

## Press Report 18th July 2016



Newman Hilly 5 Wednesday 13th July 2016 Ilford AC successfully hosted their showcase event at Chigwell Row last Wednesday evening with the 26th running of the Newman Hilly 5 which was also the 4th race of the extremely popular Elvis series. Well over 200 runners took to the trails of Hainault Forest over a 2 lap course of just over 5 miles on a cool but pleasant evening which provided almost near perfect running conditions although recent rain had made the terrain a little muddy underfoot. As always this event shows the club at its best and even with an army of volunteers and marshals was still able to put out 21 runners and dominate the men's race. At the end of the ...[Read more](#)

## Press Report 12th July



Felsted 10k Over 400 runners lined up for the Felsted 10k on a muggy morning last Sunday. The race which starts and finishes at Felsted school is held over a fast flat road course with some gentle undulations. It was also the Essex 10k championships and the 4th county Grand Prix Race for 2016.. Ilford AC had 12 runners competing in these championships with Malcolm Muir returning from a lay off the best of the bunch coming home in 18th place with 36.15. He was followed in by Sam Rahman, 24th in 36.56 and Paul Holloway 32nd in 37.37. Other Ilford

men's times and positions were Steve Philcox, 39th 38.26, Neil Crisp 42nd 38.32, Terry Knightley 58th 39.43, Declan Cullen 153rd 45.38, ...[Read more](#)

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



ORION Forest 5 Chingford. Saturday 2nd July. On a warm Saturday morning 4 Ilford AC athletes were amongst the 154 runners lining up for the second in the series of 3 'Forest 5' runs organised by Orion Harriers. The course followed a one lap route around Epping Forest with plenty of hills, and this year a lot more mud than previous years. Leading the Ilford men home, and placing first in the M50 category with an impressive time of 31:08 was the in-form Stephen Philcox. 2nd and 3rd men home were Billy Green coming in at 41:12 and Pathrose Louis clocking 46:09. Performance of the day though was from Pam Jones who completed her last race as a septuagenarian finishing to huge cheers with a time ...[Read more](#)

### [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 George was chosen to compete in the Triple Jump very late in the day and after a few training sessions, jumped to win Gold in the u15s Age group in 12.38m. To add to Anthony achievements , his jump on the day pushed him to the highest ranked Triple jumper in the country and will be making his way to the English Schools, ...[Read more](#)

## Young Athletes Report 21st June 2016



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achievements , his jump on the day pushed him to the highest ranked Triple jumper in the country and will be making his way to the English Schools, ...[Read more](#)

### [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 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



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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 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



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really abated for the ...[Read more](#)

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