



## Press Report. Tuesday 11th July 2017



**Eversley 3k Tuesday 4th July** The Eversley 3k is hosted by Pitsea Running club to raise funds for the Eversley School and is held on the first Tuesday of May, June and July. The course is a 2 lap off road multi terrain course with steep hills. Julys event attracted 110 runners. Ilfords Tony Hyde took the lead after 600m, a lead which he held on to, to win in a time of 11:30.

**English Schools 7th/8th July** As a reward for his excellent run in the Essex schools championship, Aaron Samuel was rewarded by selected by Essex to compete in the English Schools Championship last weekend. This Championship, took place in Birmingham, after a long drive up on the Thursday Aaron's was the very first one ...[Read more](#)

## Ilford AC Press Report July 3rd 2017



\*ILFORD AC PRESS REPORT. JULY 3rd 2017\* Run-through Chase the Sun Victoria Park 10K London Victoria Park 28 Jun 17\* Carlie Qirem continued her fine form this year by achieving a PB in this pleasant race at Londons Victoria Park. Carlie was 142nd in a time of 48:54. There were 360 finishers. Fast Friday Walthamstow Friday 30 June This track meeting is a series of 5000m and 10000m designed to encourage fast track running. There were 2 Ilford athletes in action. Ahmed Abdulle ran in heat 1 of the 5000m, was up with leaders throughout the race and finished in a new personal best time of 15mins 04.7 secs in 5th spot In heat 2 of the 5000m Sam Rahman ran his usual well-judged race to come home 15th in 17 mins 28.3  
...[Read more](#)

[ILFORD AC PRESS REPORT. Monday 26th June 2017](#)



\*ILFORD AC PRESS REPORT 26th June 2017\* \*Southern Counties Veterans Athletics League (SCVAC) Lea Valley Monday 12th June\* The Vets team returned to Lee Valley on Monday 12th June putting in an excellent performance to finish 4th on the evening. The match started with the Triple Jump. Henry Ricketts in the 35 age group placed 4th with 9m 49. Cliff Warren placed 3rd in the 50 age group with 10m 09. Dennis Briggs debuted for the club competing in the 35 age group placing 7th in the 100m in 15.4s. Henry finished 6th in the 40 age group in 13.5s with Cliff placing 5th in the 50 age group also in 13.5s. Gerald Daniel finished 4th in the 60 age group in 15.1s. Ted Skinner ran a non-scoring time ...[Read more](#)

[Ilford AC Press Report. Tuesday June 20th 2017](#)





## All News Items

\*ILFORD AC PRESS REPORT. 20th JUNE 2017\* Veteran's AC 5 MILE Championship Battersea Park 13th June 2017 \*Five runners, five medals over 5 Miles\* On a warm June evening at Battersea Park 5 Ilford AC athletes raced in the 5 Mile Championships and every one came back with a medal. In 5th place and 1st M50 was Steve Philcox in 29:06, 18th place and 1st V60 was Steve Parker in 36:29 and 21st place and 3rd M60 was Ed Skinner in 37:28. For the Ilford ladies in 27th place and 1st W50 was Nicola Hopkinson in 39:03 followed by Pam Jones in 40th place and 1st W80 in 51:29 Southern Athletics league Track meeting Bury St Edmunds 17th June 2017 \*Ilford go fourth\* For the first time this summer Ilford were greeted ...[Read more](#)

[Ilford AC Press Report. Monday 12th June 2017](#)



\*ILFORD A.C PRESS REPORT. 12th JUNE 2017\* Havering 90 Midweek 5 Miles Tuesday 6th June The second round of this summer's popular Elvis series took place on a rainy evening last Tuesday in Romford's Raphael's Park. 23 Ilford athletes lined up for The 5 mile course for the pleasant scenic 2 lap course, slightly undulating, with a nice run along the lake to take in and at one point a spectacular rainbow. The Ilford squad equipped themselves very well in the race being led home by Malcolm Muir in 4th place with 27 mins 20 secs taking the M40



## All News Items

category prize. Next home in 13th place with a time of 29:00 was Stephen Philcox taking the M50 category prize. Ilford AC mens team finished 2nd ...[Read more](#)

[Ilford AC Press report. Monday 5th June 2017](#)



\*ILFORD A.C PRESS REPORT 5th JUNE 2017\* \*Orion Forest 5. Chingford Saturday 3rd June 2017\* On a very warm Saturday morning, 6 Ilford AC athletes were amongst the 177 runners lining up for the first of Orions 3 race 'Forest 5' summer series. The undulating multi-terrain course follows a one lap route around Epping Forest. Leading the Ilford men home, and placing first in the M50 category was Stephen Philcox with a time of 30:41 for 16th place. Next home was Dennis Briggs in 67th place in 37:05 with the mens team closed by Billy Green in 103rd place in a time of 41:37. The women were led by Julia Galea who placed 140th in 47:07 followed closely by Julie Gillender who continues to improve in ...[Read more](#)

[Ilford AC Press Report. Monday 29th May 2017](#)



\*ILFORD AC PRESS REPORT. MAY 29th 2017 \* \*Southern Counties Vets Athletics meeting Monday 22nd May 2017\* The Vets team travelled to a warm and sunny Stevenage on 22nd May for match 2 of the Track and Field program. Cliff Warren covering the M35 200m and 800m finished 5th and 4th respectively in times of 28.1 and 2.35.2. Andy Catton came down several age groups to cover the 3000m in the M35 finishing 6th in a time of 12.47.4. He also competed as a non-scorer on the 800m in a time of 2.55.8. Henry Ricketts covered the M40 200m and 800m finishing 7th and 5th respectively in 30.0 and 2.53.9. Tony Young ran the M50 200m finishing 7th in 33.6. Rob Sargent covering the M50 800m ...[Read more](#)

[Ilford AC Press Report 23rd May 2017](#)



**\*PRESS REPORT 23rd MAY 2017\* \*Dagenham 5 Miles (Elvis Series)Wednesday 17th May 2017\*** The 2017 Elvis series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on Wednesday Evening when Dagenham 88 hosted the first of this years 7 summer races with their 5 mile event. 27 Ilford AC runners lined up at the start, including 5 members having their first ever race for the club Heavy rain had settled in for the evening and on a course full of twists and turns on grass and trail paths, the rain ensured there was plenty of mud and slippery slopes to contend with. Nevertheless the Ilford AC squad put in a very good performance with the mens team providing ...[Read more](#)

[Ilford A.C Press Report Part 2. SCVAC Monday 15th May](#)





# Ilford Athletic Club

Completing a busy week for Ilford A.C, please find below details of the SCVAC (Southern Counties Veterans Athletic Club) league match from Monday 15th May \*PRESS REPORT No 2. TUESDAY 16th MAY 2017\* \*\* \*SCVAC LEAGUE.\* \*Lee Valley.Monday 8th May 2017\* On a bitterly cold evening on 8th May the Vets team put in a fantastic performance to finish a magnificent second of ten teams. The match was delayed due to transport problems but the team was still not able to fill the second walker spot for the first event. Stuart Bennett came away with a win in the M35 2000m walk in 11.28.5. With the team not having any athletes in the aged 35-49, the group pulled together to cover the remaining events. Henry Ricketts returning from injury ...[Read more](#)

## [Ilford AC Press Report. Monday 15th May 2017](#)



\*ILFORD AC PRESS REPORT 15th MAY 2017\* \*Veterans AC 5 Mile Road Race and Walk. Battersea Park Tuesday 9th May\* On Tuesday evening Ilford athlete Steve Philcox was a comfortable winner of the Vets AC Road race at Battersea Park in a time of 28.40, his fastest 5 mile time for 2 years. In the 5 mile race walk event Ilford ac member Mark Culshaw, finished 2nd in a time of 48.02, just losing his race by 1 second. \*Essex Track Championships. Chelmsford Saturday 13th May and Sunday 14th May\* \*Aaron Samuels smashes 2 Ilford AC Club Records\* Aaron Samuels was Ilford's star performer at the Essex Track championship at



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Chelmsford over the weekend. The Under 15's 1500m was a straight final, and from the gun ...[Read more](#)

