

## Press Report 28th November 2016



Essex Veterans & Junior Cross Country Championships Saturday 20 November Writtle College  
The Essex Cross-Country Championships for Veteran and junior athletes was held at Writtle College last Saturday. The veteran races were held over an interesting and challenging 8k course. A stream crossing and a steeply banked lake which the runners had to circumnavigate twice caused some severe bottlenecks and anguish for unsuspecting runners, many of whom were reduced to a walk during this section. Star of the show for the Ilford AC squad was Steve Philcox who put in a great performance to finish 2nd in the M50+ age category race to take the silver medal in 31mins 54 secs for the 8km event. Next home in 25th spot was Neil Crisp in ...[Read more](#)

## Press Report 22nd November 2016



LONDON CROSS COUNTRY CHAMPS PARLIAMENT HILL FIELDS Saturday 19 November Ilford's



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17 year old Ahmed Abdulle, being too old to run in the London youth games, stepped up a level to compete in the Senior London cross country championships held over the classic Parliament Hill course of approximately 10k. Ahmed went with lead group from the start putting in a excellent performance to finish 7th in the Seniors but taking the 1st place in the under 20 in 32-11. Presenting Ahmed with his medal was South of England official and life member of Ilford AC Phyllis Winger Essex Cross Country League Horseheath, Cambridgeshire Saturday 19 November The latest match in this winter's Essex Cross-Country League was held on a chilly Saturday afternoon at the Horseheath Point to Point ...[Read more](#)

[Press Report 15th November 2016](#)



British and Irish Masters Cross-Country International Tollcross Park, Glasgow Saturday 12 November Ilford Ac's Pam Jones was called up as a reserve for the strong England team for the International match, featuring England, Scotland. Northern Ireland, Eire and Scotland, held on a testing grassland course at Tollcross Park in Scotland. Pam ran in the open and reserves 6km race and ran a steady pace throughout the 3 lap race finishing strongly in 35 mins 53 secs for 25th spot. England were victorious in the match [Read more](#)

[Press Report 8th November 2016](#)



Dublin Marathon 30th October 2016 Ilford AC siblings Carol and Malcolm Muir both competed in the Dublin Marathon the previous weekend. Malcolm was really there mainly to support a great “sister act” by Carol who smashed her marathon PB by a massive 45 minutes. Carol was delighted with her time of 5hours 11 minutes and 53 seconds especially as only two months ago a knee infection had seriously curtailed her training. Malcolm for his part targeted the Father Collins parkrun the day before which he won easily in a speedy time of 16.47. As a result he suffered in the latter part of the following day’s marathon after going through halfway in around 1 hour 21 minutes. Nevertheless he still crossed the ...[Read more](#)

### [Press Report 1st November 2016](#)



Essex XC League Hylands Park Chelmsford Saturday 29th October The second match of the Essex Cross Country League was contested at Hylands Park Chelmsford last Saturday with Ilford AC slightly down on numbers but still having a representation through the age groups. The unseasonably fine weather continued to provide dry courses free from mud with conditions ideal for the speedsters. In the junior races Mathew Hick and Mario Dobrescu both acquitted themselves well finishing in 23rd and 46th positions respectively out of a field of 56. Mungo Prior had an excellent run in the Under 15 boys just missing out on a podium spot with 4th place. In the same field of 55 Bradley Deacon finished 45th and Leo Ronson 50th. Jordan Hinds ran in ...[Read more](#)

### [Press Report 17th October 2016](#)



Ilford Ac's Malcolm Muir continued his return to form with a fine run at the Wix 5 mile near Manningtree on Sunday. The Ilford man just missed out on a podium place but nevertheless his time of 27.50 was good enough for the top M40 prize of the day. He was joined by the legendary Pam Jones who posted an incredible time of 50.06, her fastest time for the distance to date as an 80 year old, to finish 248th in a field of 306 runners. The Club had 5 runners in the Harold Wood 5mile event held on Sunday morning. The course comprised 2 loops of multi terrain starting and finishing in Harold Wood Park. Leading them in was Steve Philcox, ...[Read more](#)

### [Press Report 11th October 2016](#)

