

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



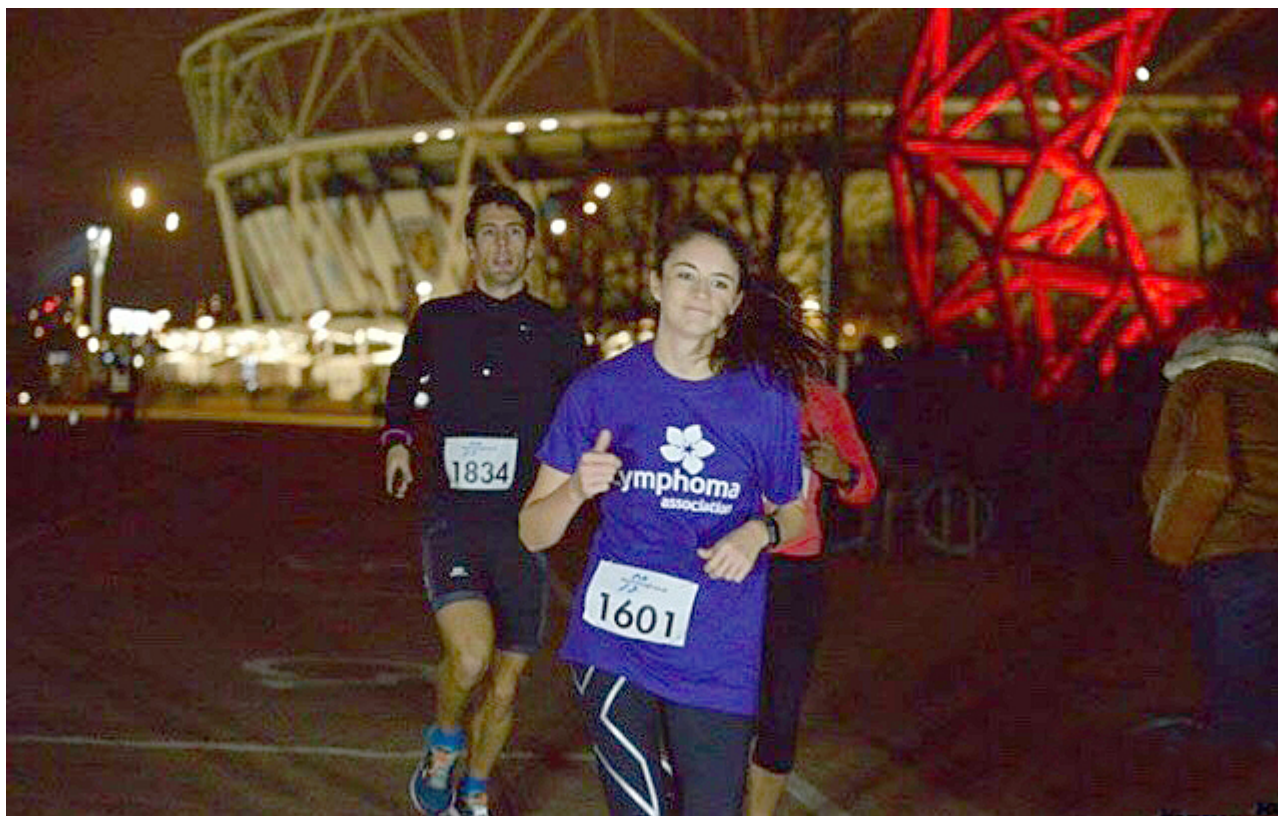
Ilford AC Boxing Day Handicap Hainault Forest December 26th 2017 A record field of 23 brushed off the Turkey and Christmas hangover's to toe the line for the 9th annual Ilford AC Boxing day handicap. The overnight rain had turned the course into the usual swamp and choice of footwear was completely irrelevant. 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](#)

[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](#)

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