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Essex League Cross Country Basildon Saturday 2nd February JUNIORS Hick shines in last Essex league race In the last Essex league X country for 2018/19, Ilford only had 3 younger athletes compete, due to other races and injuries. However the 3 athletes all competed to a high standard on the day. First up was 10 year old Aaron Hick, competing in the U11s race. Aaron was third in the previous race so had high hopes again to compete well. About 60 youngsters started the race but Aaron had a very poor start and had to weave himself through the field in the first part of the race to move into the top 10 The Basildon athlete got a great start and was a long way ahead of the field, but Aaron started ...[Read more](#)

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2019 Southern Cross Country Championships Parliament Hill Saturday 26th January The 2019 Southern Cross_country Championship were held last weekend at Parliament Hill Fields on Hampstead Heath, considered to be the home of English Cross-Country. The mass start up the hill is exhilarating for athletes and spectators alike with all the hallmarks of a charge into battle and the crush at the top of that first hill is a welcome break for the runners legs The challenging course was firmer than usual due to the dry weather this winter which led to some good racing, although the course was not without its mud baths in places. After a hard

battle with the hills that Parliament hill is famous for, the runners get to fly down the finishing ...[Read more](#)

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Veterans AC Masters Wimbledon Common Saturday 19th January 2019 The Veterans Masters Cross Country Championships took place last Saturday on a 2 lap course comprising gravel tracks and playing fields at Wimbledon Common. Held over a distance of 4.5 miles Ilfords one representative was Trevor Robinson. Trevor finished in 35th place in a time of 35:40 which gave him a Bronze medal in the V45 category Benfleet 15 Sunday 20th January 2019 Ilford AC fielded 2 runners in the Benfleet 15 held at Hadleigh Downs on Sunday. The course is a very challenging multi terrain course comprising hard sections of the Canvey Island sea wall contrasting with marshland and the undulating Hadleigh downs. Starting downhill and finishing on a mile long big climb, the race is not for the faint ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Epping Forest Saturday 12 January Ilford AC were represented across the age groups in the penultimate race of the Cross Country season in the Essex League. The race was held in Epping Forest over the usual challenging course that, although firmer and drier than usual, still had its difficult muddy moments to contend with. First race of the day was the U13's held over 3km Ilford's sole representative was Joseph Grange who ran an impressive 12:10 for 14 place in a field of 40. Next up was the U15's held over 4km Ilford had 2 runners in this race, both putting in fine performances. Matthew Hick came in on 17:02 for 21st place, followed very closely by Ryan Holeyman in 17:27 for 24th place. It was ...[Read more](#)

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SENIOR PRESS REPORT Essex Cross Country Championships Writtle College Saturday 5th January The 92nd Essex Cross Country was held on firm, flat course on a chilly Saturday afternoon at Writtle College near Chelmsford. It was the first time in the history of the event that the senior men and women ran the same distance, 10km. In the Senior Women's race, which was won by seasoned international Jess Judd, the Ilford AC squad was led home by Carlie Qirem in 48 mins 49 secs for 57th place with Anna Crawley having a good run for 79th in 53 mins 21 secs. Next up was Sharon Honey with 56 mins 31 secs for 104th, with Alison Sale completing the scorers in 110th with 57 mins 19 secs. ...[Read more](#)

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Ilford AC Boxing Day Handicap Hainault Forest December 26th 2018 A record field of 30 runners brushed off the Turkey and Christmas hangover's to toe the line for the 10th annual Ilford AC Boxing day handicap. The route is 3.3 miles through the hills and mud of Hainault Forest. This year, for the first time, the course was marked out due to people getting lost and running their own route in previous years. The first 5 finishers all finished within a minute of each other and was led home by Matthew Hick, closely followed by Jak Wright, John Crawley, Ryan Holeyman and Steve Philcox. Taking away the Handicaps Steve Philcox was the fastest Ilford runner on the day with a time of 20:50. The ladies were ...[Read more](#)

[Press Report 25th December 2018](#)



Ilford Christmas Relay Cricklefields Stadium Tuesday 18 December The annual Ilford AC Christmas relay took place at their home track at Cricklefields Stadium. It is the one time of the year when all the clubs running groups come together, the Juniors, Senior track runners and the endurance road and cross country runners. This year 10 teams of 3 or 4 runners entered the relay event with each team having to do 19 laps. The race is run as a relay with the only rules being that each runner has to do at least 3 laps, and the last lap has to be run by the whole team. It was a close contest this year, and despite heavy rain was a lot of fun. All ten teams finished ...[Read more](#)

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Southend Rudolph 5 Mile Race Sunday 9th December Ilford ladies Carol Muir and Julie Gillender set out on a cold and wet Sunday morning to run the annual Southend rudolph 5 mile race. The run consisted of part of the Southend parkrun route and then along the promenade and back again to the finish point. Christmas elves and Santas all festively dressed for the occasion only to be soaked by the rain but the atmosphere kept everyone's spirits up. On finishing every runner received a medal, mince pie and Christmas pudding . Both ladies were pleased with their runs with Julie coming in on 52:39, closely followed by Carol with a time of 53:41 ESSEX CROSS COUNTRY LEAGUE - SENIORS Horseheath, Cambridge Saturday 15 December The third ...[Read more](#)

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South of England Masters Cross Country Championship Oxford Saturday 8th December Saturday saw the country's best vets competing in Oxford for the 'South of England Masters Cross Country Champs' Ilford AC had the one athlete running, ex England International Andy Catton, who ran in the Over 60's race. On a tough hilly and muddy 10k course Andy finished in an impressive 41.29, a run he described as his best race for years. Andy's efforts earned him 5th place in the over 65 category, which placed him one place above World 800m and

1500m champion and record holder Dave Wilcox. Andrew also placed 11th overall in the over 60's. Essex runners won both age groups – Dave Cox of Woodford was first M65 and Mick Bridgeland of Chelmsford first ...[Read more](#)

[Press Report 4th December 2018](#)



ESSEX VETERANS CROSS-COUNTRY CHAMPIONSHIP Hilly Fields Colchester Saturday 1 December The first championships of the winter were held at a damp Hilly Fields in Colchester as the titles and medals for the ladies over 35 and men over 40 were up for grabs. The races were over a mainly grassland course, just over 7km with a testing hill which had to be negotiated twice The first race of the day was the Veteran ladies. The Ilford ladies were led By Bree Nordin, who won the clubs only medal of the day as she took silver in the F55 category, placing 39th in 34 mins 46 secs. She was supported by Alison sale who is running on the Cross-country circuit for the first time this season in 82nd ...[Read more](#)