



Press Report 28th November 2016



Essex Veterans & Junior Cross Country Championships Saturday 20 November Writtle College
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 and a steeply banked lake which the runners had to circumnavigate twice caused some severe bottlenecks and anguish for unsuspecting runners, many of whom were reduced to a walk during this section. Star of the show for the Ilford AC squad was Steve Philcox who put in a great performance to finish 2nd in the M50+ age category race to take the silver medal in 31mins 54 secs for the 8km event. Next home in 25th spot was Neil Crisp in ...[Read more](#)

Press Report 22nd November 2016



LONDON CROSS COUNTRY CHAMPS PARLIAMENT HILL FIELDS Saturday 19 November Ilford's



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17 year old Ahmed Abdulle, being too old to run in the London youth games, stepped up a level to compete in the Senior London cross country championships held over the classic Parliament Hill course of approximately 10k. Ahmed went with lead group from the start putting in an excellent performance to finish 7th in the Seniors but taking the 1st place in the under 20 in 32-11. Presenting Ahmed with his medal was South of England official and life member of Ilford AC Phyllis Winger Essex Cross Country League Horseheath, Cambridgeshire Saturday 19 November The latest match in this winter's Essex Cross-Country League was held on a chilly Saturday afternoon at the Horseheath Point to Point ...[Read more](#)

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British and Irish Masters Cross-Country International Tollcross Park, Glasgow Saturday 12 November Ilford Ac's Pam Jones was called up as a reserve for the strong England team for the International match, featuring England, Scotland, Northern Ireland, Eire and Scotland, held on a testing grassland course at Tollcross Park in Scotland. Pam ran in the open and reserves 6km race and ran a steady pace throughout the 3 lap race finishing strongly in 35 mins 53 secs for 25th spot. England were victorious in the match [Read more](#)

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Dublin Marathon 30th October 2016 Ilford AC siblings Carol and Malcolm Muir both competed in the Dublin Marathon the previous weekend. Malcolm was really there mainly to support a great “sister act” by Carol who smashed her marathon PB by a massive 45 minutes. Carol was delighted with her time of 5hours 11 minutes and 53 seconds especially as only two months ago a knee infection had seriously curtailed her training. Malcolm for his part targeted the Father Collins parkrun the day before which he won easily in a speedy time of 16.47. As a result he suffered in the latter part of the following day’s marathon after going through halfway in around 1 hour 21 minutes. Nevertheless he still crossed the ...[Read more](#)

[Press Report 1st November 2016](#)



Essex XC League Hylands Park Chelmsford Saturday 29th October The second match of the Essex Cross Country League was contested at Hylands Park Chelmsford last Saturday with Ilford AC slightly down on numbers but still having a representation through the age groups. The unseasonably fine weather continued to provide dry courses free from mud with conditions ideal for the speedsters. In the junior races Mathew Hick and Mario Dobrescu both acquitted themselves well finishing in 23rd and 46th positions respectively out of a field of 56. Mungo Prior had an excellent run in the Under 15 boys just missing out on a podium spot with 4th place. In the same field of 55 Bradley Deacon finished 45th and Leo Ronson 50th. Jordan Hinds ran in ...[Read more](#)

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Ilford Ac's Malcolm Muir continued his return to form with a fine run at the Wix 5 mile near Manningtree on Sunday. The Ilford man just missed out on a podium place but nevertheless his time of 27.50 was good enough for the top M40 prize of the day. He was joined by the legendary Pam Jones who posted an incredible time of 50.06, her fastest time for the distance to date as an 80 year old, to finish 248th in a field of 306 runners. The Club had 5 runners in the Harold Wood 5mile event held on Sunday morning. The course comprised 2 loops of multi terrain starting and finishing in Harold Wood Park. Leading them in was Steve Philcox, ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE One Tree Hill, Langdon Hills, Stanford-Le-Hope Saturday 8th October Young Athletes Although the weather is still warm, Saturday saw the start of this year's cross country season. The first race was the opening Essex Cross Country League at One Tree Hill in Thurrock. The Ilford youngsters had athletes in three races. First up was Aaron Hick who is only 8 years of age and was in the Under 11's race, despite giving away almost 3 years to some of the athletes Aaron had a great run to claim 22nd place. Next up were the U13's in which Ilford had three athletes, Matthew Hick made a great start and was always up with the leaders, Mario Dobrescu a sprinter by trade was having his ...[Read more](#)

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PLESHEY HALF MARATHON Essex Championships Sunday 2 October It was a good day for a small Ilford AC squad of 7 at the Essex Half Marathon Championship as they returned home with 5 medals from the Essex half marathon championships held at the picturesque village of Pleshey last Sunday. The race held around the village country lanes was of high quality which was reflected in the first three home all breaking the old course record. The leading three of James Connor (Kent AC), Paul Molyneux (Springfield Striders) and Ilford's Blair McWhirter had a close battle which was only decided in the testing last 3 miles with Connor taking the honours in 67 mins 44 secs, with McWhirter 2nd in a new personal best time of 68 mins 09 secs and Molyneux third. As ...[Read more](#)

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Valentines Park 5k Sunday 25th September 2016 Ilford AC enjoyed some marvelous success in the last race of the increasingly popular 7 race Elvis summer series by providing both the men's and ladies' race winners as well as the Ilford men scooping both the team race and series prizes. Hosts East London Runners provided a carnival atmosphere for the Valentines Park Charity 5k fitting for the series grand finale as an Ilford AC squad turned up in force with the Club's men going into the race neck and neck with East London Runners in this winner take all battle. An excellent duel soon developed at the front of the field of nearly 250 runners with Ilford's young star Ahmed Abdulle, veteran Amin Koikai ...[Read more](#)

Press Report 20th September 2016



Ingatestone 5 Sunday 18th September 2016 5 Ilford athletes lined up for the 32nd running of the Ingatestone 5 mile road race which took place last Sunday morning in dry almost ideal conditions, cool and with little wind. On a challenging course starting from the Anglo-European School at Willow Green, the runners took the road up to Fryerning and on to Beggar Hill, before heading back via Blackmore Road to the finish. First home for Ilford was Steve Philcox in 5th place overall clocking an excellent 29.18 which won him the trophy for the fastest MV50 run of the morning. Ernie Forsyth was next in for the club recording 38.08 in 51st with Satha Alaga chasing him hard in 55th ...[Read more](#)