

Press Report. April 9th 2018



Bromley 10km (Incorporating the Essex Championship) Little Bromley Essex Sunday 8th April
This years Essex 10km Championship was staged along with the Bromley 10km on quiet country roads from the Little Bromley Parish Church. The fast flat course was made a little slippery in the light rain which fell throughout the event. There was a good turnout of 21 runners from Ilford AC in the field of just over 500. Amin Kolkai was in good form coming home in 4th spot in a rapid 33 minutes 01 seconds to take the Essex M40 age category championship. He was backed up by the reliable Malcolm Muir in 27th in 35 mins 22 secs and 6th in the M40 grouping and Gary Coombes who recorded ...[Read more](#)

[Ilford AC Press Report, 2nd April 2018](#)





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Victoria Park HM Friday 30th March 1,000 runners lined up for the Half Marathon in Hackneys Victoria Park on Good Friday including two runners from Ilford AC. Although the course was pretty flat and the rain held off, the race consisted of 6 and a half laps of the park with some pretty tight turns so PB's were always going to be difficult. Declan Cullen, returning from injury, started the race optimistically but soon slowed down and settled in to an 8 minute pace which he managed to maintain despite his injury flaring up again in the last 5 miles. Declan finished in a time of 1:41:26 for 187th place and first in his age category. Second home for Ilford AC was Anna Crawley ...[Read more](#)

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Colchester Half Marathon 25th March 2018 Steve Parker took part in the Colchester Half Marathon last Sunday. The race starts at the impressive Colchester Football Stadium. Runners were treated to a short flying display by the Essex & Herts Air Ambulance before the mass start as a thank you for the money raised for one of the race charities. The first half of the race is undulating & challenging. The second part is flatter & Steve was happy that he saved something for the finish. Steve came home in 1hr 40m 10s for 381st place and 6th M60 on the day. London Landmarks Half Marathon 25th March 2018 Club Captain Billy Green combined his love of London and Running to take part in the inaugural London Landmarks Half Marathon. Runners started ...[Read more](#)

Press Report. 20th March 2018



HAMPTON COURT PALACE HALF MARATHON 18th March 2018 Last weekends weather caused the cancellations of most races around the country including the Brentwood Half Marathon, The Colchester 15, Fulham 10k and Reading Half Marathons, all of which had Ilford AC entrants. One race that did go ahead however, by Royal decree of King Henry VIII no less, was the Hampton Court Palace Half Marathon which is the only race in the country to start and finish in the grounds of a Royal Palace. Over 3,500 hardy runners lined up on a bitterly



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cold morning including Ilford AC members Dennis Briggs, club captain Billy Green and Pramila Monroe. The 3 Ilford members were joined by Josnara Uddin who also trains with the club. The course itself is popular ...[Read more](#)

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British Masters Indoor Championships Lee Valley 10th-11th March Ilford Super-vet John Batchelor managed to take four M75 golds this weekend in the British Masters Indoor Championships to match last year's performance. On Saturday John took the 400m in a time very close to last year's performance with a start to finish blast in 74.61 seconds, and followed that with the 1500m in 5:54.87. On Sunday John came close to beating the top M70, Rod Scholes, in an exciting 800m in which he moved from 5th to 2nd in the final 250m, taking the M75 title in 2:50.30. By the 3000m race, one hour later, competing with very much younger and faster athletes, John was content to run towards the back of the field and clock close to a season's best ...[Read more](#)

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When you become a first claim competing member of or renew your membership with Ilford Athletic Club you will automatically be registered as a "member" of England Athletics. We will provide England Athletics with your personal data which they will use to enable access to an online portal ("myAthletics") for you. England Athletics will contact you to provide or confirm your competition licence number and invite you to sign into and update your myAthletics portal which, amongst other things, will allow you to set and amend your privacy settings. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics please contact dataprotection@englandathletics.com. Ilford AC will not share your data ...[Read more](#)

[Press Report. 5th March 2018](#)



The Vitality Big Half Marathon Central London Sunday 4th March 2018 The Vitality Big Half Marathon is a new event that starts outside the Tower of London, following much of the first half of the London Marathon route, but in reverse, passing through the Boroughs of Southwark, Tower Hamlets and Lewisham before finishing up in Greenwich. It was the only big outdoors running event last weekend that survived last weeks 'Beast from the East' and six Ilford athletes pitted themselves against Mo Farah and 2017 London Marathon winner Daniel Wanjiru. In what other sport do you get to compete with and against the worlds best? Unfortunately none of the Ilford runners managed to beat Mo, but all gave a good account of themselves and recorded times they ...[Read more](#)



Ilford AC Press Report - February 26th 2018



Saucony English National XC Championships Parliament hills Fields Saturday 24th February A small contingent of Ilford Athletes made their way to the “Home” of Cross Country last Saturday. The course was a little drier than in previous years and the sun was out but the hills remained the same!! In the Ladies race Launa Broadley & Sheila Sinclair, in their first National, started steady and completed the 8km course in 57:50 and 61:06 respectively. There were 1113 finishers. This was a huge achievement for both Ladies and is the culmination of an excellent Winters Training. They now look forward to a great Spring now!! In the Men’s race held over 12.5km, and after a very congested start, Malcolm Muir running strongly was first man home in 734rd ...[Read more](#)

Press Report 19th February 2108



Chase the Moon 5k & 10k Olympic Park, Stratford Wednesday 14th February It was a cold and wet night last Wednesday as 600 athletes gathered at the Olympic Park for their one true love on Valentines night - running. Ilfords Carol Muir was the sole Ilford runner on the night. Carol chose to race the 5k course and battled well against the elements to finish 207th in a time of 33:56. CHINGFORD LEAGUE Victoria Park Saturday 17 February The last individual event of the winter's Chingford League was held over a flat fast road course on a still sunny afternoon, perfect racing conditions. This year the race was a measured 5 miles instead of the usual 2 laps. Four runners from Ilford AC took part as guests as the club ...[Read more](#)

Press Report February 13th 2018



ESSEX CROSS COUNTRY LEAGUE Gloucester Park Basildon Saturday 10 February Ilford had a good day on Saturday at the final fixture in the this winters Essex League with the senior ladies regaining their place in the top division and the senior men finishing 3rd in their match on a muddy Basildon course which took in several climbs over the hill in Gloucester Park. The men raced over 8km and Alex Richards led the way for the club in an excellent 7th spot in 29m 47s, supported by a good run from Tom Gardner in 11th with 30m 02s. The ever reliable Malcolm Muir took 18th, and 2nd in the M40 group, in 30m 34s. Steve Philcox came home 50th in 32m 36s with Seb Parris 60th in 33m 41s ...[Read more](#)