

Ilford AC Press Report 23rd May 2017



PRESS REPORT 23rd MAY 2017 ***Dagenham 5 Miles (Elvis Series)Wednesday 17th May 2017*** The 2017 Elvis series (East London fives Interclub series) got off to a good start at Eastbrook End Country Park on Wednesday Evening when Dagenham 88 hosted the first of this years 7 summer races with their 5 mile event. 27 Ilford AC runners lined up at the start, including 5 members having their first ever race for the club Heavy rain had settled in for the evening and on a course full of twists and turns on grass and trail paths, the rain ensured there was plenty of mud and slippery slopes to contend with. Nevertheless the Ilford AC squad put in a very good performance with the mens team providing ...[Read more](#)

[Ilford A.C Press Report Part 2. SCVAC Monday 15th May](#)



Ilford Athletic Club

Completing a busy week for Ilford A.C, please find below details of the SCVAC (Southern Counties Veterans Athletic Club) league match from Monday 15th May *PRESS REPORT No 2. TUESDAY 16th MAY 2017* ** *SCVAC LEAGUE.* *Lee Valley.Monday 8th May 2017* On a bitterly cold evening on 8th May the Vets team put in a fantastic performance to finish a magnificent second of ten teams. The match was delayed due to transport problems but the team was still not able to fill the second walker spot for the first event. Stuart Bennett came away with a win in the M35 2000m walk in 11.28.5. With the team not having any athletes in the aged 35-49, the group pulled together to cover the remaining events. Henry Ricketts returning from injury ...[Read more](#)

[Ilford AC Press Report. Monday 15th May 2017](#)



ILFORD AC PRESS REPORT 15th MAY 2017 *Veterans AC 5 Mile Road Race and Walk. Battersea Park Tuesday 9th May* On Tuesday evening Ilford athlete Steve Philcox was a comfortable winner of the Vets AC Road race at Battersea Park in a time of 28.40, his fastest 5 mile time for 2 years. In the 5 mile race walk event Ilford ac member Mark Culshaw, finished 2nd in a time of 48.02, just losing his race by 1 second. *Essex Track Championships. Chelmsford Saturday 13th May and Sunday 14th May* *Aaron Samuels smashes 2 Ilford AC Club Records* Aaron Samuels was Ilford's star performer at the Essex Track championship at

Chelmsford over the weekend. The Under 15's 1500m was a straight final, and from the gun ...[Read more](#)

[Ilford A.C Press Report. Tuesday 9th May 2017](#)



ILFORD A.C PRESS REPORT. TUESDAY 9th May 2017 *Tuesday 2nd May* *Woodford Green Open Track meeting* In the 3000m at the Woodford Green Open Track Meeting last week, Sam Rahman of Ilford ran his usual steady race to come home 5th in 10 mins 05.89 secs on a chilly breezy evening. *Wednesday 3rd May* *WATFORD OPEN MEET* On a cold and windy evening Ilford athlete Ahmed Abdulle ran his first 3000m of the season. Although he has been off form of late AHMED put in an excellent performance finishing in 4th place, where the first 8 home were within 4 seconds of one another. He was rewarded with a Pb of 8-43-87 which currently puts him 18th in the UK ranking for his age group *Sunday 7th May Halstead Marathon (Incorporating Essex Championships)* Last Sunday two ...[Read more](#)

[Ilford AC Press Report. May Day Weekend 2017](#)





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ILFORD AC PRESS REPORT. MAY DAY WEEKEND 2017 *Serpentine 5k* * Friday 28th April 2017 *John Batchelor completed the Serpentine 5K in 163rd place out of 275 runners of all ages and sexes, in a time of 22:15, half a minute slower than his M75 course record.

Hackney Half Marathon *Sunday 30th April 2017* On a warm Sunday Morning 2 Ilford Athletes were among the 10,000 runners that ran this popular Half Marathon. The 'Hackney Half' takes place on the usually busy streets of Hackney, takes in part of the Olympic Park and past the London Stadium. Instead of cars though, the roads were busy with runners and enthusiastic locals with motivating banners and jelly beans. Club Captain Billy Green led the Ilford duo home in a seasons best 1:53:13 followed very closely by ...[Read more](#)

[ILFORD AC PRESS REPORT. 24th APRIL 2017](#)



ILFORD AC PRESS REPORT. MONDAY 24th APRIL 2017 *London 'Mini Marathon'* *Sunday* * April 23rd 2017* *Hick Shines at Mini Marathon* Ilford AC had 6 youngsters representing their borough in the prestigious London Mini Marathon race, where the best athletes from clubs around the country compete . Best performance of the day has to go to Matthew Hick. Matthew came 32nd in a high quality u13s race and ran 18:21, which was a personal best of over a minute and continues his impressive performances over the last few weeks In the u15s race Mungo Prior ran 17:56 for 84th, Farris Patel ran 18:33 for 102nd and Bradley Deacon 19:53 for 142nd In the u17s girls Jordan Hinds came an impressive 47th in 20:20 considering she has missed a lot of training due to exams Finally Katie ...[Read more](#)

[Ilford AC Press Report. 17th April 2017](#)



Southern Athletics League* *Saturday 15th April 2017* *Lee Valley Lea Valley was the venue for the first Southern League fixture of the season. It was a tough start with two of the teams who had finished in the top four last season. Ilford's team was mainly made up of promising youngsters, competing in the league for the first time. Star performer on the Woman's side was Krystle Balogun who competed in five events. First up was a controlled victory in the 800m. After sitting in for the first lap, Krystle made her move along the back straight before kicking to victory in a time of 2.23.14. Next up Krystle tackled the 400m, which produced another first place in a time of 60.8. Her final individual event was the 200m where she took ...[Read more](#)

[Ilford AC Press Report April 10th 2017](#)



A fantastic weekend for Ilford AC with medals, P.B's and records a plenty. Whilst medals are great I continue to thank everyone though that puts on an Ilford vest and competes. Well



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done everyone and thank you *British Masters 10km* *Sunday 9th April* Gravesend Cyclopark A squad of 10 Ilford AC travelled to Kent to take part in the British Masters 10km Championship held of 4 laps on the rolling Gravesend Cyclopath. This masters only event, restricted to athletes over 35 years old, had strong entry and was raced out on a sunny morning and saw Ilford return home with six medals, 3 individual and 3 team.. Best for Ilford was Terry Knightley who showed good form to finish 28th overall and 5th in the M55 category in 40 mins 38 secs. ...[Read more](#)

[Ilford AC. Press Report. Monday 3rd April 2017](#)



PRESS REPORT. APRIL 3rd 2017 *Victoria Park 5 Road race* *Saturday 1st April* This was the 50th anniversary of this popular race. Ilford had one athlete 17 year old Ahmed Abdulle, who put in a excellent performance in taking 3rd place overall and first in the M17-18 division in a new Pb time of 25:36 *Woodford Green open track meeting Saturday 1st April * Krystle Bologun opening her account for the season dropped down in distance to run a 200m in 28:01.for 5th place *Braintree 5 (incorporating the Essex 5 miles Championship)* *Sunday 2 April* Ilford AC dominated the Essex 5 mile Championship at Braintree on Sunday taking 1st and 2nd places as well as the team title. On a bright spring like morning 440 runners lined up for the Braintree 5 miles, which was ...[Read more](#)

[Press Report 27th March 2017](#)



World masters indoor championships * Daegu south Korea Thursday 23 march* World championship week continues in Daegu, South Korea and on Thursday the men's 3000m was staged. Ilford AC's Rob Sargent ran in the M60 category. He ran a steady 15 laps on the 200m track to come home in 12th in 14mins 16.21 secs. *World Masters Indoor Championship **Daegu south Korea **Saturday 25 March* The last day of the world masters indoor championship dawned overcast and drizzled but dried out by the start at 8am of one of the outdoor events staged at the games - The Half Marathon. Ilford AC's Rob Sargent was among the Brits entered in a field made up of mostly Koreans. The course was over 2 laps around the Daegu stadium where the 2011 IAAF world athletics championships were ...[Read more](#)