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Bass Belle 10 Miler Bassingbourn Sunday November 27th Sunday saw the 5th running of the Bass Belle 10 miler, so named as Bassingbourn is known for the famous air plane called the Memphis Belle. The route is a flat, fast course consisting of 8.5 miles on the road and 1.5 miles on grass track. The course is described as being perfect for runners making their debut at the distance which is exactly what Ilford AC runner Ray 'sparra' Everingham was setting out to achieve. Sparra joined the club earlier this year at our Wednesday beginner / improvers nights having never done any running before. Through the year he has now represented the club at various distances, including Cross country, culminating in today's debut at the 10 ...[Read more](#)

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SEAA London cross country championships 2018 Parliament hill 17th nov 2018 Ilford AC fielded 3 senior men for the regional championship fixture. The sun was out and the wind was non existent. Ideal running conditions. The team lined up together at the base of the iconic hill for the plus 10km race. Over 1700 athletes took to the course from all age groups so the ground for the last race of the day was fair to middling. The 439 strong mens field completed 3 large loops and 1 small loop to rapturous applause from a healthy crowd on the steep hills. Alex Richards was first home for the club in an impressive 40th spot with a time of 38.44. Tom Gardner was close behind ...[Read more](#)

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CHINGFORD LEAGUE Redbridge Cycle Circuit, Hog Hill Tuesday 6 November The second race of this winter's Chingford League was held at the Redbridge Cycle Circuit over the usual challenging circuit, which slows times.. There were six runners from Ilford AC in action, running as guests or for their second claim club and gave some impressive performances. Gary Coombes showed good form coming home 13th in 18 mins 17 secs, with Seb Parris giving a storming run for 23rd with 18 mins 53 secs. Alan Pearl was 89th in 22 mins 26 secs and Tony Young crossed the line in 24 mins 04 secs for 115th. Trevor Robinson

recorded 24 mins 51 secs for 121st and Jim Huddart, who is in the M70 age category ...[Read more](#)

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Thames Meander Marathon and Half Marathon Kingston Upon Thames Saturday 3rd November The Thames Meander Marathon and Half Marathon is a flat scenic riverside trail marathon festival on an out and back course of the Thames path starting and finishing near

the YMCA in Kingston Upon Thames. On Saturday Ilford AC sister and brother, Anna and John Crawley, ran with Anna opting for the Half and John the full marathon. Both went into their races with disappointing previous runs at the distance in the back of their minds. Anna's aim was to get under 2 hours after missing out on that at the recent Great North run. She ran a steady race with a time goal in mind which she stuck to perfectly. From mile 7 ...[Read more](#)

[Press Report 29th October 2018](#)



Essex League Hockley 27th October 2018 SENIOR WOMEN Seven ladies from Ilford AC took part in the Senior women's race, which was their first race back in the top division after promotion last season. Leading the ladies home, in her first ever cross country run for the club was Amy bird who finished in a very good time of 30:54 over the 6.6k distance for 38th position. Backing Amy up to complete the scoring team of 4 was Breege Nordin in 32:03 for 51st, Carlie Qirem in 32:20 for 54th and Nicola Hopkinson in 34:15 for 74th. On the day this was enough for 9th position Also putting in good runs for the ladies on the day were Anna Crawley 35:40 82nd, Sharon Honey ...[Read more](#)

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ELVIS Presentation evening Forest Gate 19th October After another successful 'Elvis' series, now consisting of 8 races after Harold Wood joined the club this year, the presentation evening was held in Forest Gate last Friday. Hosted by East End Road Runners (EERR) the evening was well attended by runners from all clubs celebrating some fine performances and sell out attendances. Ilford AC came away with 3 individual age graded first places – Breege Nordin Veteran Female 55, Gary Coombes Veteran Male 40, and Stephen Philcox who was in attendance on the night to collect the Veteran Male 50 trophy. Wix 5 Incorporating the Essex 5 mile County Championship 21st October ILFORD MEN LAND COUNTY SILVER MEDAL The Wix 5 is always a popular event on the running ...[Read more](#)

[Press Report. 16th October 2018](#)



Metropolitan League Cross Country Claybury Saturday 13th October Ilford's Tom Gardner opened his account for the start of the X country season at Claybury, with a solid run on a 3 lap course. After 2 laps Tom was laying in the 29th place, but not being race sharp yet he slipped back on the final lap to 35th in 28-09. Two other Ilford athletes guested in the race, Gary Coombes finishing in 30:47 for 119th place and Trevor Robinson who came in on 43:37 for 453rd place TIPTREE 10 Sunday 14th October. Sunday morning saw the running of the



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2018 Essex 10 mile Championship incorporated into the Tiptree 10 mile road race. The race was held on quiet rural roads around Tiptree but contained a couple of testing hills ...[Read more](#)

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Chicago Marathon 0730 Sunday 7th October Trying to complete all the Abbott Marathon

majors, Seb Parris took on his 5th in the series over the pond in Chicago. A new event record of 44,571 runners hit the downtown 'loop' headed by the speedy event winner, Mo Farah. The race began unusually early at 0730 and conditions were cold and wet throughout. A good recent training cycle due to an ironman event meant Seb was hunting a new marathon PB despite falling a last-minute victim to the dreaded food poisoning less than 48 hours pre-race. The rain was persistent all morning but so too was Seb's determination. Crossing the line at the city's Grant Park in a 6-minute PB for 03.03.39 (1627th place). Seb even found the time ...[Read more](#)

[Press Report. 1st October 2018](#)



Valentines Park 5k Sunday 30th September 2018 Ilford AC fielded a team of 31 runners in the 8th and final race of the East London FiVe Interclub Series (Elvis) held at Valentines Park and hosted by East London Runners last Sunday. Held over the traditional two lap 5k course, 275 runners enjoyed the warm September sunshine. The club used the race, and social event afterwards, to celebrate our 'Super vets'. Five of our longest serving veterans, having a combined membership of over 300 years between them, were in attendance on the day with three of them also running in the race. Gerry Pells who no longer races has 69 years under his belt. Pam Jones who came 2nd FV70 68 years at the club. John ...[Read more](#)

[Press Report. Monday 24th September 2018](#)



Ingatestone 5 Sunday 23rd September 2018 Ilford AC sent a team of 8 runners to the 34th running of the Ingatestone 5, half of whom impressed with personal best performances. The race took place during a very heavy downpour on a challenging course starting from the Anglos-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school. First home for Ilford, continuing to find form after an injury layoff, was Malcolm Muir in 9th place for 29:24. Malcolm also placed 3rd in the V40 category on the day. Second home, and the first of the personal bests, was Danny Holeyman with a very impressive time of 31:43 for 25th place. Third home ...[Read more](#)