

## Press Report 18th September 2018



**PLESHEY HALF MARATHON** (incorporating the Essex Championship) Pleshey, Essex Sunday 16th September The Essex Championship were once again staged in conjunction with the Pleshey Half Marathon. The race from the picturesque village is over a rolling course and was once again a successful day for Ilford AC with the club winning 4 county medals and runners setting three new personal bests for the distance. Amin Koikai led the way for the Ilford team with an excellent 6th place in 1hr 14 mins 23 secs, the performance winning the Essex title as 1st in the M40 age group. The ever reliable Malcolm Muir put in his usual gutsy run for 17th in 1 hr 19 mins 50 secs and 4th in the M40 category. Next ...[Read more](#)

## Press Report 11th September 2018





Running This week Ilford athletes push their own personal limitations and it 'reigns' rewards. Crown to Crown 5k Langdon hills, Basildon Wednesday 5th Sept Last race of this year's popular off road 5k series hosted by Pitsea Striders. The 5k course has a reputation for being one of the toughest around and in particular the finish which is located on a grassy meadow which can only be reached via a long gruelling steep uphill slog! Gary Coombes was the sole Ilford runner and in slightly wet conditions ran very well to secure 3rd place in 18:18. In fact the first 3 runners were unchanged from the previous race held in August. Essex 10km Cross Country Series Weald Park Saturday 8th Sept Weald Park was the location for the last ...[Read more](#)

[Press Report. 3rd September 2018](#)



The Essex Way - 10 Stage Relay Event Epping Station to Harwich Lighthouse Sunday 2nd September 2018 Ilford AC had 13 hardy runners including a full A team and a small B and C team, flying the flag for the Club in the iconic 30th running of The Essex Way. This is one of the County's truly inspirational and premier events, with 74 teams from clubs from all over the county and beyond racing on the ancient trails and footpaths which make up the 82 miles of the historic Essex Way that runs from Epping Station to Harwich Old Lighthouse. Martin



Clarke and Peter Spelman duly set off from Epping Station at 8am on Sunday morning to represent Ilford on Leg 1 finishing ...[Read more](#)

[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



## All News Items

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

[Press Report August 21st 2018](#)



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](#)

[Press Report August 14th](#)





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](#)

[Press Report. 7th August 2018](#)



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 Alpines that includes 1500m of climb. Despite his lack of acclimatisation, he was very pleased to finish well within the ...[Read more](#)

[Ilford AC Press Report 24th July 2018](#)







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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](#)

[Press Report 16th July 2018](#)







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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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