

## 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



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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](#)

### [Press Report. Tuesday 11th July 2017](#)



**Eversley 3k Tuesday 4th July** The Eversley 3k is hosted by Pitsea Running club to raise funds for the Eversley School and is held on the first Tuesday of May, June and July. The course is a 2 lap off road multi terrain course with steep hills. Julys event attracted 110 runners. Ilfords Tony Hyde took the lead after 600m, a lead which he held on to, to win in a time of 11:30.

**English Schools 7th/8th July** As a reward for his excellent run in the Essex schools championship, Aaron Samuel was rewarded by selected by Essex to compete in the English Schools Championship last weekend. This Championship, took place in Birmingham, after a long drive up on the Thursday Aaron's was the very first one ...[Read more](#)

#### [Ilford AC Press Report July 3rd 2017](#)







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\*ILFORD AC PRESS REPORT. JULY 3rd 2017\* Run-through Chase the Sun Victoria Park 10K London Victoria Park 28 Jun 17\* Carlie Qirem continued her fine form this year by achieving a PB in this pleasant race at Londons Victoria Park. Carlie was 142nd in a time of 48:54. There were 360 finishers. Fast Friday Walthamstow Friday 30 June This track meeting is a series of 5000m and 10000m designed to encourage fast track running. There were 2 Ilford athletes in action. Ahmed Abdulle ran in heat 1 of the 5000m, was up with leaders throughout the race and finished in a new personal best time of 15mins 04.7 secs in 5th spot In heat 2 of the 5000m Sam Rahman ran his usual well-judged race to come home 15th in 17 mins 28.3  
...[Read more](#)

[ILFORD AC PRESS REPORT. Monday 26th June 2017](#)



\*ILFORD AC PRESS REPORT 26th June 2017\* \*Southern Counties Veterans Athletics League (SCVAC) Lea Valley Monday 12th June\* The Vets team returned to Lee Valley on Monday 12th June putting in an excellent performance to finish 4th on the evening. The match started with



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the Triple Jump. Henry Ricketts in the 35 age group placed 4th with 9m 49. Cliff Warren placed 3rd in the 50 age group with 10m 09. Dennis Briggs debuted for the club competing in the 35 age group placing 7th in the 100m in 15.4s. Henry finished 6th in the 40 age group in 13.5s with Cliff placing 5th in the 50 age group also in 13.5s. Gerald Daniel finished 4th in the 60 age group in 15.1s. Ted Skinner ran a non-scoring time ...[Read more](#)

[Ilford AC Press Report. Tuesday June 20th 2017](#)









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\*ILFORD AC PRESS REPORT. 20th JUNE 2017\* Veteran's AC 5 MILE Championship Battersea Park 13th June 2017 \*Five runners, five medals over 5 Miles\* On a warm June evening at Battersea Park 5 Ilford AC athletes raced in the 5 Mile Championships and every one came back with a medal. In 5th place and 1st M50 was Steve Philcox in 29:06, 18th place and 1st V60 was Steve Parker in 36:29 and 21st place and 3rd M60 was Ed Skinner in 37:28. For the Ilford ladies in 27th place and 1st W50 was Nicola Hopkinson in 39:03 followed by Pam Jones in 40th place and 1st W80 in 51:29 Southern Athletics league Track meeting Bury St Edmunds 17th June 2017 \*Ilford go fourth\* For the first time this summer Ilford were greeted ...[Read more](#)

### [Ilford AC Press Report. Monday 12th June 2017](#)



\*ILFORD A.C PRESS REPORT. 12th JUNE 2017\* Havering 90 Midweek 5 Miles Tuesday 6th June The second round of this summer's popular Elvis series took place on a rainy evening last Tuesday in Romford's Raphael's Park. 23 Ilford athletes lined up for The 5 mile course for the pleasant scenic 2 lap course, slightly undulating, with a nice run along the lake to take in and at one point a spectacular rainbow. The Ilford squad equipped themselves very well in the race being led home by Malcolm Muir in 4th place with 27 mins 20 secs taking the M40

category prize. Next home in 13th place with a time of 29:00 was Stephen Philcox taking the M50 category prize. Ilford AC mens team finished 2nd ...[Read more](#)

[Ilford AC Press report. Monday 5th June 2017](#)



**\*ILFORD A.C PRESS REPORT 5th JUNE 2017\*** \*Orion Forest 5. Chingford Saturday 3rd June 2017\* On a very warm Saturday morning, 6 Ilford AC athletes were amongst the 177 runners lining up for the first of Orions 3 race 'Forest 5' summer series. The undulating multi-terrain course follows a one lap route around Epping Forest. Leading the Ilford men home, and placing first in the M50 category was Stephen Philcox with a time of 30:41 for 16th place. Next home was Dennis Briggs in 67th place in 37:05 with the mens team closed by Billy Green in 103rd place in a time of 41:37. The women were led by Julia Galea who placed 140th in 47:07 followed closely by Julie Gillender who continues to improve in ...[Read more](#)

[Ilford AC Press Report. Monday 29th May 2017](#)





\*ILFORD AC PRESS REPORT. MAY 29th 2017 \* \*Southern Counties Vets Athletics meeting Monday 22nd May 2017\* The Vets team travelled to a warm and sunny Stevenage on 22nd May for match 2 of the Track and Field program. Cliff Warren covering the M35 200m and 800m finished 5th and 4th respectively in times of 28.1 and 2.35.2. Andy Catton came down several age groups to cover the 3000m in the M35 finishing 6th in a time of 12.47.4. He also competed as a non-scorer on the 800m in a time of 2.55.8. Henry Ricketts covered the M40 200m and 800m finishing 7th and 5th respectively in 30.0 and 2.53.9. Tony Young ran the M50 200m finishing 7th in 33.6. Rob Sargent covering the M50 800m ...[Read more](#)