTRY LEAGUE Hilly Fields, Colchester Saturday 11th January The latest round of this winter's Essex Cross-Country League took place over a firm, course on Hilly Fields just outside Colchester with a testing hill on each lap. The ladies raced over a two lap course of 6km with Anna Crawley showing her current fine form in leading home the Ilford AC ladies team in 26th place in 25 minutes 16 seconds. Next over the line was Carlie Qirem who returning from an injury was pleased to place 44th with 27 minutes 21 secs, while Bree Nordin was once again the first to finish in the F60 category in 28 mins 50 secs for 52nd overall. Nicola Hopkinson was as consistent as ever closing the scorers ...[Read more](#)

## Press Report 7th January 2020



Essex Cross Country Champs Basildon 4th January 2020 The Essex Cross-Country Championship was held at Gloucester Park in Basildon over a two lap 10km course which features several climbs on each lap. Ilford Ac produced good results despite both their senior mens and ladies teams going hit by a few withdrawals due to injuries and illnesses. The Ilford men were headed by Ahmed Abdulle who was up with the leaders finishing 5th in 33mins 28 secs. Next home was Tom Gardner in 35 mins 38 secs for 19th and Alex Richards in 29th with 36 mins 08 secs. Paul Grange recorded 36 mins 18 secs for 31st with Oscar Peris one place and 5 second behind. Paul Holloway made up the scoring ...[Read more](#)

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ILFORD CLEAN UP IN THE MUD Ilford AC 10 Mile Cross Country Championship Hainault Forest December 28th 2019 On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on a cold December morning. Over 110 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times. Due to recent rain the mud was thicker this year than in many of the previous years. Ilfords men totally dominated the race providing the first 7 finishers. Aaron Samuel continued his great 2009 form with first place for 1:01:52 which also made him the youngest winner in the events 40 year history. Close behind was Tom Gardner recording 1:02:17 for 2nd, Mungo Prior 1:02:36 for Bronze with ...[Read more](#)

### [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’ 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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## All News Items

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](#)







## All News Items

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 Ilfords 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](#)

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