

## Press Report 25th June 2019



Olympic Park 5km - Elvis #3 Tuesday 19 June The third round of this summer's ELvis competition took place over a twisty but fast two lap 5km course in the Olympic Park last Tuesday. It was a good race for Ilford AC with 40 entrants, 11 of whom recorded new personal best times. Leading the way for the club was the ever reliable Malcolm Muir in 9th spot with 16 mins 58 secs. Two places back was Paul Holloway in a new personal best of 17 mins 13 secs which won him the prize for the first in the M50 category. Sam Rahman came in 17th with 17 mins 36 secs and Gary Coombes next over the line 2 seconds further back. Seb ...[Read more](#)

## Press Report 18th June 2019





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Southern Athletics League – Match 3 Parliament Hill, London Saturday 15th June Ilford made a short trip across town to Parliament Hill fields for their third Southern League fixture of the season, unfortunately the recent wind and rain prevailed so times were generally slow. Top performer on the men's side was recent new joiner Paul Grange, who firstly came second in a very fast 800m in a time of 1.56.2, this knocked over 10 seconds Ilford's over 40's club record, not content with this he came back less than an hour later to come second in the 400m in a time of 52.7, which was again an Ilford vets record. Jak Wright also did the 400m/800m double and in finishing 2nd in the ...[Read more](#)

[Press Report 11th June 2019](#)







Havering 5 (ELVIS) Raphael Park Tuesday June 4th There was another impressive turn out of 24 runners from the endurance squad of Ilford AC in the second round of the summer 2018 ELVIS tournament, which also produced 7 pb's over the distance. The event was two laps within Raphael park, Romford. Leading the way for Ilford was Malcolm Muir in an excellent 5th place in 28 mins 17 secs which also placed him 2nd in the M40 category. Malcolm was closely followed by the next 5 male scorers who all finished in the top 30 – Sam Rahman, 12th 30:03, Gary Coombes 14th 30:16, Stephen Philcox 16th 30:35 and 1st M50, John Crawley 29th 31:20 and Diarmuid MacDonnell with the first PB of ...[Read more](#)

### [Press Report 3rd June 2019](#)



Dagenham 88 5m – Elvis Series Race 1 Eastbrook End Country Park Wednesday 29th May The 2019 Elvis series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on an unseasonably chilly Wednesday Evening when Dagenham 88 hosted the first of this years 8 summer races on a 2 lap multi-terrain course of 5 miles. Ilford AC entered a large squad of 28 runners in the event with Gary Coombes leading the team home in 12th place in 30:39 which also placed him 2nd in the VM40 category. In an epic battle between team-mates Gary was followed very closely by Stephen Philcox in 13th place in 30:55 for 1st VM50 and Seb Parris in 16th place in ...[Read more](#)

### [Press Report 28th May 2019](#)



Vitality Westminster Mile Sunday 26th May The Vitality Westminster Mile is the world's biggest timed mile event, with over 9,100 runners setting over in 30 waves over many separate categories. The men's race was won by Chris O'Hare in exactly 4 minutes, the fastest in the events 7 year history, whilst the women's was won by Melissa Courtney in 4:31. Amongst the runners were 6 juniors and 11 seniors from Ilford AC, with virtually all claiming a



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PB for the distance. Fastest Junior on the day was Mungo Prior with 4:38, closely followed by Jak Wright 4:45 and Bradley Deacon 4:56 in the U17 category. Matthew Hick finished in 5:15 in the U15 category, with brother Aaron Hick finishing in 6:08 in the U11's. Only female  
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[Press Report 21st May 2019](#)









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Southern Counties Vets Athletics Club (SCVAC) Lee Valley Sports Centre Monday 13th May  
The first match of the Vets season saw the Men's team finish the evening in an excellent first place and the Ladies team achieving a creditable fifth. The match held on Monday 13th May at Lee Valley Sports Centre started with the 2000m walk. Seb Parris achieved a PB finishing first M35 in 9.29.7. He later followed this up with another PB in the 1500m with 4.58.4 for fourth place M35. Steve Uttley won the M50 walk in 11.14.0. In the Ladies walk Emma Dyos came home first W35 in 10.54.5. Rachel Lawless completed the clean sweep of first places with a time of 12.22.3 in the W50 age group. In the ...[Read more](#)

[Press Report 14th May 2019](#)





Lee valley aquathlon Lee valley white water centre 7th may Seb parris ventured out to the London Olympics kayak venue on Tuesday evening. A 500m 2 lap swim of the course in 13 degree calm waters followed by a 2 lap 5.5 km run around royal gunpowder mills park run course. Seb finished in 31.04 for 2nd v30-39 and 4th place overall. He was only 4 seconds behind 3rd place after running down over a minute deceit that his competitor had on him after exiting the swim leg! Pure racing at its best. Essex County Track and Field Championships Chelmsford 11th and 12th May Ilford had a successful two days at the Essex championships at Chelmsford Last weekend. Day 1, bought 4 gold medals, 2 silver and ...[Read more](#)

[Press Report. 7th May 2019](#)



ITU world multisport championship Pontevedra. Spain 2nd May After a previous run of good

aquathlon (swim/run) results last year, Seb Parris was picked by British triathlon to represent the age group team in the recent international triathlon union's world multisport championship taking place in northern Spain. Pontevedra played host due to being a training home of current triathlon legend Javier Gomez. The aquathlon was a mandatory wetsuit swim of 1000m due to the cold atlantic waters reaching just 14 degrees. Seb was out the water lying in 22nd place. The 5km run was at the other end of the weather scale being 23 degrees with no shade! After his legs thawed out Seb ran very well on the 2 lap course and moved up 5 ...[Read more](#)

### [Press Report. London Marathon 2019](#)



LONDON MARATHON Sunday 28th April There were 12 runners from Ilford AC among the 42438 finishers in last Sunday's London Marathon won by Eluid Kipchoge in a fast 2 hrs 2 mins 39 secs. Best for the club was Amin Kolkai who finished 200th in 2 hrs 35 mins 06 secs and placed him 10th in the M45 age category. Next home was Dan Holeyman with a new personal best time of 3 hrs 09 mins 53 secs, while Tom Joy recorded 3 hrs 27 mins 32 secs,. Carlie Qirem led the ladies challenge for Ilford and also improved her best time by 19 minutes to 3 hrs 39 mins 37 secs. Steve Parker found the second half of the race tough finishing 3 hrs



55 mins ...[Read more](#)

[Press Report 22nd April 2019](#)



BOSTON MARATHON Monday 15 April The early morning storm past over the 135th Boston Marathon course and at the start the weather conditions were good, warm with a slight tail breeze for this point to point race for Hopkinton to the centre of the city of Boston. Nicola Hopkinson of Ilford AC was among the 30000 starters and ran her usual steady race to reached halfway in 1 hr 51 mins 33 secs. The Newton Hills at 20 miles slowed her a little in the second half and Nicola finished 16,312nd and 193rd in her age category in 3 hrs 57 mins



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35 secs. VETS AC 5 Battersea Tuesday 16th April Tuesday evening saw the Vets Athletic League stage a 5 mile race in Battersea Park. Brennie ...[Read more](#)

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