

Press Report 3rd September - TRACK



TRACK REPORT SCVAC Final (Southern Counties Vets Athletic Club) Ashford Saturday 31st August The Men's Team travelled to Ashford on Sunday 1st September to compete in the Southern Counties Vets final having won the 4 league matches. A magnificent team effort resulted in the team finishing third on the day. The most successful athlete on the day was Paul Grange who won the 100m (B string), 200m (B string), 400m (A string) and 800m (A string) achieving PBs in the 100m and 400m. Sam Malekout showed his versatility by competing in the 100m (A), 200m (A), High Jump, Pole Vault, Discus, Shot and Javelin M35 events. His positions were 3rd, 3rd, 2nd, 5th, 3rd, 3rd and 2nd respectively. Team Manager Henry Ricketts matched the effort by covering a ...[Read more](#)

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Barking Park 5km Monday 26 August The annual Barking Park 5km took place on a flat, fast course on a hot sunny Bank Holiday morning and it was a good day for the 38 entrants from Ilford AC. The race was the 7th match in the ELvIS series and left the positions tight at the top. There was a fine run from Paul Grange to lead the club home in the runners up spot in a new personal best time of 16 mins 08 secs. Supporting him were Tom Gardner in 5th in 16 mins 34 secs and Gary Coombes with 9th in a new best time of 17 mins 02 secs. Close behind in 11th was Sam Rahman with 17 mins 22 ...[Read more](#)

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Woodford Green Open Woodford Tuesday 13th August It was a good night for Ilford Ac at the Woodford Green Open Meeting. Krystle Balogun recorded a time of 27:07 in the 200m which placed her 4th on the night, whilst Jordan Hinds ran in the 800m recording 2:28:58 which gave her 3rd place and 1st U20 female. There was a big field for the 3000m and both Diarmuid Mac Donnell and Dan Holeyman got into their running early and kept a steady pace to come home 13th and 14th respectively. Diarmuid recorded 10 mins 34.54 secs , a new personal best by 17 seconds, while Dan better his personal best by over 20 seconds with 10 mins 38.97 secs. Ilford had 3 athletes in the 3000m walk who ...[Read more](#)

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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](#)

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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](#)

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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](#)