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[Ilford AC Press Report. Monday 18th September 2018](#)



Chase the Sun 5k Londons Olympic Park Wednesday 13th September The chase the sun series came to its conclusion for the Summer at Londons Olympic Park on Wednesday evening. The event so called because of its late start and challenge to finish before the sun goes down has proved to be a popular series and 250 runners lined up for the 5k race. Ilfords Carlie Qirem came in at a time of 25:17 for 77th place. Descente London Duathlon Richmond Park Sunday 17th September The Descente London Duathlon is a bike-run-bike event offering athletes the chance to race around the beautiful surroundings of Richmond Park on completely closed roads. Once again Ilfords Carlie Qirem was in action for the challenging event. Carlie run the first leg, a 10k run ...[Read more](#)

[Ilford AC Press Report. Tuesday 12th September 2017](#)



Ilford AC Press Report, Tuesday 12th September 2017 Woodford Open Meeting Tuesday 5th September The last track fixture of the summer was held at Ashton Playing Fields and there were 2 runners and three race walkers from Ilford AC in action. Sam Rahman was in the faster of the two heats of the mile and ran his usual controlled race reaching half way in 2mins 33 secs. He moved up the field in the second half to record a personal best time of 4 mins 59.56 seconds for 8th place Seb Parris took part in his first track race and put in an

impressive performance to finish 8th in the 3000m in 10 mins 17.45 secs. With just 5 minutes break between races Seb Parris quickly ...[Read more](#)

[Press Report 5th September 2017](#)



The Essex Way Sunday 3rd September Sunday saw the staging of the Essex Way Relay which covers the 82 miles of the Essex Way, a historical pathway through Essex, starting from Epping Station to Harwich Old Lighthouse in 10 stages. Ilford AC have been involved in the organisation and time keeping for a good few years now. The route is mainly cross country without marshals with each runner expected to have done a recce of his route from printed instructions. The route takes runners across ploughed fields, through large crops, across many a stile and kissing gate and can be a logistical nightmare for those involved making sure that all runners are ferried to their start lines in time as most start and end ...[Read more](#)

[Ilford AC Press Report 29th August 2017](#)



Watford Open Graded Meeting - 1500m Wednesday 23rd August In a very close contested 1500m, where half a second split the first three, Ahmed Adbulle set a new Pb of 3:59:71 for 3rd place Barking Park 5km Monday 28th August The annual Barking park 5km, which included the 6th round of this summers ELvIS competition, was held on a sunny Bank Holiday morning on the flat fast paths of the park. Ilford ACs Ahmed Adbulle won the race after taking the lead after a kilometre , his second win in the series this summer and powering to a personal best time of 15 minutes 37 seconds. He was backed up by Sam Rahman in 11th with 17m 38s and Steve Philcox in 13th in 17 mins ...[Read more](#)

[Ilford AC Press Report. Tuesday 22nd August 2017](#)



Pride Run 10km Victoria Park Saturday 12th August Nearly 1,000 runners ran in the annual 'Pride Run 10k' in London's Victoria Park. The course is a 3 lap flat run via the park's tarmac roadways, with runners cheered on by a large enthusiastic crowd. Two Ilford AC athletes took part in the event with Steve Parker finishing in 275th place in 46:11 and the evergreen Pam Jones coming in at 908th place in a time of 67:27. South of England AA Championships Crystal Palace 19th/20th August There were two Golds for Ilford AC in the South of England AA Championships last weekend. Mark Culshaw recorded 28:30:98 for 1st place in the 5km Track Walk, whilst Anthony George recorded a PB in the U17 Mens Triple Jump to secure first place ...[Read more](#)

[Ilford AC Press Report. 14th August 2017](#)



Ilford AC Press Report. 14th August 2017 International Elvis 5k Saturday 12th August Memphis Tennessee The annual Elvis Presley 5k run is held every year in August in the King's hometown of Memphis Tennessee. Saturday 12th August saw the 35th running of the event, which starts and finishes outside Elvis' home 'Graceland'. Club Captain Billy Green this year

travelled out to America to do the run and represent Ilford AC. The event has an 8am start because of the heat and humidity in Memphis in August which meant an early start for the 1500 participants who travelled from all over the world to compete. After a congested start on 'Elvis Presley Blvd' the participants soon spread out as they race on to the wide suburban back streets of ...[Read more](#)

Ilford AC Press Report. Monday 7th August 2017



ILFORD AC PRESS REPORT. MONDAY AUGUST 7th 2017 Orion Forest Five – ELVIS Epping Forest Saturday 6 August The 5th round of this year's ELVIS competition was held on Saturday over a 5 mile challenging lap on the trails around Epping Forest at Chingford. Leading the way for Ilford AC was Steve Philcox in 11th spot in 30 mins 15 secs, which saw him victorious in the M50 category. He was backed up by Neil Crisp in 28th and 3rd in the M50 age group with 32 mins 11 secs and Dennis Briggs 75th with 35mins 46 secs. Also in the scoring six for Ilford were Andy Catton, 83rd in 36 mins 09 secs and 1st in the M60 category. Declan Cullen placed 94th in 36 mins 45 ...[Read more](#)

Ilford AC Press Report. 31st July 2017



ILFORD AC PRESS REPORT 31st JULY 2017 Ilford Athlete Peter Spelman has this week been competing in the 'Swiss Alpine Davos running event' which is a series of races and trail runs in Davos, Switzerland that is very popular for running tourists. On Tuesday 25th July Peter ran in the 4k lake race which is held on a hilly course around the Davos lake. In very wet and cold conditions Peter was the 3rd M65 home in a time of 25:34. On Saturday 29th Peter took part in the K31 event which is a 31k run starting in Davos, travelling through the Wiesner viaduct before finishing in Filisur. Peter came 25th in his age group today in a time of 3:49:10. Sunday 30th Peter competed in ...[Read more](#)

[Press Report 24th July 2017](#)



Southern Veterans Track and Field League Hemel Hempstead 10th July 2017 In addition to the previous SCVAC report of 10th July, field events were also on the schedule. Pete Whiting placed 6th in the M35 Javelin with 22m 65. Cliff Warren placed 4th in the M40 Long Jump with 4m 58. Ted Skinner's 3m 47 in the M60 Long Jump secured first place. Henry Ricketts cleared

1m 20 in the M35 High Jump for 8th place and Cliff's 1m 30 in the M50 category meant that the team had won four events on the evening. IAC finished 5th in the match and 4th overall for the season. London Heathside go through to represent the men and Stevenage the women in the end of season finale. Thank you ...[Read more](#)

[Press Report 18th July 2017](#)



Southern Veterans Track and Field League Hemel Hempstead 10th July 2017 ILFORD GIVE 'EM THE OLD 1-2 Ilford AC contested the latest round of the Southern Veterans Track & Field League on a warm Monday evening at the delightfully situated Hemel Hempstead track. The Cricklefields-based Club got off to a great start as maximum points were secured in the opening event, a 2,000 metres' walk, when new signing Mark Culshaw was a comfortable victor in an impressive 11 minutes and 3 seconds – only a day after his top performance over 20 kilometres in the Midlands. Snapping at his heels was Walking team manager and former Scottish International Stuart Bennett who clocked 11.13 for second place. Both Ilford athletes were well clear of the rest, each ...[Read more](#)

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