

Press Report 28th June 2016



OLYMPIC PARK 5km (ELVIS) A good team performance from the 28 Ilford AC finishers in this race. the 3rd round of this year's ELVIS league, saw the team produce their best result of the season in the league competition. The race was over 5km on a 2 lap twisty course to the north of the Olympic Park held last Tuesday evening and hosted by East End Road Runners. The team were led home by Sam Rahman, who is returning to top form, in 7th place in 17m 41s, with Steve Philcox close behind in 9th with 17m 42s, a performance that once again won him the M50 category prize. Paul Holloway took the award for 1st in the M40 group finishing 11th ...[Read more](#)

Press Report 21st June 2016



Essex Schools George Jumps to EssexSchools Gold and top ranking in the country Ilford's young athletes had 4 representatives at the Essex Schools champs , held at Chelmsford on Saturday June 11th All 4 athletes competed to an extraordinary high level and showed how much progress they have all made in their short athletics career to date. All rounder Anthony



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[Young Athletes Report 21st June 2016](#)



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[Press Report 14th June 2016](#)



Woodford Open Graded Meeting Ilford Youngsters Make the Grade Ilford's young athletes had a great night at the recent open graded meeting at Woodford. The late afternoon thunderstorms had finished and it was a perfect night for running, with for the first time in



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living memory, no gale force wind at a Woodford Open meeting. First up was new member Temi Adeoshun, who despite getting lost on route and only turning up 15 minutes before the start, ran a great 100m in a time of 12.12. Next up in 100m was Ellie Wright who achieved a personal best time of 13.98 in placing 2nd in the 100m, followed up less than an hour later with another personal best of 29.23 for 3rd place ...[Read more](#)

[Press Report 7th June 2016](#)



Orion Forest 5 Ilford AC's Steve Philcox led a trio of club runners home in the first of Orion's 3 race forest 5 mile series held over the normal undulating multi-terrain course at Chingford Plain on Saturday morning. Philcox clocked 31.37 for 12th spot overall just missing out on the top male vet 50 run of the morning. He was accompanied by Peter Spelman who managed 128th place with 46.56 and the legendary Pam Jones competing in the female over 55 category but incredibly in her 80th year and clocking 55.11 in 144th. SCVAC - Match 2 Stevenage A small contingent of 3 travelled to Stevenage recently to compete in match 2 of the Vets League. Due to the schedule it was difficult to ...[Read more](#)

[Press Report Ilford 31st May 2016](#)



Southern League Match 2 - Mile End Stadium 22nd May 2016 Golden girls win Again and Again A small team of just seven athletes competed for Ilford in the latest round of the Southern League at Mile end last Sunday. Despite finishing in 5th place in the overall standings there were some superb individual performances and wins. On the ladies side Ilford's Dynamic duo of Krystle Balogun and Jordan Hinds continued their dominance of the



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400m and 800m, with both A and B string victories in both events. Since returning to the southern League last year Ilford have had seven matches and Krystle has won every 800m race. At Mile End she won the 800m in a time of 2.25.3, with Jordan second in ...[Read more](#)

[Press Report 24th May 2016](#)



Dagenham 5 Mile (ish) The 2016 Elvis Race Series got off to a good start at Eastbrook End Country Park on Tuesday Evening when Dagenham 88 hosted the first of this years 7 summer races with their 5 mile ish event. The 'ish' purposely appears in the title courtesy of the host Club to announce that the measurement of the course is notoriously inaccurate. Past races have been anything from 4.7 - 5.3 miles but this year most runners garmins recorded around the 5 mile mark. Last years race fell on the hottest day for 16 years, and this years featured a magnificently moody sky and double rainbow. After a lot of rain during the day it hadn't really abated for the ...[Read more](#)

[Press Report 17th May 2016](#)



Essex County Track & Field Championships Three Ilford athletes Krystle Bologun, Tom Gardner, Ahmed Abdulle, amassed 3 gold 1 silver and 1 bronze medal at these championships held at Chelmsford. On day 1 the 3000m saw the Senior men and U/20 race combined with Ahmed winning the overall race in 8-51 together with the U/20 title, with Tom coming 2nd in 8-57 and thereby taking the Senior men's title,. In the 800m Krystle battled all the way for her bronze in 2-23. On day 2 it was the same format again with the 1500m U/20 combined



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with the Senior men. Although Ahmed came 4th overall he took the U/20 title in 4-06-6. In the 5000m Tom lost out in a sprint finish in the home straight narrowly beaten into ...[Read more](#)

[Press Report 10th May 2016](#)



VICTORIA PARK 5 miles The numbers were somewhat down for this year's running of this long established race which was run later this year. Four Ilford athletes took to the park paths of this figure of 8 course on a warm sunny day with variable head & cross winds. From the off birthday boy Ahmed Abdulle now 17 went with the lead group with Tom Gardner just sitting off the pace. Tom started to reel in Ahmed over the later stages finishing in 4th place in 26-04 with Ahmed in his first ever 5 miler in 5th place in 26-08. Usamah Patel returning back from injury used this as a fitness run finishing in 30th in 30-31 with track team ...[Read more](#)

[Press Report 3rd May 2016](#)



Witham 5 Mile Road Race (incorporating the Essex Championships) Monday 2 May There was a good turn out of endurance runners from Ilford AC in the Witham 5 mile road race, which incorporated the Essex Championships, run over a gently undulating course on Bank Holiday Monday Morning. Tom Gardner put together a great race to win the event and the Essex title, the second Ilford runner to do so in the last 3 years, he was the runner-up last year. Tom's winning time was 25m 48s, a new personal best. Also medalling in the county championships was Steve Philcox in 15th place with 28m 46s, taking the silver in the M50 category. There



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was a good run from Terry Knightley in 27th with 29m 57s ...[Read more](#)

