

Press Report. 28th November 2017



ESSEX CROSS COUNTRY LEAGUE ROUND 2 HOCKLEY 25th November 2017 Despite it being a bitterly cold morning in Hockley, Ilford AC put out 32 runners for Round 2 of the Essex Cross Country league. Despite the cold, the 2 lap hilly course was a dry one. The ladies team, battling for promotion back to Division 1 acquitted themselves well finishing joint 3rd on the day in their division. Leading the ladies team home was in form Bree Nordin finishing in 43rd place for 26:53 on the 6k course. Not far behind, fresh from her New York Marathon 2 weeks ago was Nicols Hopkinson in 59th place 28:01. Bree and Nicola also picked up the 1st and 2nd places in the V55 age group. Nicola was closely ...[Read more](#)

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London Cross Country Champs 8.8k Parliament Hill Saturday 18th November Ilford had just one runner in the senior mens race, Tom Gardner, in a field of about 500 he put in a solid run for 47th place in 37:23 Hertfordshire Half Marathon Knebworth House Sunday 19th November. The Hertfordshire Half Marathon starts and ends at the iconic Knebworth House. Knebworth House has hosted some iconic acts in the past including Led Zeppelin, Oasis, Red Hot Chilli Peppers and Robbie Williams. On Sunday it welcomed Bree Nordin of Ilford AC who ran an excellent 1:37:31 on a cold morning and finished in 152nd place of 2100 runners and was 13th female and first V60 female on the day. As a side note, the last time Bree was at Knebworth house was ...[Read more](#)

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New York City Marathon Sunday 5th November Last weekend Nicola Hopkinson of Ilford AC crossed the Atlantic to run the New York City Marathon. This classic event starts on Staten Island and runs through all 5 New York boroughs before finishing in Central park on Manhattan Island. Nicola ran a well judge race reaching half way in 1hr 48 mins 36 secs and pushing on in the more difficult second half to come home in 3hrs 42mins 27secs. This was her best time for 7 years over the marathon distance. She placed 7705th overall in a field of 50643, 1457th female and 18th in the F55 age category Chingford League Redbride cycle Circuit Tuesday 7 November Six athletes from Ilford AC took the opportunity to run as guests in the Chingford ...[Read more](#)

Ilford AC Press Report 7th November 2017



Inter Club Vets Match (5 miles) Loughton 4 November 2017 The annual match for masters athletes took part at the Roding Valley Country Park last Saturday with Ilford AC entering teams in both mens and ladies matches. Steve Philcox led the way for the club with an excellent run to come home in second place in 30mins 04 secs. Diarmuid Mac Donnell backed him up well in 12th with 34 mins 11 secs and Andy Catton placed 19th in 35 mins 42 secs. ED Skinner was the next Ilford man across the line in 38m 58 s placing 35th and Bill Green completed the men's line up in 44th with 39m 38s Bree Nordin was the leading Ilford lady in a fine 4th in the women's ...[Read more](#)

[Press Report 31st October 2017](#)



Essex Cross-country League Horseheath Cambridge Saturday October 28 SENIORS The first match of this winter's Essex Cross-Country League was held on a cold morning last Saturday at Horseheath, just over the border in Cambridgeshire. The senior squads of Ilford AC turned in good numbers, 21 in total with 9 representing the club in a cross-country race for the first time. This was the best turnout for several years and returned excellent results. The ladies ran over the grassland course which was firm throughout in a 6km race. Nicola Hopkinson continued her fine form, just ahead of her run in the New York City marathon on Sunday, to lead in the team in 49th spot in 30 mins 46 secs and was the first finisher in the F55 category. Next home was ...[Read more](#)

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Great South Run Portsmouth Sunday 22 October The Great South is a 10 mile run starting and finishing on Clarence Esplanade in Southsea The fast and flat course takes you through Old Portsmouth, home of the Portsmouth Cathedral, through the Historic Dockyard before the final two miles on the scenic seafront. The finish was particularly challenging with the runners facing a strong headwind along the seafront. The race attracts a field of over 16000 and is the English Championship for the distance which were won by popular athletes Chris Thompson and Gemma Steel. Ilford AC had 4 runners in the event. They were led home by an impressive performance from Amin Koikai who came home in 23rd place in 55 minutes exactly and was the first ...[Read more](#)

[Press Report. October 16th 2017](#)



ILFORD AC PRESS REPORT 16th October 2017 Ilford AC goes International Ilford AC had three runners racing this weekend, each one doing a marathon, and all three in different countries around the world. Lisbon Rock 'N' Roll Marathon Sunday 15 October The Lisbon Marathon in Portugal describes itself as 'the home to possibly the world's most gorgeous marathon'. Athletes journey from the seaside village of Cascais, run along the banks of the Tagus River and pass World Heritage sites. The race starts at 8am, and with a 40 minute train journey to the start Ilford athlete Tony Hyde found himself starting 10 minutes late. The weather was unseasonably warm and Tony struggled with the heat but still finished with a very respectable time of 3 hours 46 ...[Read more](#)

[Ilford AC Press Report. 9th October 2017](#)



Essex Cross Country Relays. Stubbers, Upminster 7th October In the Seniors race Ilford AC put out 5 teams, 2 women and 3 men. The Womens 'A' team, consisting of Breege Nordin, Carlie Qirem and Diane Crisp came in 21st place and the 'B' team consisting of Frieda Keane, Julia Galea and Pam Jones came in 40th place. The Mens 'A' team consisting of Moad Zahri, Tom Gardner, Alex Richards and Ahmed Abdulle gave the best performance of the day for the Ilford Seniors, just missing out on a medal place by 12 seconds to finish in 4th place. The 'B' team of Steve Philcox, Neil Crisp, Dennis Briggs and Seb Parris came in 18th place, whilst the 'C' team of Steve Cheal, Andy Catton, Bill Green ...[Read more](#)

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Chisinau Marathon, Moldova Sunday 1 October Over the years Ilford AC runners have raced in many countries; France, Portugal, Spain, Finland to name a few in Europe and further afield in the USA, Canada, Australia, Brazil and South Korea but Seb Parris added to that list on Sunday when he took on the Chisinau Marathon in Moldova. The race was around the capital of the former Soviet Republic which is to the East of Romania. Weather was ideal for marathon running, slightly overcast and 16 degrees. The weekend had over 17000 runners in different events including a 5km, 10km and a half marathon. Parris was one of the 339 entrants for the marathon. He ran a good race to finish 22nd in a new personal ...[Read more](#)

[Ilford AC Press Report. September 25th 2017](#)



Pleshey Half Marathon Sunday 24 September The Essex Half Marathon was once again held over a challenging one lap course on the country roads around the picturesque village of Pleshey, near Chelmsford, on a warm sunny morning. Ilford AC had a squad of 7 in action



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with Sam Rahman, who is looking in good shape for the Chester Marathon in 2 weeks time, leading the way in 22nd spot with 1hr 20min 34 secs. Next over the line was Neil Crisp in 1h 26m 32s in 48th, which placed him 5th in the M50 age grouping. Steve Philcox came home 60th with 1h 29m 07s and Steve Parker completed the mens team as 7th in the M60 category , 207 overall with 1h ...[Read more](#)

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