

Ilford AC Press Report – February 26th 2018



Saucony English National XC Championships Parliament hills Fields Saturday 24th February A small contingent of Ilford Athletes made their way to the “Home” of Cross Country last Saturday. The course was a little drier than in previous years and the sun was out but the hills remained the same!! In the Ladies race Launa Broadley & Sheila Sinclair, in their first National, started steady and completed the 8km course in 57:50 and 61:06 respectively. There were 1113 finishers. This was a huge achievement for both Ladies and is the culmination of an excellent Winters Training. They now look forward to a great Spring now!! In the Men’s race held over 12.5km, and after a very congested start, Malcolm Muir running strongly was first man home in 734rd ...[Read more](#)

Press Report 19th February 2108



Chase the Moon 5k & 10k Olympic Park, Stratford Wednesday 14th February It was a cold and wet night last Wednesday as 600 athletes gathered at the Olympic Park for their one true love on Valentines night - running. Ilfords Carol Muir was the sole Ilford runner on the night. Carol chose to race the 5k course and battled well against the elements to finish 207th in a time of 33:56. CHINGFORD LEAGUE Victoria Park Saturday 17 February The last individual event of the winter's Chingford League was held over a flat fast road course on a still sunny afternoon, perfect racing conditions. This year the race was a measured 5 miles instead of the usual 2 laps. Four runners from Ilford AC took part as guests as the club ...[Read more](#)

Press Report February 13th 2018



ESSEX CROSS COUNTRY LEAGUE Gloucester Park Basildon Saturday 10 February Ilford had a good day on Saturday at the final fixture in the this winters Essex League with the senior ladies regaining their place in the top division and the senior men finishing 3rd in their match on a muddy Basildon course which took in several climbs over the hill in Gloucester Park. The men raced over 8km and Alex Richards led the way for the club in an excellent 7th spot in 29m 47s, supported by a good run from Tom Gardner in 11th with 30m 02s. The ever reliable Malcolm Muir took 18th, and 2nd in the M40 group, in 30m 34s. Steve Philcox came home 50th in 32m 36s with Seb Parris 60th in 33m 41s ...[Read more](#)

Press Report 5th February 2018



SENIORS - ROAD RUNNING Great Bentley Half Marathon Sunday 4th February The Great Bentley Half Marathon is a flat scenic run along country lanes. It is however very exposed and tends to be pretty windy - and this Sunday's race was no exception. Ilford athlete John Crawley had been targeting this race for a while, and was therefore pleased with his time of 1:27:30 - a PB by just over 4 minutes for the distance. Cancer research London Winter run (10k) Trafalgar Square Sunday 4th February On a bitterly cold Sunday morning, Ilford athletes Carlie Qirem and Billy Green lined up alongside 20,000 other runners for the '10k London Winter run' which raises money for cancer research. The 10k route which starts on Trafalgar Square and passes such ...[Read more](#)

[Press Report. 29th January 2018](#)



South of England XC Championships Stanmer Park, Brighton Saturday 27th January The South of England Cross-Country Championship was held at Stanmer Park Brighton on a cold, wet day on a muddy course which was very slippery as the mud had a solid base of hard chalk underneath. Along with the Youngsters a few seniors also made the trip to the south coast. Dianne Crisp, although short on training at the moment, and a fall towards the end, acquitted herself well over a two lap course in 47:35. Neil Crisp and Seb Parris were next up in the Senior Men's race held over a ...[Read more](#)

[Press Report 22nd January 2018](#)



SENIORS FARNBOROUGH HALF MARATHON Sunday 22 January This years Farnborough half marathon was held on a cold morning in falling snow. The race, interestingly, starts and finishes in a disused airship hanger and runs a relatively flat course around the outside of the airport. Carlie Qirem of Ilford AC showed that her winter training is going well finishing 464th overall out of a field of 1608 finishers in a new personal best time of 1 hour 44 minute 50 seconds, which was nearly a 5 minute improvement on her previous best. **RACE WALKERS ENFIELD RACE WALKING LEAGUE** Saturday 21st January A new year and a revitalised Ilford walking team took to the Parklands of the Queen Elizabeth 2nd playing fields in Enfield for the opening fixture of the Enfield Race ...[Read more](#)

[Press Report 15th January 2018](#)



ESSEX CROSS-COUNTRY LEAGUE MATCH 3 Writtle Saturday 13 January The third leg of this winters Essex League was held in the grounds of Writtle College near Chelmsford. The course was mainly soft grass which caused some runners problems in the sticky muddy sections. The senior ladies race was over 6 km and leading the challenge for Ilford Ac was Nicola Hopkinson in 46th place in 30 mins 16 secs, which ranked top of the F55 category. Close behind in 49th was the improving Carlie Qirem with 30 mins 42 secs, while Anna Crawley placed 77th in 33 mins 11 secs. Closing the teams scorers was Julia Galea with 36 mins 39 secs for 101th and 4th in the F55 grouping. Sharon Honey was 109th in 38 ...[Read more](#)

[Press Report. 8th January 2018](#)



ESSEX CROSS-COUNTRY CHAMPIONSHIP Great Notley Country Park, Braintree Saturday 6 January The Essex Cross-Country Championship was held on a chilly afternoon at Great Notley Country Park on Saturday on a traditional country course which the melting overnight frost producing a sticky muddy surface. The Senior Men raced over a 3 lap 12km course and the Ilford AC , whose team was weakened by illness and injury to key runners, challenge was headed by Alex Richards who put in a fine performance to come home 10th in 44 mins 13 secs. He was supported by the ever reliable Malcolm Muir in 32nd with 46 mins 33 secs and Neil Crisp 76th in 51 mins 05 secs. Next home was Dennis Briggs with 57 mins 47 secs for

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Ilford AC Press Report. Monday 1st January 2018



Ilford AC Boxing Day Handicap Hainault Forest December 26th 2017 A record field of 23 brushed off the Turkey and Christmas hangover's to toe the line for the 9th annual Ilford AC Boxing day handicap. The overnight rain had turned the course into the usual swamp and choice of footwear was completely irrelevant. The idea of the handicap is that the slower runners go off first at varying time intervals and the fastest runner goes off last and tries to catch everyone, unfortunately time constraints meant the course was not marked or marshalled. A few people were unaware of the course and made up their own route. First off were Sharon and Roger Honey, with Roger being a former 110m hurdler the race ...[Read more](#)

[Press Report 23rd December 2017](#)



Ilford Christmas Relay Cricklefields Stadium Tuesday 19 December The annual Ilford AC Christmas relay took place at their home track at Cricklefields Stadium. The clubs junior and senior endurance run were randomly selected into teams of three for this 19 lap event. The race is run as a relay with runners dipping in and out to run legs as each team's tactics are employed. The only rule is each runner must run at least 3 laps. The last leg is run as a team with all 3 team members running together. It was a close contest with all teams within 300 metres of each other for the entire event. The winning team finishing in 27 mins and 47 secs was Declan Cullen, Steve Parker ...[Read more](#)