

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 Abdule run his first 3000m of the season. Although he has been off form of late AHMED put in a 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



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](#)

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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](#)

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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](#)

[Press Report. Monday 20th March 2017](#)



SENIORS *Essex Road Relays Harwich 18th March 2017 * Harwich, a Haven town and port oft sleepy, tranquil and serene on a Saturday morning was curiously abuzz with activity as a

record 98 teams declaring themselves fit to do battle descended on a small oval shelter along the Dovercourt seafront for the annual running of the Essex Relay Open and Veteran Championships. Thankfully the strong winds of the previous night had mostly abated leaving a brisk cross breeze that did little to deter the enthusiasm of either the competitors or the stoic yet somewhat amusing efforts of those stalwarts attempting to erect the Witham pop-up tent. It was equally heartening to see teams from the length and breadth of the County, some surviving vast and tortuous journeys all for the privilege ...[Read more](#)

[Ilford Press Report 14th March 2017](#)



*Ilford AC Press report March 14th 2017 * *Bath** Half Marathon* *12th March 2017* Blair McWhirter produced probably the best performance of the week finishing 4th of over 12,500 runners in the Bath Half in a time of 1:09:44. The two lap traffic-free course, which is well known for being flat and fast, straddles both sides of the River Avon, taking runners through the beautiful World Heritage Site of Bath. *Colchester Half Marathon 12th March 2017* On an overcast but dry morning over 2600 runners took part in the annual Colchester Half Marathon, including a trio of Ilford AC athletes. The challenging course was won by Thomas Kaye representing the Army in an impressive 1:14:25. First Ilford athlete home was Stephen Parker who ran well for 362nd place in a time of 1:39:55. Stephen was ...[Read more](#)

[Press Report 6th March 2017](#)



Brighton Half Marathon (26th Feb), Essex 20 Langham (5th March) Ilford AC's Blair McWhirter has been in excellent form of late narrowly missing out on a podium finish at the prestigious Brighton half marathon 2 weeks ago. The Ilford man clocked a speedy 68.58 just 3 secs behind the 3rd place man and with only 21 seconds covering the first 4 places. The race was won by Kent AC's Jonathan Tipper clocking 68.37 in a high class field with the first 6 home all breaking the 70 minute barrier. Coincidentally it was another member of the same club Kent AC who was to deny McWhirter of the victory spoils a week later in the Essex 20 miles Road Championships held around the rural lanes ...[Read more](#)

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