



## Press Report 28th February 2017



National Cross Country Championships Wollaton Park Nottingham 25th February Ilford AC's Malcolm Muir was the Club's sole representative in the 2017 Saucony English National Cross Country Championships held at Wollaton Park, Nottingham last Saturday. Near on 1800 runners toed the line at the start of the senior men's race with veteran Muir finishing in a fine 303rd place over 12k of the muddy and testing course. Muir's time was 46 minutes 33 seconds. The men's title went to Ben Connor of Derby in 39.35 with Jessica Judd of Chelmsford triumphant in a time of 29.07 over the 8k of a hard fought senior women's race. Lee Valley Veterans Inter Area Meeting Sunday 26th February Last Sunday Ilford veteran John Batchelor represented the SCVAC at an ...[Read more](#)

## Press Report 21st February 2017



Chingford League 8km Victoria Park Sat 18 February A trio of Ilford AC runners took part in the Chingford league match at Victoria Park last Saturday as guest competitors to test their winter training progress. Dennis Briggs, who will be running in April's London Marathon, is shaping up well finishing the flat, fast circuit in 34 mins 13 secs for 93rd in a field of excess of 180. Nicola Hopkinson continued her fine form of the winter coming home in 114th, which



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placed her 21st in the ladies result, with 36mins 40secs. Completing the squad was club legend Pam Jones in 177th with 50 mins 6 secs. Veteran Indoor Championships Ilford supervetran John Batchelor has been extremely busy over the past fortnight opening up his indoor ...[Read more](#)

### [Press Report 14th February 2017](#)



Press Report 14th February 2017 A light falling of snow greeted the runners for the final Essex League fixture of the season at Basildon on Saturday. Although the snow meant that some of the fields were a little down in numbers, this was a real cross country test, with repeated ascents and descents of a steep hill on every lap. First up was Matthew Hick in the Under 13 race. Matthew had hit a bit of form in the last few weeks and his confidence was high and this showed in the way that he started the race. After the opening 400m, Matthew was up with the leaders nicely placed around 11th. The course then took the runners out of view to ...[Read more](#)

### [Press Report 7th February 2017](#)



Young Athletes A small number of Ilford AC young athletes competed in some high quality races in the last week doing the Club proud with their performances In the year 7 Essex Schools X country Championships, 253 athletes competed. Matthew Hick, representing his school, as opposed to the borough, went off with the leaders from the start. Matthew continued to battle during the race and was outsprinted by 2 athletes at the end , but came a very promising 6th. As a result of this performance Matthew has been picked to represent Essex in the intercounties in March. Subsequently Matthew's team won the team event and he won his first ever Essex medal. In the Havering Mini Marathon trials, Matthew Hick and Jack ...[Read more](#)

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South of England Cross-Country Championship Parliament Hill Fields Saturday 28 January 2017 The Senior Men's race was contested over the usual 15km course which is one of the toughest in the country. Ilford AC entered 4 men and were led home by the ever reliable Malcolm Muir who put his usual 100% effort to finish 136th in a field of over 1000 runners from all over the South of England in a time of 53 mins 49 secs. Paul Holloway battled away to record 61 mins 17 secs for 390th with Neil Crisp 518th in 64 mins exactly. Seb Parris was running at the venue for the first time came home 539th with 64 mins 28 secs. 100 up for Julie Ilford AC also extend ...[Read more](#)

### [Young Athletes Report 24th January 2017](#)



Aaron & Ahmed storm to victory Ilford AC only had a small representation of athletes at the Essex Schools X Country Champs in Colchester on Saturday but still came away winning 2 of the 6 County individual titles available. First up on Saturday, on a very cold day, was the Junior Boys race. The Club had 2 athletes in this age group and had high hopes of success before the start of the race. Aaron Samuel, who has gradually improved during the X Country season took the lead from the very start and immediately raced into a 20 metre lead. He maintained his momentum as he continued to pull away from the field. Coming to the final part of the race he still had ...[Read more](#)

### [Press Report 16th January 2017](#)



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Essex Cross Country League Braintree 14/01/2017 Ilford Young Athletes had some encouraging runs at the fourth Essex League held at Braintree on Saturday. The snow from Thursday had but gone, but the freezing conditions meant that parts of the course were still frozen and slippery underfoot. First up was Matthew Hick in the Under 13 race. After a slow start Matthew began to move up through the field and on the twisty part of the course he was flying along. The final part of the course involved a switchback followed by a steep uphill section and long downhill run into the finish. After negotiating the switch back, Matthew flew up the hill and was still taking people as he came into the finish for ...[Read more](#)

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Essex County Cross County Championships - Claybury Ilford AC had athletes competing through the various age groups in the Essex Cross Country Championships held at Claybury last Saturday. On a comparatively dry course and mild conditions the star performance of the day came from Ahmed Abdulle who was competing in his first year as an Under 20 in these championships. Ilford's talented 18 year old narrowly missed out on the Essex Gold clocking 27.19 to finish within 5 seconds of Chelmsford's Callum Charleston. In the under 17 women's race Jordan Hinds was Ilford's only competitor and finished 13th in 28.03. The senior ladies race saw Nicola Hopkinson lead the Ilford ladies home in 53rd place and 40.50. She was flowed in by the ...[Read more](#)

### [Press Report 29th December 2016](#)



Ilford AC 10 mile Cross Country - (Race for Kev) Tuesday 27th December 2016 Ilford AC enjoyed a wonderful turnout when hosting their winter showcase 10 mile cross country event on a cold crisp Christmas bank holiday Tuesday morning. Near on 150 runners were also treated to some beautiful bright sunshine which was probably better appreciated by volunteers and spectators as it did little to thaw the frosted tracks and rutted mud that characterised most of the 3.3 mile course which the runners had to negotiate 3 times. Nevertheless conditions were ideal for fast times with the leading 3 runners all cracking the magical 1 hour barrier, unusual for this normally extremely challenging course. The stage was therefore set for Woodford Green's John Powell ...[Read more](#)

### [Press Report Ilford 13th December 2016](#)



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Southend 5 Miles Rudolph Run On a beautifully sunny and mild Sunday morning, two ILFORD AC athletes joined a huge field of 445 runners, with many dressed as Santas, Elves and snowmen, for the Festive themed 6th Annual Southend Five Miles Rudolph Run. Held over a mainly out and back course on the promenade at Southend Seafront, the improving Bradley Brown led the duo home in 23rd place in 32 minutes and 48 seconds. Following him in 28th Position and still carrying a long standing debilitating hamstring injury, was inaugural winner of the race in 2011, Terry Knightley, in 33 minutes and 53 seconds for 2nd place in the Male Veteran Over 55 Age category. The race was won by a speedy James Caldon ...[Read more](#)

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