



All News Items

Press Report 9th January 2024





All News Items

ESSEX CROSS COUNTRY CHAMPIONSHIP Gloucester Park Saturday 6 January The 2024 Essex Cross Country Championship was held in Gloucester Park Basildon over a wet muddy hilly course comprising several laps. First race of the morning was the U13 girls and boys who ran over an approx. 3.1k course. For the boys, both Khalif Ali and Elias Furreedan ran strongly for 40th place in 14 mins.34 secs and 58th place in 17 mins.51 secs respectively. For the girls Hawaaa Patel, on very limited training, ran well for 17 mins. 21 secs earning her 39th place. All 3 of our U13's were making their Championship debuts for the club and have a promising future ahead of them. Next up was the U15 boys running over a slightly longer 4.3k course
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[Press Report 1st January 2024](#)



2023 saw Ilford AC celebrate their 100 year anniversary, a year that saw club members old and new, close to home and those now living far away, come together for many events throughout the year, whether it be participating in events, or just as importantly helping with the organization and marshalling of races. The centenary year concluded with 2 of the clubs longest running(excuse the pun) events, the Boxing day handicap which is 14 years old, and the 10m Cross Country Championships which has been part of the clubs running calendar since the early 1950's Ilford AC Boxing Day Handicap Hainault Forest 26th December 2023 A



All News Items

field of 28 runners brushed off the Turkey and Christmas hangover to toe the line for the 13th annual ...[Read more](#)

[Ilford AC 10 mile results 30.12.23](#)



Ilford AC 10 miles 30_12_2023 [Read more](#)

[Press Report 19th December 2023](#)



ESSEX CROSS COUNTRY LEAGUE Hilly Fields, Colchester Saturday 16 December The latest round of the Essex Cross Country League was held at Hilly Fields on a course that contained a variety of surfaces from firm trials to swamp like grass. Ilford AC put out teams in most of the age categories, which considering the location and proximity to Christmas represented a good turn out for the club. First race of the day was the U13's, held over a 3k course. Barney Perkins was the first club member home in 11 mins 45 secs for 20th place, followed by Khalif Ali in 12 mins 28 secs for 44th place. The U15's race was held over a slightly longer 4k course and Ilford AC had 4 runners representing ...[Read more](#)

[Press Report 12th December 2023](#)



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All News Items





All News Items

Ware Cup Loughton Saturday 9th December 2023 The Annual Ware Cup, hosted by Loughton AC was held at Roding Valley Recreation ground last Saturday. Following recent heavy rainfall the 8k course was very wet and muddy, and in some areas runners were running through puddles almost knee deep. Despite the conditions Ilford AC had 7 athletes battling the course on the day. In the ladies race Alison Sale led the team of 3 home in 19th position with a time of 41 mins 48 secs. Frieda Keane was next home in 35th position in 52:50, with the team completed by Launa Broadley coming home in 39th position in 1 hour and 33 seconds. The ladies finished in 6th position on the day. Seb Parris led the men ...[Read more](#)

[Press Report 5th December 2023](#)



All News Items





All News Items

ESSEX VETERANS CROSS COUNTRY CHAMPIONSHIP Writtle Saturday 2 December The Essex Veterans Cross Country, for runners over 40, was held on a cold frosty morning in the grounds of Writtle College near Chelmsford. All races were over 2 flat laps totalling around 4 ½ miles The first race was for men in the age groups over 50 and was a successful one for Ilford AC. Finishing 10th overall in the event was Steve Philcox in 28 mins 27 secs which won him the county title in the M55 Category. Dan Holeyman came in 26th in 29 mins 31 secs while Neil Crisp was 8th in the M60 group with 30 mins 38 secs. One place behind was Richard Woolterton in 30 mins 47 secs ...[Read more](#)

[Press Report 28th November 2023](#)



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All News Items





All News Items

Chingford League Trent Park Barnet It was a Cold and muddy Trent Park that hosted the 3rd race in the Chingford league series also incorporating the North London X Country championships. U13 athletes Barney Perkins and Khalif Ali produced excellent performances finishing in first and third places respectively over the extended 3Km distance. In a closely contested race Barney stayed in 2nd place before producing a strong sprint finish over the last 200m to claim his first victory in the series having finished second in his previous 2 races. Khalif Ali ran a very strong consistent race to hold off his rivals and finish in an excellent 3rd position . Khalif has finished 3rd position in all 3 of his Chingford league races ...[Read more](#)

[Press Report 21st November 2023](#)



Loughton 5m Interclub Vets The annual match for runners over 40 took place at Loughton on the Roding Valley Country Park on Saturday. The rain held off for the event but the mainly grassland course was very wet underfoot. Ilford had a squad of nine in action on the day, all



All News Items

performing well in challenging conditions. Leading the club home was Seb Parris in 9th place in 36:03, closely followed by Steve Chissell in 12th for 36:41. Next 3 men home were Tony Young in 46th place in 46:22, Edward Skinner 48th in 47:03 and Sean Costello 52nd in 48:35. Ilford's men finished 4th on the day Joanne Reeves was the first Ilford lady home in 32nd place and 6th lady in 41:55. The ladies ...[Read more](#)

[Press Report 14th November 2023](#)



CHINGFORD LEAGUE Redbridge Cycle Circuit, Hainault The latest round of the Chingford League was a 5km road race at the Redbridge Cycle Centre at Hog Hill Hainault. It is a hilly course, and another interesting feature of the race is that it is run in the dark in the evening. The Juniors were the first to run over a shorter 2k course and our 4 runners all performed well. In the U11 race, Arnav Rathi was 9th in 7:51 and in the U13 race Barney Perkins was 2nd in 6:47, Khalif Ali 3rd in 6:49 and Elias Furreedan 16th in 8:37. The U15/17 race was run over the longer 5k course and again there were good performances by our runners. Sam

Horsley finished in 1st ...[Read more](#)

[Press Report 7th November 2023](#)



ESSEX CROSS-COUNTRY LEAGUE Writtle College, Chelmsford Saturday 4 November The third round of the Essex League was held on a muddy, slippery course at Writtle College near Chelmsford. Ilford AC had 33 athletes competing, including an impressive eleven number from our expanding junior ranks. The day started with the U13's race over 3k. For the boys Barney Perkins came in 16th and Khalif Ali 25th. Hawaa Patel came in 27th in the girls race. Unfortunately, due to an admin error, no times were recorded. Next up was the U15 race, and Ilford AC had 5 boys running over the 4k distance. Sam Horsley continues his excellent season, coming in 2nd place in 13:40. Next up was Ryder Islam in 17th 15:27 followed closely by Aron Berhe in 16:05 ...[Read more](#)