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Southern Counties Vets League Walton 11th June 2018 Another fine team performance resulted in the Vets team again finishing second on the evening. The evening started with a non-scoring 200m hurdles but a new Club record with Wayne Hick finishing 3rd in 29.7s. The scoring distances were 200m, 800m and 3000m with the field events being shot, hammer and discus. Sam Malekout debuted as a vet over 200m in M35. He held his form well to take 1st in 24.5s. In the same age group Seb Parris changed his walking shoes for the track covering the 800m and 3000m in 2.26.2s and 10.36.5s for 2nd and 4th respectively. Jim Harrison came down an age group to run the M40 200m and his time of 30.3s placed him 6th. [...Read more](#)

[Ilford AC Press Report. June 12th 2018](#)



Orion Forest 5 Miles Chingford Saturday June 9th On Saturday morning, 5 Ilford AC athletes were amongst the 190 runners lining up for the first of Orion running clubs 3 race 'Forest 5' summer series. The undulating multi-terrain course follows a one lap route around Epping Forest. Leading the Ilford men home and placing first in the M50 category was Stephen Philcox with a time of 30:00 for 8th place. Next home was Bradley Brown in 52nd place in 36:01 followed by Dennis Briggs in 78th place in 39:37 Gaye Young was the only Ilford lady competing, and she came home in 81st place in a time of 39:55 The Ilford team was completed by club captain Billy Green who came home in 87th place for a time ...[Read more](#)

Press Report June 5th 2018



DAGENHAM 5mish ELVIS Wednesday 30 May The 2018 Elvis series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on 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 in the event with Steve Philcox leading the team home in 6th place, which won him the 1st M50 trophy, in 30 mins 42 secs. He was supported by fine runs from John Crawley in 13th in 32 mins 12 secs and Seb Parris with 32 mins 20 secs for 15th. The ever-reliable Neil Crisp came in 20th in 32 mins 41 secs and second in the M50 category. Two ...[Read more](#)

[Press Report. Tuesday May 29th](#)



The Folkestone Coastal 10k Sunday 27th May On Sunday morning In the Blistering Heat of Folkestone Seafront in temperatures around 26c, Terry Knightley of Ilford Athletic Club, was the sole club member to contest the The Folkestone Coastal 10K Road Race. Up against a huge field of 550 plus athletes, Knightley found the second half of the race up and down the Seafront, particularly challenging in the hot and humid conditions but still finished in a respectable 28th position overall. His time of 41 Minutes and 26 Seconds was good enough for 2nd place in the MV55 age category - A category that he had won outright in the previous two years of the annual race. Vitality London 10k Monday 28th May On Bank holiday Monday ...[Read more](#)

[Press Report 22nd May 2018](#)





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Southern Counties Veterans' League Herts & North Middx Division Lee Valley Monday 14th May The opening match of the Vets season started at Lee Valley on a warm and sunny evening. First event on the track was the 2000m walk where Seb Parris debuting as a veteran comfortably won the V35 category in 10.12.9. Mark Culshaw matched the win in the V50 category in 11.24.2. Rachel Lawless also race walked as a guest finishing in 13.37.9 for 3rd place. The sprinters came out for the 100m with Jim Harrison (Ilford debut) and Henry Ricketts coming down age groups to cover V35 and V40. Taking account of non-scorers Jim placed 6th in 14.2 and Henry 5th in 13.6. Cliff Warren's 13.7 placed him 5th in V50. ...[Read more](#)

[Press Report May 14th 2018](#)



Hasting Runners Five Mile Road Race 13th May Ilford AC Super-Veteran, Terry Knightley, continued with his "More comebacks than Elvis" regime by competing on Sunday in the Hastings Runners Five Miles Road Race. On a reasonably flat out and back course starting at the Town Hall moving on to the Seafront, Terry finished in 63rd place out of 525 runners with a time of 32 Minutes and 41 seconds and was 3rd In the MV55 age category as his long path



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on return from injury continues. Harwich 5k Race Series 8th May The Harwich 5k race series is a 5 race series that has taken place every summer since 1992, and sees runners taking a lovely coastal route On Tuesday Ilford's Super-Veteran Anthony Nixon ran ...[Read more](#)

[Press Report. Monday May 7th 2018](#)



Eastern Masters League Lee Valley Wednesday 2nd May The 2018 Eastern masters League kicked off at Lee Valley where Ilford Ac's Steve Philcox tested his early season form as a guest competitor in the 3000m. Steve showed his training is on target as he ran a good even pace for the first 5 laps before pushing on in the last kilometre to come home 2nd in 10 mins 07.1 secs. Assembly league - Victoria park Thur 3rd may 7.30pm Seb Parris raced as a 'guest' in this super competitive inner London club league fixture. Cool weather made the going good on a flat 3.5 mile figure of eight park course. Seb clocked 20.23 coming home in 89th place. John Crawley also starred smashing an impressive 21.09 out for 126th spot. 5km Swimathon Nuffield Health centre Friday 4th ...[Read more](#)



Press Report 30th April 2018



Mid Cheshire 5km Kingsley, Cheshire Friday April 27th This popular 5km road race is based on the Cheshire village of Kingsley over a fast course. It incorporates the English 5km championship and therefore attracts a quality field. Recent Ilford AC signing Trevor Robinson travelled north to take part and was rewarded with a good time of 22 mins 19 secs finishing 373th in a field of 520 finishers. Rayleigh 10k Cross Country Sunday April 29th Gary Coombes was the sole Ilford entry at the Rayleigh 10k cross country race organised by the Rotary Club of Rayleigh Mills. The race starts and finishes at Belchamps Scout Activity Centre and follows a circular route through Hockley, Grove and Gusted Hall Woods. The recent weather has been much talked about after ...[Read more](#)

Press Report 23rd April 2018





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VAC FIVE MILE WALK Battersea Park Tuesday 17th April There were eleven starters in the VAC five miles walk, which took place in good conditions at Battersea Park on Tuesday evening 17th April. One Ilford AC walker made the trip south of the river. Making his VAC debut, Sebastian Parris won the race comfortably in a time of 43.26 over 6 minutes ahead of 2nd place, he even had chance to ease off the pace in the final lap of three as the London marathon beckoned at the weekend. LONDON MARATHON Sunday 22nd April Ilford had a team of 9 in action at last Sundays London Marathon. The bright sunshine and clear blue skies made in a hot day which acted against the runners after training ...[Read more](#)

[Press Report 14th April 2018](#)



Southern League Track and Field Lee Valley 14th April 2018 Ilford made a great start to their 2018, southern league campaign with a very good 3rd place at Lee Valley on Saturday. Their total points of 226, was only half a point short of last season's best point score. Star performer on the women's side was Esmeralda Mengeyele, who started the day with a pb of 4.93 in coming second in the Long jump. This was followed soon afterwards with another pb of 13.36 in taking second place in the 100m. After a short rest, she was over to the High Jump where 1m 25 was good enough for 3rd place. Her final individual event was the Javelin where a great throw of 25.96 ...[Read more](#)

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