

## Press Report 23rd January 2024



CHINGFORD LEAGUE Epping Forest Saturday 20th January The latest match in the Chingford League took place in Epping Forest on Saturday. First race of the day was the U13 race, and our boys continue to impress in the series. Barney Perkins continued his excellent form of late with a first place in a time of 07 mins 45 secs over the 2km course. Barney was closely followed and supported by Khalif Ali in 6th place in a time of 8.10. Elias Furreedan continued his improvement this season with another great performance in 43rd position in a time of 9.54. Both Barney and Khalif have great opportunities to finish in the top 3 of this Season's competition at the final race on February 3rd. Luke Thake had a really impressive ...[Read more](#)

## Press Report 16th January 2024



Mercury 10 Epping Forest Saturday 13th January Saturday morning saw the 101st running of the Mercury 10 in Epping Forest. Incorporating tough muddy hills the race, whilst picturesque in places, is a real challenge for runners and one really only for the brave. This year saw a large field of 176 runners ready to take on the challenge, including 4 from Ilford AC. Leading the team home in 29th place was Seb Parris in 29th place in a time of 77 minutes 09 seconds. Seb was followed just 5 places later in 34th by Danny Holeyman in a time of 77 mins 49 seconds which was good enough to earn him 2nd place in the M50 category. There were 2 very impressive performances also by our two female ...[Read more](#)

[Press Report 9th January 2024](#)







ESSEX CROSS COUNTRY CHAMPIONSHIP Gloucester Park Saturday 6 January The 2024 Essex Cross Country Championship was held in Gloucester Park Basildon over a wet muddy hilly course comprising several laps. First race of the morning was the U13 girls and boys who ran over an approx. 3.1k course. For the boys, both Khalif Ali and Elias Furreedan ran strongly for 40th place in 14 mins.34 secs and 58th place in 17 mins.51 secs respectively. For the girls Hawaaa Patel, on very limited training, ran well for 17 mins. 21 secs earning her 39th place. All 3 of our U13's were making their Championship debuts for the club and have a promising future ahead of them. Next up was the U15 boys running over a slightly longer 4.3k course  
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### [Press Report 1st January 2024](#)



2023 saw Ilford AC celebrate their 100 year anniversary, a year that saw club members old and new, close to home and those now living far away, come together for many events throughout the year, whether it be participating in events, or just as importantly helping with the organization and marshalling of races. The centenary year concluded with 2 of the clubs longest running(excuse the pun) events, the Boxing day handicap which is 14 years old, and the 10m Cross Country Championships which has been part of the clubs running calendar since the early 1950's Ilford AC Boxing Day Handicap Hainault Forest 26th December 2023 A



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field of 28 runners brushed off the Turkey and Christmas hangover to toe the line for the 13th annual ...[Read more](#)

[Ilford AC 10 mile results 30.12.23](#)



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[Press Report 19th December 2023](#)





ESSEX CROSS COUNTRY LEAGUE Hilly Fields, Colchester Saturday 16 December The latest round of the Essex Cross Country League was held at Hilly Fields on a course that contained a variety of surfaces from firm trials to swamp like grass. Ilford AC put out teams in most of the age categories, which considering the location and proximity to Christmas represented a good turn out for the club. First race of the day was the U13's, held over a 3k course. Barney Perkins was the first club member home in 11 mins 45 secs for 20th place, followed by Khalif Ali in 12 mins 28 secs for 44th place. The U15's race was held over a slightly longer 4k course and Ilford AC had 4 runners representing ...[Read more](#)

[Press Report 12th December 2023](#)







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Ware Cup Loughton Saturday 9th December 2023 The Annual Ware Cup, hosted by Loughton AC was held at Roding Valley Recreation ground last Saturday. Following recent heavy rainfall the 8k course was very wet and muddy, and in some areas runners were running through puddles almost knee deep. Despite the conditions Ilford AC had 7 athletes battling the course on the day. In the ladies race Alison Sale led the team of 3 home in 19th position with a time of 41 mins 48 secs. Frieda Keane was next home in 35th position in 52:50, with the team completed by Launa Broadley coming home in 39th position in 1 hour and 33 seconds. The ladies finished in 6th position on the day. Seb Parris led the men ...[Read more](#)

[Press Report 5th December 2023](#)







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ESSEX VETERANS CROSS COUNTRY CHAMPIONSHIP Writtle Saturday 2 December The Essex Veterans Cross Country, for runners over 40, was held on a cold frosty morning in the grounds of Writtle College near Chelmsford. All races were over 2 flat laps totalling around 4 ½ miles The first race was for men in the age groups over 50 and was a successful one for Ilford AC. Finishing 10th overall in the event was Steve Philcox in 28 mins 27 secs which won him the county title in the M55 Category. Dan Holeyman came in 26th in 29 mins 31 secs while Neil Crisp was 8th in the M60 group with 30 mins 38 secs. One place behind was Richard Woolterton in 30 mins 47 secs ...[Read more](#)

[Press Report 28th November 2023](#)







Chingford League Trent Park Barnet It was a Cold and muddy Trent Park that hosted the 3rd race in the Chingford league series also incorporating the North London X Country championships. U13 athletes Barney Perkins and Khalif Ali produced excellent performances finishing in first and third places respectively over the extended 3Km distance. In a closely contested race Barney stayed in 2nd place before producing a strong sprint finish over the last 200m to claim his first victory in the series having finished second in his previous 2 races. Khalif Ali ran a very strong consistent race to hold off his rivals and finish in an excellent 3rd position . Khalif has finished 3rd position in all 3 of his Chingford league races ...[Read more](#)

### [Press Report 21st November 2023](#)



Loughton 5m Interclub Vets The annual match for runners over 40 took place at Loughton on the Roding Valley Country Park on Saturday. The rain held off for the event but the mainly grassland course was very wet underfoot. Ilford had a squad of nine in action on the day, all





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performing well in challenging conditions. Leading the club home was Seb Parris in 9th place in 36:03, closely followed by Steve Chissell in 12th for 36:41. Next 3 men home were Tony Young in 46th place in 46:22, Edward Skinner 48th in 47:03 and Sean Costello 52nd in 48:35. Ilford's men finished 4th on the day Joanne Reeves was the first Ilford lady home in 32nd place and 6th lady in 41:55. The ladies ...[Read more](#)

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