



Press Report 6th September 2016



The Essex Way - 10 Stage Relay Event Epping Station to Harwich Lighthouse Sunday 4th September Ilford AC had 7 hardy runners, "the magnificent 7" flying the flag for the Club in the iconic 28th running of The Essex Way. This is one of the County's truly inspirational and premier events with 58 teams from clubs from all over the county and beyond racing on the ancient trails and footpaths which make up the 82 miles of the historic Essex Way that runs from Epping Station to Harwich Old Lighthouse. Rachel Halpin and Nichola Fairbairn duly set off from Epping Station at 8am on Sunday morning to represent Ilford on Leg 1 finishing 7.5 miles later at Chipping Ongar finishing in joint 50th ...[Read more](#)

Press Report 30th August 2016



Barking Park 5k Bank Holiday Monday 29th August 2016 Ilford AC fielded a large squad of 30 runners when successfully contesting the 6th race of this summers' 7 race Elvis series held traditionally at Barking Park on Bank holiday Monday. After two previous years of torrential rain this year's event was blessed with some fine sunny weather as the Club's under 20 star Ahmed Abdulle capped a successful weekend as he sped round the flat 2 lap 5k course to take the victor's spoils in a new personal best of 15.49. He was well supported by training partner Tom Gardner back in 3rd with 16.15 and with Malcolm Muir, back in action yet still not fully fit taking 11th place in 17.08, ...[Read more](#)

Press Report 23rd August 2016



Woodford Green Open Graded Meeting Tuesday 16th August The 4th open graded meeting this season was held at Woodford Green's Ashton playing fields last Tuesday evening and involved 6 Ilford athletes in the middle distance events. The youngsters contested the 800 metre races with Jordan Hinds in the U17F category posting the fastest time for the Club coming home 8th in her race in 2.26.40. In the same race Bradley Deacon clocked 2.37.40 in the U15M category finishing 11th. Keshan Beckett-Edwards finished 6th in his race recording a time of 2.44.30 in the U13M category. In the 3000m Ilford had 3 athletes packing together finishing in 4th, 5th and 6th places. Leading them home was senior male Sam Rahman who just missed out ...[Read more](#)

[Press Report 16th August 2016](#)



Pride 10k Saturday 13th August Ilford AC had 2 runners taking part in the Pride 10km held on a fast course in Victoria Park this weekend. Robin McNelis clocked 39.07 for 51st spot whilst Doris Gaga showed improving form recording 63mins 12 secs for 848th place in a field of over 1000 runners. Times given are gun times. [Read more](#)

[Press Report 9th August 2016](#)



Orion Forest ELvIS Five Saturday 6th August The fifth leg of this summer's ELvIS series was incorporated into Orion Harriers Forest Five series over a challenging off road course over 5 miles through Epping Forest on a hot sunny morning. Thomas Grimes of East London lead home a near record field with a fine performance. The Ilford AC challenge was headed by the in-form Steve Philcox in 5th spot in 30 mins 17 secs which won him the Over-40s trophy despite competing in the over 50s category. Next home was Paul Holloway with a powerful run taking him to 9th spot in 30m 41s which was the true top over 40 run of the day and was therefore unlucky not to receive ...[Read more](#)

[Press Report 2nd August 2016](#)



Brooks Last Friday of the month 5K Hyde Park Friday 29th July Ilford AC had 5 runners in the July edition of The 'Brooks last friday of the month 5k which took place at 12.30pm in warm breezy and fairly humid conditions. The race was notable as it saw new series records in both the W80 and M80 age groups. The field was of a high standard with the first 10 runners home breaking the 17 minute barrier. Many congratulations to Ilford's Pam Jones for the W80 title whose time of 31.04 for 232nd place set the inaugural age group record for W80, having previously been the W75 record holder (still the record) set, remarkably, exactly 5 years previous. Ilford's John Batchelor although not ...[Read more](#)

Press Report 26th July 2016



Newham 10k On a very hot and humid Sunday morning in Londons East End, 4 Ilford athletes lined up for the annual Great Newham 10k run which finishes with a lap of the Olympic Stadium. Runners were warned before the race started to not go for PB's or attempt a sprint finish due to the extreme conditions. The route seems to change every year, although it may well be that the park changes every year so it just seems different. The course is quite a twisty one with more than its fair share of inclines to deal with and offers no shade at all. Ilford was lead home by an impressive run in the circumstances by Rohan Alexander in 43:59 followed almost a full ...[Read more](#)

Press Report 18th July 2016



Newman Hilly 5 Wednesday 13th July 2016 Ilford AC successfully hosted their showcase event at Chigwell Row last Wednesday evening with the 26th running of the Newman Hilly 5 which was also the 4th race of the extremely popular Elvis series. Well over 200 runners took to the trails of Hainault Forest over a 2 lap course of just over 5 miles on a cool but pleasant evening which provided almost near perfect running conditions although recent rain had made the terrain a little muddy underfoot. As always this event shows the club at its best and even with an army of volunteers and marshals was still able to put out 21 runners and



dominate the men's race. At the end of the ...[Read more](#)

[Press Report 12th July](#)



Felsted 10k Over 400 runners lined up for the Felsted 10k on a muggy morning last Sunday. The race which starts and finishes at Felsted school is held over a fast flat road course with some gentle undulations. It was also the Essex 10k championships and the 4th county Grand Prix Race for 2016.. Ilford AC had 12 runners competing in these championships with Malcolm Muir returning from a lay off the best of the bunch coming home in 18th place with 36.15. He was followed in by Sam Rahman, 24th in 36.56 and Paul Holloway 32nd in 37.37. Other Ilford men's times and positions were Steve Philcox, 39th 38.26, Neil Crisp 42nd 38.32, Terry Knightley 58th 39.43, Declan Cullen 153rd 45.38, ...[Read more](#)

[Press Report 5th July 2016](#)



ORION Forest 5 Chingford. Saturday 2nd July. On a warm Saturday morning 4 Ilford AC athletes were amongst the 154 runners lining up for the second in the series of 3 'Forest 5' runs organised by Orion Harriers. The course followed a one lap route around Epping Forest with plenty of hills, and this year a lot more mud than previous years. Leading the Ilford men home, and placing first in the M50 category with an impressive time of 31:08 was the in-form Stephen Philcox. 2nd and 3rd men home were Billy Green coming in at 41:12 and Pathrose Louis clocking 46:09. Performance of the day though was from Pam Jones who completed her



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last race as a septuagenarian finishing to huge cheers with a time ...[Read more](#)

