

Press Report 28th August 2018



Barking Park Bank Holiday 5km Elvis match No 7 Monday 27 August 2018 It was a successful Bank Holiday morning for Ilford AC at the annual 5km in Barking Park. The club had 32 entrants for the race, which was also the 7th match in this summer's ELVIS series, ran over a fast flat course around the park. Leading the team home was Alex Richards in 3rd spot in an impressive time of 16 minutes 04 seconds. Next over the line was junior Aaron Samuel, who improves in each race, with a personal best time of 16 minutes 20 seconds. In 5th was Amin



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Kolkai with 16 mins 31 secs earning the trophy for the first in the M40 category. There was also a ...[Read more](#)

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Southern League Woodford Saturday 18th August Injury and holidays hit the Ilford team before last weekend's final Southern League Match of the season, held at Woodford. Despite some impressive individual performances the team finished 6th in the match. Top points scorer for the team was Esmeralda Mengeyele who started the day with 3rd in the Long Jump, before quickly switching to the track for second in the B string 100m. She then tackled the shot putt for the first time this season and took 5th place, and followed this up with a very good second in the Javelin with a throw of 24.73. Her final event of the day was the 4x100m relay where she teamed up with Krystle Balogun, Efe Autinz and Ellie ...[Read more](#)

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Chase the Sun 10k Olympic Park Wednesday 8th August 2018 The monthly 'Chase the Sun' event is a flat and fast course taking part within the grounds of London's iconic Olympic Park. Ilford AC's Carol Muir was the sole Ilford entrant this month and was very pleased with her time of 1hr 2 mins 44 secs which placed her 8th in her age category. Pride run 10k Victoria Park Hackney Saturday 11th August 2018 London's yearly Pride run is a fast 3 lap course that takes place entirely within the grounds of Hackney's Victoria Park. A popular race with an inclusive and fun atmosphere and after race BBQ to enjoy. Ilford's Doris Gaga was very pleased to break the 1 hour target she had set herself, finishing in ...[Read more](#)

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Harold Wood 5km Wednesday 1 August The 5th round of this summer's ELVIS series was run on a warm Wednesday evening over a tough hilly course in Harold Wood park and adjoining Poges Wood. Ilford AC entered a squad of 29 for the race and were led home by club junior Jak Wright in 4th spot in a good time of 17 mins 17 secs. Gary Coombes took the trophy for 1st in the M40 age category as he finished 9th in 18 minutes exactly, while Steve Philcox was the next over the line to win the M50 grouping in 18 mins 14 secs. Sam Rahman came home 13th in 18 mins 31 secs and John Crawley recorded 18 mins 59 secs ...[Read more](#)

[Press Report Tuesday 31st July 2018](#)



Davos Running Festival Switzerland Tuesday 24th - Saturday 28th July Ilford AC member Peter Spelman travelled to Switzerland last week to take part in the Swiss Alpine Davos Running event. The meet sees runners take part in a series of different races and trail runs and is often popular with tourists. Spelman's first race was last Tuesday when he took part in a 4k race on a hilly course around Lake Davos, in which the Ilford man finished as the fifth fastest M65 athlete in 27 minutes 35 seconds. On Saturday, Spelman then took part in the K43 race, which was a 43k run through the Swiss Alps that includes 1500m of climb. Despite his lack of acclimatisation, he was very pleased to finish well within the ...[Read more](#)

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NEWHAM HILLY 5 Hainault Forest Wednesday 18 July The annual Hilly 5 and latest round of the ELVIS competition was staged by Ilford AC in memory of popular club official and one time road and cross country team manager 'Newman Sargent' who lost his battle with cancer in 2002 The race is held over 2 challenging laps of an off road course, around the hills and trails of Hainault Forest. The day was a good one for the host club as Tom Gardner ran an excellent race, in front position from the off, to win by over 90 seconds in 27 mins 49 secs. He was backed up by the in form Gary Coombes in 4th place overall in 29 mins 46 secs, who ...[Read more](#)

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VAC 5km Championship (Vets AC) Battersea Park 10th July Ilford AC sent a large team of 9 runners down to Battersea Park for the Vets AC 5km Championships and came home with four age graded Bronze medals and a single Gold medal. First home for Ilford, and first medal of the day was Steve Philcox for 4th place in 17:16 and 3rd M50. Steve was closely followed by Gary Coombes in 10th place in 18:00 and 3rd M45. Other finishers, who all performed well on the day were Rohan Alexander 16th place 20:14 5th M50, Steve Parker 28th 23:02 3rd M60, Trevor Robinson 33rd 23:42 4th M45, Rob Sargent 41st 25:55 6th M60, Doris Gaga 47th 27:56 3rd F50, Julie Gillender 53rd 31:09 4th F50 ...[Read more](#)

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SCVAC Match 3 (Southern Counties Veterans Athletics Club) Lee Valley 2nd July 2018 Match 3 was held at a sunny and hot Lee Valley on Monday. Ilford were going into this match in third place behind Enfield and Haringey and London Heathside. The sprints were the 100m and 400m with the middle/long distance events being 1500m and 5000m finishing with the medley relay of 200m, 200m, 400m and 800m. Field events were triple jump, discus and javelin. Sam Malekout won his V35 100m race but with it being split over two runs his time of 12.2s placed him 2nd. His V35 discus of 24m 51 secured 4th. Henry Ricketts covered V40 100m and his 13.4s gained 5th. A non-scoring V35 discus distance of 22m 84 placed him one ...[Read more](#)

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Southern League track and field Cricklefields Stadium 23rd June 2018 After an absence of almost 8 years, Southern League athletics returned to Cricklefield last Saturday, with Ilford hosting one of the third rounds of matches in division 3 north. It was a tough match for the host club, with 4 of the 5 opposing teams already above them in the table after 2 matches. Since returning to the League Sam Malekout has been Mr Consistency for Ilford, and he showed his value to the team again, by collecting 19 points from 6 events. He started off



with a great 2nd place in the 400m hurdles, running his fastest time for 5 years. Which he followed by taking on both the shot and High jump ...[Read more](#)

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VAC 5m Championship Battersea Park Tuesday 19 June The annual Veterans AC 5 mile road championship was held on the flat fast 3 lap circuit around the picturesque Battersea Park and there was a record entry of 9 from the Ilford endurance squad. It was a successful night for the club as they took home 5 medals. Best for the club was Steve Philcox in 6th with 29 mins 47 secs taking the M50 silver medal. Sam Rahman also broke 30 minutes in 8th and won the M35 category in 29 mins 57 secs Rohan Alexander took a bronze in the M50 age group in 33 mins 55 secs for 15th, Doris Gaga also won a bronze medal in the F50 category recording 53 mins 18 ...[Read more](#)