



Press Report 26th March 2019



World Masters Championships Torun, Poland 24th - 30th March 2019 A small squad of runners have travelled out to 'The 8th World Indoor and road championships' being held in Torun, Poland, and on the very first day of action Ilford AC picked up a bronze medal. Pam Jones who is representing Great Britain ran the F80 3000m and took the 15 laps at a consistent pace to finish third in 22 mins 13.57 secs The second day featured the cross country races. The course was tough undulating 2km lap. the first race was for athletes over 75 and was over 3 laps. Pam Jones of Ilford AC was the only British team member in the F80 age category. Looking in better form than in ...[Read more](#)

Press Report 19th March 2019



Essex Road Relays Harwich Saturday 16th March 2019 Over 110 teams descended on the quiet sleepy town of Harwich on Saturday morning for the annual running of the Essex Relay Open and Veteran Championships. Conditions were very challenging with strong coastal winds that were particularly harsh for the runners on the second half of the course. Despite this the Ilford AC Mens Senior squad all posted some very impressive times to finish 6th overall on the day with all runners finishing under 20 mins on their 5k legs (Amin Koikai 16:43, Alex Richards 16:31, Tom Gardner 17:08 Malcolm Muir 18:26) In the veterans category the Iford M40 squad finished 16th (Dennis Briggs 22:29, Julian Fabian 20:26, Trevor Robinson 24:41) and the M50 squad came in 14th ...[Read more](#)

[Press Report 12th March 2019](#)





British Masters Cross Country Championships Belfast March 9th 2019 The British masters cross country championships returned to Northern Ireland for the first time in 9 years. The race was held on a 2km grass loop on the rolling grounds of the storming estate. Julia Galea



## All News Items

of Ilford AC took part in the 3lap 6km ladies race which also featured the men over 65. Galea had an inspiring run to finish 42nd overall in a time of 37.13 to place 2nd in the F60 age category and take the Silver British medal Hillingdon 20 March 10th 2019 The Hillingdon 20 is a new race to the racing Calendar and is ideal preparation for those runners preparing for a Spring Marathon. What wasn't ideal though was the blustery winds ...[Read more](#)

### [Press Report 4th March 2019](#)



Essex 20 mile Championship Rochford Sunday 3 March The Essex 20 mile championships returned to Rochford for the first time in 12 years and a squad of 10 from the endurance group at Ilford AC entered as preparations for forthcoming spring marathons. On a drizzly blustery day the conditions were not ideal but the team returned good results. The Ilford squad was led home by Sam Rahman, who will be running his marathon in Rome, in 64th place in a controlled 2 hrs 10 mins 21 secs, with Seb Parris close behind in 70th with 2 hrs 12 mins 07 secs. Steve Parker came in in 2 hrs 44 mins 56 secs for 218th and 7th in the M60 category. Tony Young completed the ...[Read more](#)

### [Press Report. February 26th 2019](#)





All News Items





## All News Items

Midweek Indoor Middle Distance Meeting Lee Valley Wednesday 20 February Four athletes from Ilford AC entered the middle distance meet on the indoor 200m track at the Lee Valley Athletics Centre. In heat 1 of the 800m there was a good race from Alex Richards to take second in 1 min 58.98 secs, while Farris Patel impressed on his first indoor race finishing 6th in 2 mins 01.92 secs. Tom Gardner placed 6th in heat 3 in 2 mins 10.65 secs. In the 1500m Sam Rahman was involved in bunched race and coped well to come through in 5th in 4 mins 38.74 secs, National Cross Country Champs Leeds 23rd February 2019 The National cross country championships, held by the English Cross Country Association was held at Harewood House, Leeds, ...[Read more](#)

### Press Report 18th February 2019



CHINGFORD LEAGUE 5 MILES Victoria Park Saturday 16th January The endurance squad of Ilford Ac opened there spring road season on Saturday by guesting in the Chingford League 5 mile race on the flat fast course in Victoria Park in Hackney. In good weather conditions the 12 strong contingent produced results which showed that the squad have trained well during the winter. Leading home the Ilford athletes was Gary Coombes in 20th spot in the mens race with a good time of 28 mins 40 secs. Next home was Seb Parris with a fine run who took nearly a minute off his pb with 29 mins 27 secs in 27th. Diarmuid Mac Donnell also recorded a new best time for the distance of ...[Read more](#)



## Press Report 12th February 2019



Hawassa Half Marathon Ethiopia Saturday 9th February 2019 Two Ilford athletes, Doris Gaga and Julie Galea traveled to Ethiopia this weekend to take part in the Hawassa Half Marathon. The race is the brainchild of Ethiopia's greatest distance runner Haile Gebrselassie, who was in attendance to support the event with all proceeds going towards the conservation of Lake Hawassa and the Hippopotamus which live there. Both athletes had trained hard for the event, however with an altitude of 1700m above sea level and temperatures hovering above



## All News Items

30 degrees the winter training in Ilford was never going to be able to prepare them fully for the race. Both runners however thoroughly enjoyed the run, a mixture of road and trail including a loop of Lake Hawassa, and ...[Read more](#)

[Press Report 5th February 2019](#)





# All News Items





Essex League Cross Country Basildon Saturday 2nd February JUNIORS Hick shines in last Essex league race In the last Essex league X country for 2018/19, Ilford only had 3 younger athletes compete, due to other races and injuries. However the 3 athletes all competed to a high standard on the day. First up was 10 year old Aaron Hick, competing in the U11s race. Aaron was third in the previous race so had high hopes again to compete well. About 60 youngsters started the race but Aaron had a very poor start and had to weave himself through the field in the first part of the race to move into the top 10 The Basildon athlete got a great start and was a long way ahead of the field, but Aaron started ...[Read more](#)

[Press Report 28th January 2019](#)



2019 Southern Cross Country Championships Parliament Hill Saturday 26th January The 2019 Southern Cross\_country Championship were held last weekend at Parliament Hill Fields on Hampstead Heath, considered to be the home of English Cross-Country. The mass start up the hill is exhilarating for athletes and spectators alike with all the hallmarks of a charge into battle and the crush at the top of that first hill is a welcome break for the runners legs The challenging course was firmer than usual due to the dry weather this winter which led to some good racing, although the course was not without its mud baths in places. After a hard





battle with the hills that Parliament hill is famous for, the runners get to fly down the finishing ...[Read more](#)

## Press Report 21st January 2019



Veterans AC Masters Wimbledon Common Saturday 19th January 2019 The Veterans Masters Cross Country Championships took place last Saturday on a 2 lap course comprising gravel tracks and playing fields at Wimbledon Common. Held over a distance of 4.5 miles Ilfords one representative was Trevor Robinson. Trevor finished in 35th place in a time of 35:40 which gave him a Bronze medal in the V45 category Benfleet 15 Sunday 20th January 2019 Ilford AC fielded 2 runners in the Benfleet 15 held at Hadleigh Downs on Sunday. The course is a very challenging multi terrain course comprising hard sections of the Canvey Island sea wall contrasting with marshland and the undulating Hadleigh downs. Starting downhill and finishing on a mile long big climb, the race is not for the faint ...[Read more](#)