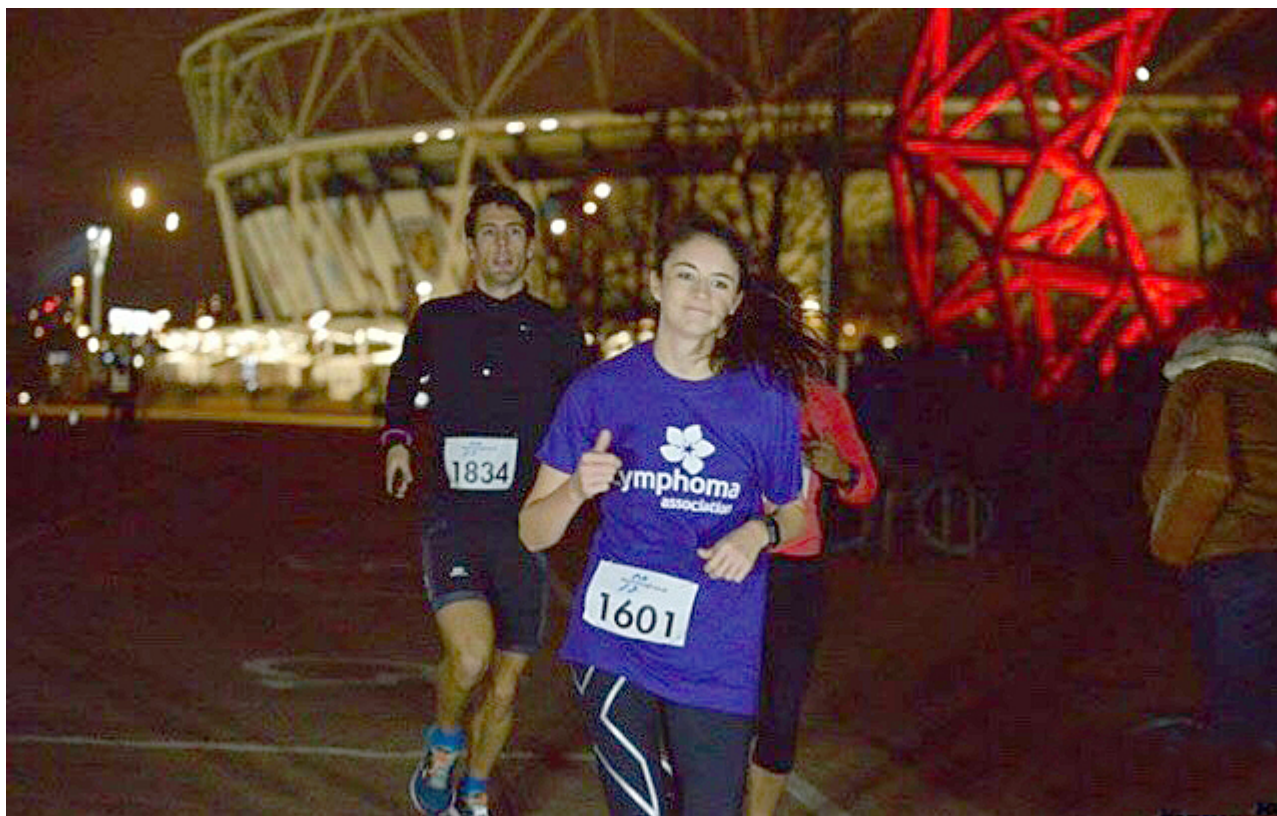


## Press Report 18th December 2017



CHASE THE MOON 10K London Olympic Park On a cold crisp evening Ilford AC runner Anna Crawley took part in a 'Chase the moon event' over at the Olympic park on Wednesday, along with about 15 other people from her work. Anna, who is new to the club, had only done one official 10k before this so was keen to improve on her previous time of 53:54. Whilst the original aim was to try and get around 52 minutes, Anna found herself achieving far better than that and came in at 51:02. Although slightly disappointed to not get under 51 minutes, this was still a pb by nearly 3 minutes and I'm sure she will continue to improve and even break the 50 minute barrier ...[Read more](#)

## Press Report. 11th December 2017



Ware Cup Saturday 9th December Loughton The annual Ware Cup cross-country match was held on a bright but cold Saturday morning at Loughton. The race of 8 km was over a mainly grassland course and Sam Rahman led home the Ilford AC challenge in 21st spot with a good time of 30 mins 27 secs. Next home for the club was Diarmuid Mac Donnell in 39th with 33 mins 35 secs and Andy Catton came home 45th in 35mins 16 secs and he was the first M60 to finish. The scorers were completed by Dennis Briggs in 50th in a time of 35 mins 41 secs.. Kieran McKenna was 1 place behind in 51st in 35mins 55 secs, with Ed Skinner 80th (40.19) Satha Alaga 88th (41.55) ...[Read more](#)

[Ilford AC Press Report. December 4th 2017](#)





Essex Veterans & Junior Cross Country Championships Saturday 2nd December Writtle College SENIORS The Essex Cross-Country Championships for Veteran and junior athletes was held at Writtle College last Saturday. The veteran races were held over an interesting and challenging 8k course. A stream crossing, a steeply banked lake and the first truly muddy course of the cross country season made for an interesting, but challenging race. Ilford had 2 bronze medals in the Seniors category with Andy Catton taking the MV60 and Bree Nordin the WV55 bronze medals The combined MV50+ and Women's V35+ race was the first seniors race of the day and was won by Elizabeth Davies of Springfield Striders in 29:41. The mens team were led home by Steve Philcox in 7th 31:41 followed by ...[Read more](#)

[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](#)

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





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](#)

[Ilford AC Press Report. 13th November 2017](#)



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 Redbridge 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](#)

[Press Report. October 23rd 2017](#)





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](#)

- [<>](#)