



## Press Report Ilford AC 26th April 2016



Virgin London Marathon Sunday 24 April A very chilly morning day provided some good running conditions for the 39000 plus finishers in the 36th staging of the London Marathon first run back in March 1981. This suited the 11 strong squad from Ilford AC enabling them to produce some good results. They were cheered through the 19 mile mark at Canary Wharf by a team of dedicated volunteers many of whom had braved the cold since early morning to man the Ilford AC water station with their customary enthusiasm and encouragement. First Ilford vest to cross the finishing line in The Mall was Blair McWhirter who recorded a notable 74th position overall in a time of 2h 28m 12s having passed the half ...[Read more](#)

## Press Report 19th April 2016



Braintree 5 Mile Road Race Sunday 17 April There was a good turnout from the Ilford AC endurance squad at the Braintree 5 mile road race last Sunday with some of the Club's runners using the event as a last hard run out before next weeks London Marathon where there will be a large Ilford team. The race was held over a slightly undulating rural course , next to Great Notley Country Park, Braintree with a fan entry of some 375 competitors. Leading the Ilford challenge was Malcolm Muir who showed good form to take second place and first in the M40 age category in 27m 10s. Steve Philcox took the M50 group trophy placing 10th in 29m 03s and Neil Crisp was ...[Read more](#)

[Press Report 12th April 2016](#)



Little Bromley 10k Sunday 10th April 2016 Four Members of Ilford Athletic Club travelled to the small village of Little Bromley in Manningtree in Essex on Sunday for the Inaugural Little Bromley 10K Road Race organised by Harwich Runners. A field of 394 starters toed the line to run on one lap, accurately measured, fast and flat course around the country lanes in ideal conditions. First home for the Club was long serving member, Terry Knightley, in 22nd position in a seasons best 37 minutes and 35 seconds and was 2nd Veteran Over 50 in his age category. Next home and winning the 1st Over 60's prize was Tony Nixon in 50th place for 40 Minutes and 9 Seconds. Andy Catton followed him home in 71st ...[Read more](#)

#### [Press Report 5th April 2016](#)



Olympic Park 10km (incorporating the British Masters and VAC Championships) Saturday 2nd April It was another successful day for the endurance runners of Ilford AC as they returned from the regular monthly 10km in the Olympic Park with 4 gold 3 silver and 1 bronze British Masters Championship medals. The April race, which also Incorporated the British Masters Championship and the London based Veterans AC Championships, was held on an interesting twisty 3 lap course outside the stadium. The leading athlete from Ilford was Blair McWhirter who finished 5th overall out of the 500 plus finishers in an impressive 33 mins 45 secs. He was supported by Steve Philcox in 28th with a quick 36 mins 30secs and Paul Holloway in 37 m 49s ...[Read more](#)

#### [Press Report 29th March 2016](#)



## Ilford Athletic Club

Isle of Wight Easter Races Ilford AC's Malcolm Muir spent the Easter weekend competing in the Isle of Wight where he enjoyed mixed fortunes in two separate races as a result of leading runners going off course. On Saturday he ran in the Newport to Ryde 7mile multi terrain race where he finished 4th in 46mins 10 secs .However he had been in 2nd place for most of the race about 20 seconds behind the eventual winner when with 800m to go he took a wrong turning and ended up doing an extra 1000m. The winner was Ben Douglas of Notts in 43.20. Monday's race was the West Wight 3 hills 8m multi terrain event held at Freshwater where coincidentally with 400m to ...[Read more](#)

### [Press Report 21st March 2016](#)



Essex Road Relays 2016 A cool overcast Saturday morning greeted Essex road runners as Harwich Runners staged the County Road Relays for the 2nd year in succession. Ilford AC fielded 3 teams with some good success coming away with 2 silver medals. The strong coastal winds of last year were thankfully absent on this occasion affording competitors the opportunity to record some fast times over the 5k measured course along the Dovercourt seafront. Not including a few "no shows" and incomplete teams 14 clubs closed 62 full teams at the final reckoning. In the male open race held over 4 legs a storming opening run by Springfield's lead-off man Scott Cousins posted the intent of a very strong Strider's team. He was chased ...[Read more](#)

### [Press Report 15th March 2016](#)





Barcelona Marathon Barcelona 13th March 2016 Ilford AC's Paul Holloway ran a superbly judged race when recording a personal best for the distance in the Barcelona marathon on Sunday. Paul's chip time of 2 hours 52 mins and 50 secs (gun time 2.52.56) placed him 347th in a mass field of nearly 17000 runners. However more impressive than his finishing position were the splits times with the Ilford man going through halfway in 1.26.35 and coming back slightly quicker in 1.26.15, emulating the perfect recommended way to run a marathon.

Colchester Half Marathon Sunday 13th March 2016 Blair McWhirter of Ilford AC returned to Colchester for the half marathon which he won two years ago when he defeated local favourite Adrian Mussett. On this occasion ...[Read more](#)

[Press Report 8th March 2016](#)



ESSEX 20 Langham Sunday 6 March This year's Essex 20 mile road championship was held on the usual three lap course around the village of Langham near Colchester. The event this year also incorporated an inter counties match between Essex, Cambridgeshire, Suffolk, Kent and Bedfordshire and Ilford ACs Blair McWhirter was picked to represent the county in their four man team winning his first Essex county vest. A chilly, breezy Sunday morning greeted the field of almost 400 runners who produced some good results. Leading the way for Ilford was Blair McWhirter, slightly down on his normal pace but still finished an impressive 7th in



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1hr 53m 35s, which placed him 5th in the Essex championship. Malcolm Muir put in his usual determined run ...[Read more](#)

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



Roding Valley Half Marathon Woodford Sunday 28 February The Roding Valley half marathon took place on a chilly, breezy Sunday morning on a challenging course from the Ashton Playing Fields around Woodford but the runners from Ilford AC rose to the event and posted times close to their best for the distance. Leading the way with an excellent run was Steve Philcox who placed 6th overall in a field of 571 finishers in a time of 1hr 21mins 07 secs, which won him the M50 age category prize. Kevin Wotton came home 44th in 1h 28m 05s with Declan Cullen recording 1h 42m 28s for 176th with Steve Parker the next over the line 11 seconds later, In position 234 Billy Green came ...[Read more](#)

### [Press Report Ilford AC 23rd February](#)



Hampton Court Half Marathon London Thames Ditton Sunday 21st February Ilford AC's Paul Holloway continued his warm up for the Barcelona Marathon next month with another impressive performance last Sunday. The ever improving Ilford runner clocked 1.20.30 which was just shy of his PB and placed him 21st in a large field of 1500 runners. Midweek Indoor Middle Distance Open Meeting Lee Valley Wednesday 15th February At the recent open meeting at the Lee Valley Athletic Centre two Ilford AC runners took to the indoor track. First up in heat 4 was Blair McWhirter, in his first ever indoor race. Blair took control at the first



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bend and the pushed on to win the race in 4m 21.98s. Sam Rahman ran in heat 6 and took a  
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