

Press Report 30th April 2018



Mid Cheshire 5km Kingsley, Cheshire Friday April 27th This popular 5km road race is based on the Cheshire village of Kingsley over a fast course. It incorporates the English 5km championship and therefore attracts a quality field. Recent Ilford AC signing Trevor Robinson travelled north to take part and was rewarded with a good time of 22 mins 19 secs finishing 373th in a field of 520 finishers. Rayleigh 10k Cross Country Sunday April 29th Gary Coombes was the sole Ilford entry at the Rayleigh 10k cross country race organised by the Rotary Club of Rayleigh Mills. The race starts and finishes at Belchamps Scout Activity Centre and follows a circular route through Hockley, Grove and Gusted Hall Woods. The recent weather has been much talked about after ...[Read more](#)

Press Report 23rd April 2018





All News Items

VAC FIVE MILE WALK Battersea Park Tuesday 17th April There were eleven starters in the VAC five miles walk, which took place in good conditions at Battersea Park on Tuesday evening 17th April. One Ilford AC walker made the trip south of the river. Making his VAC debut, Sebastian Parris won the race comfortably in a time of 43.26 over 6 minutes ahead of 2nd place, he even had chance to ease off the pace in the final lap of three as the London marathon beckoned at the weekend. LONDON MARATHON Sunday 22nd April Ilford had a team of 9 in action at last Sundays London Marathon. The bright sunshine and clear blue skies made in a hot day which acted against the runners after training ...[Read more](#)

[Press Report 14th April 2018](#)



Southern League Track and Field Lee Valley 14th April 2018 Ilford made a great start to their 2018, southern league campaign with a very good 3rd place at Lee Valley on Saturday. Their total points of 226, was only half a point short of last season's best point score. Star performer on the women's side was Esmeralda Mengeyele, who started the day with a pb of 4.93 in coming second in the Long jump. This was followed soon afterwards with another pb of 13.36 in taking second place in the 100m. After a short rest, she was over to the High Jump where 1m 25 was good enough for 3rd place. Her final individual event was the Javelin where a great throw of 25.96 ...[Read more](#)

[Press Report. April 9th 2018](#)



Bromley 10km (Incorporating the Essex Championship) Little Bromley Essex Sunday 8th April
This years Essex 10km Championship was staged along with the Bromley 10km on quiet country roads from the Little Bromley Parish Church. The fast flat course was made a little slippery in the light rain which fell throughout the event. There was a good turnout of 21 runners from Ilford AC in the field of just over 500. Amin Kolkai was in good form coming home in 4th spot in a rapid 33 minutes 01 seconds to take the Essex M40 age category championship. He was backed up by the reliable Malcolm Muir in 27th in 35 mins 22 secs and 6th in the M40 grouping and Gary Coombes who recorded ...[Read more](#)

[Ilford AC Press Report, 2nd April 2018](#)





All News Items

Victoria Park HM Friday 30th March 1,000 runners lined up for the Half Marathon in Hackneys Victoria Park on Good Friday including two runners from Ilford AC. Although the course was pretty flat and the rain held off, the race consisted of 6 and a half laps of the park with some pretty tight turns so PB's were always going to be difficult. Declan Cullen, returning from injury, started the race optimistically but soon slowed down and settled in to an 8 minute pace which he managed to maintain despite his injury flaring up again in the last 5 miles. Declan finished in a time of 1:41:26 for 187th place and first in his age category. Second home for Ilford AC was Anna Crawley ...[Read more](#)

[Ilford AC Press Report. 26th March 2018](#)



Colchester Half Marathon 25th March 2018 Steve Parker took part in the Colchester Half Marathon last Sunday. The race starts at the impressive Colchester Football Stadium. Runners were treated to a short flying display by the Essex & Herts Air Ambulance before the mass start as a thank you for the money raised for one of the race charities. The first half of the race is undulating & challenging. The second part is flatter & Steve was happy that he saved something for the finish. Steve came home in 1hr 40m 10s for 381st place and 6th M60 on the day. London Landmarks Half Marathon 25th March 2018 Club Captain Billy Green combined his love of London and Running to take part in the inaugural London Landmarks Half Marathon. Runners started ...[Read more](#)

[Press Report. 20th March 2018](#)



HAMPTON COURT PALACE HALF MARATHON 18th March 2018 Last weekends weather caused the cancellations of most races around the country including the Brentwood Half Marathon, The Colchester 15, Fulham 10k and Reading Half Marathons, all of which had Ilford AC entrants. One race that did go ahead however, by Royal decree of King Henry VIII no less, was the Hampton Court Palace Half Marathon which is the only race in the country to start and finish in the grounds of a Royal Palace. Over 3,500 hardy runners lined up on a bitterly



All News Items

cold morning including Ilford AC members Dennis Briggs, club captain Billy Green and Pramila Monroe. The 3 Ilford members were joined by Josnara Uddin who also trains with the club. The course itself is popular ...[Read more](#)

[Press Report. 12th March 2018](#)





All News Items

British Masters Indoor Championships Lee Valley 10th-11th March Ilford Super-vet John Batchelor managed to take four M75 golds this weekend in the British Masters Indoor Championships to match last year's performance. On Saturday John took the 400m in a time very close to last year's performance with a start to finish blast in 74.61 seconds, and followed that with the 1500m in 5:54.87. On Sunday John came close to beating the top M70, Rod Scholes, in an exciting 800m in which he moved from 5th to 2nd in the final 250m, taking the M75 title in 2:50.30. By the 3000m race, one hour later, competing with very much younger and faster athletes, John was content to run towards the back of the field and clock close to a season's best ...[Read more](#)

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When you become a first claim competing member of or renew your membership with Ilford Athletic Club you will automatically be registered as a "member" of England Athletics. We will provide England Athletics with your personal data which they will use to enable access to an online portal ("myAthletics") for you. England Athletics will contact you to provide or confirm your competition licence number and invite you to sign into and update your myAthletics portal which, amongst other things, will allow you to set and amend your privacy settings. If you have any questions about the continuing privacy of your personal data when it is shared with England Athletics please contact dataprotection@englandathletics.com. Ilford AC will not share your data ...[Read more](#)

[Press Report. 5th March 2018](#)



The Vitality Big Half Marathon Central London Sunday 4th March 2018 The Vitality Big Half Marathon is a new event that starts outside the Tower of London, following much of the first half of the London Marathon route, but in reverse, passing through the Boroughs of Southwark, Tower Hamlets and Lewisham before finishing up in Greenwich. It was the only big outdoors running event last weekend that survived last weeks 'Beast from the East' and six Ilford athletes pitted themselves against Mo Farah and 2017 London Marathon winner Daniel Wanjiru. In what other sport do you get to compete with and against the worlds best? Unfortunately none of the Ilford runners managed to beat Mo, but all gave a good account of themselves and recorded times they ...[Read more](#)



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