

Press Report 6th November 2018



Thames Meander Marathon and Half Marathon Kingston Upon Thames Saturday 3rd November The Thames Meander Marathon and Half Marathon is a flat scenic riverside trail marathon festival on an out and back course of the Thames path starting and finishing near the YMCA in Kingston Upon Thames. On Saturday Ilford AC sister and brother, Anna and John Crawley, ran with Anna opting for the Half and John the full marathon. Both went into their races with disappointing previous runs at the distance in the back of their minds. Anna's aim

was to get under 2 hours after missing out on that at the recent Great North run. She ran a steady race with a time goal in mind which she stuck to perfectly. From mile 7 ...[Read more](#)

[Press Report 29th October 2018](#)



Essex League Hockley 27th October 2018 SENIOR WOMEN Seven ladies from Ilford AC took part in the Senior women's race, which was their first race back in the top division after promotion last season. Leading the ladies home, in her first ever cross country run for the club was Amy bird who finished in a very good time of 30:54 over the 6.6k distance for 38th position. Backing Amy up to complete the scoring team of 4 was Breege Nordin in 32:03 for 51st, Carlie Qirem in 32:20 for 54th and Nicola Hopkinson in 34:15 for 74th. On the day this was enough for 9th position Also putting in good runs for the ladies on the day were Anna Crawley 35:40 82nd, Sharon Honey ...[Read more](#)

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ELVIS Presentation evening Forest Gate 19th October After another successful 'Elvis' series, now consisting of 8 races after Harold Wood joined the club this year, the presentation evening was held in Forest Gate last Friday. Hosted by East End Road Runners (EERR) the evening was well attended by runners from all clubs celebrating some fine performances and sell out attendances. Ilford AC came away with 3 individual age graded first places - Breege Nordin Veteran Female 55, Gary Coombes Veteran Male 40, and Stephen Philcox who was in attendance on the night to collect the Veteran Male 50 trophy. Wix 5 Incorporating the Essex 5 mile County Championship 21st October ILFORD MEN LAND COUNTY SILVER MEDAL The Wix 5 is always a popular event on the running ...[Read more](#)

[Press Report. 16th October 2018](#)



Metropolitan League Cross Country Claybury Saturday 13th October Ilford's Tom Gardner opened his account for the start of the X country season at Claybury, with a solid run on a 3 lap course. After 2 laps Tom was laying in the 29th place, but not being race sharp yet he slipped back on the final lap to 35th in 28-09. Two other Ilford athletes guested in the race, Gary Coombes finishing in 30:47 for 119th place and Trevor Robinson who came in on 43:37 for 453rd place TIPTREE 10 Sunday 14th October. Sunday morning saw the running of the



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2018 Essex 10 mile Championship incorporated into the Tiptree 10 mile road race. The race was held on quiet rural roads around Tiptree but contained a couple of testing hills ...[Read more](#)

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Chicago Marathon 0730 Sunday 7th October Trying to complete all the Abbott Marathon



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majors, Seb Parris took on his 5th in the series over the pond in Chicago. A new event record of 44,571 runners hit the downtown 'loop' headed by the speedy event winner, Mo Farah. The race began unusually early at 0730 and conditions were cold and wet throughout. A good recent training cycle due to an ironman event meant Seb was hunting a new marathon PB despite falling a last-minute victim to the dreaded food poisoning less than 48 hours pre-race. The rain was persistent all morning but so too was Seb's determination. Crossing the line at the city's Grant Park in a 6-minute PB for 03.03.39 (1627th place). Seb even found the time ...[Read more](#)

[Press Report. 1st October 2018](#)



Valentines Park 5k Sunday 30th September 2018 Ilford AC fielded a team of 31 runners in the 8th and final race of the East London FiVe Interclub Series (Elvis) held at Valentines Park and hosted by East London Runners last Sunday. Held over the traditional two lap 5k course, 275 runners enjoyed the warm September sunshine. The club used the race, and social event afterwards, to celebrate our 'Super vets'. Five of our longest serving veterans, having a combined membership of over 300 years between them, were in attendance on the day with three of them also running in the race. Gerry Pells who no longer races has 69 years under his belt. Pam Jones who came 2nd FV70 68 years at the club. John ...[Read more](#)

[Press Report. Monday 24th September 2018](#)



Ingatstone 5 Sunday 23rd September 2018 Ilford AC sent a team of 8 runners to the 34th running of the Ingatstone 5, half of whom impressed with personal best performances. The race took place during a very heavy downpour on a challenging course starting from the Anglos-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school. First home for Ilford, continuing to find form after an injury layoff, was Malcolm Muir in 9th place for 29:24. Malcolm also placed 3rd in the V40 category on the day. Second home, and the first of the personal bests, was Danny Holeyman with a very impressive time of 31:43 for 25th place. Third home ...[Read more](#)

[Press Report 18th September 2018](#)



PLESHEY HALF MARATHON (incorporating the Essex Championship) Pleshey, Essex Sunday 16th September The Essex Championship were once again staged in conjunction with the Pleshey Half Marathon. The race from the picturesque village is over a rolling course and was once again a successful day for Ilford AC with the club winning 4 county medals and runners setting three new personal bests for the distance. Amin Koikai led the way for the Ilford team with an excellent 6th place in 1hr 14 mins 23 secs, the performance winning the Essex title as 1st in the M40 age group. The ever reliable Malcolm Muir put in his usual gutsy run for 17th in 1 hr 19 mins 50 secs and 4th in the M40 category. Next ...[Read more](#)

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Running This week Ilford athletes push their own personal limitations and it 'reigns' rewards. Crown to Crown 5k Langdon hills, Basildon Wednesday 5th Sept Last race of this year's popular off road 5k series hosted by Pitsea Striders. The 5k course has a reputation for being one of the toughest around and in particular the finish which is located on a grassy meadow which can only be reached via a long gruelling steep uphill slog! Gary Coombes was the sole Ilford runner and in slightly wet conditions ran very well to secure 3rd place in 18:18. In fact the first 3 runners were unchanged from the previous race held in August. Essex 10km Cross Country Series Weald Park Saturday 8th Sept Weald Park was the location for the last ...[Read more](#)

[Press Report. 3rd September 2018](#)



The Essex Way - 10 Stage Relay Event Epping Station to Harwich Lighthouse Sunday 2nd September 2018 Ilford AC had 13 hardy runners including a full A team and a small B and C team, flying the flag for the Club in the iconic 30th running of The Essex Way. This is one of the County's truly inspirational and premier events, with 74 teams from clubs from all over the county and beyond racing on the ancient trails and footpaths which make up the 82 miles of the historic Essex Way that runs from Epping Station to Harwich Old Lighthouse. Martin



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Clarke and Peter Spelman duly set off from Epping Station at 8am on Sunday morning to represent Ilford on Leg 1 finishing ...[Read more](#)

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