



Press Report 15th September 2015



PLESHEY HALF MARATHON Sunday 13 September On a bright sunny Sunday morning Ilford AC's endurance squad enjoyed yet another successful outing at the Pleshey half marathon near Chelmsford which once again doubled as the Essex half marathon championships, as they won 6 county medals The race, run on a gently undulating and well marshaled rural route from the picturesque village of Pleshey, saw the welcome return of New Zealander Blair McWhirter to the Ilford ranks following a spell working aboard. Blair picked up where he left off winning the race and the Essex title in a years best od 1hr 11mins 18 secs. He was supported by the in form Sam Rahman who attacked the race to set a new personal best time ...[Read more](#)

Press Report 8th September 2015



Wissey Half Marathon Oxborough, Norfolk Sunday 6 September A small squad fro Ilford Ac's endurance squad travelled to the village of Oxborough in Norfolk for the Wissey Half Marathon which incorporated the British Masters Championship. The race was held on quiet rural roads on an ideal morning for running. Terry Knightley was the first home for the club in



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98th spot with 1hr 35mins 35s which placed him 8th in the M55 group in the British Masters (BMAF). Next home was Steve Parker with 1h 40m 00s for 124th and 11th in the same age group. while group coach Rob Sargent finished in 1h 49m 45s for 153rd and 7th in the M60 BMAF category and won him the bronze medal in the ...[Read more](#)

[Press Report 1st September 2015](#)



Barking Park 5k Monday 31 st August The torrential rain of a very unseasonal Bank Holiday Monday morning did little to dampen the spirits of runners from Ilford AC as an excellent turnout of 35 athletes braved the inclement conditions of the Barking Park 5k, the penultimate race of the ever popular Elvis 7 race series. The Cricklefields based club were boosted by the return of former winner Amin Koikai who led the race for the first half lap of the 2 lap course, before eventually being swallowed up by the chasing pack. Nevertheless it was a fine performance for the Kenyan born veteran and his 16.50 and 5 th place gave him top male 40 plus run of the day. The Ilford ...[Read more](#)

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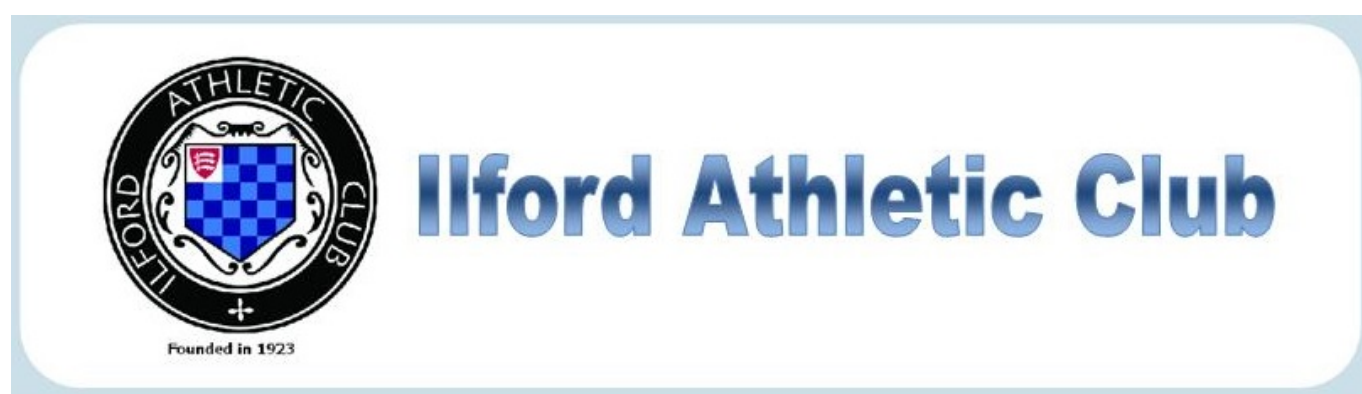
Carol Muir's 100th Different Parkrun A large contingent from Ilford AC turned out to offer



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some superb support for their fellow clubmate Carol Muir as she completed her 100th different Parkrun at Raphaels Park, Romford last Saturday morning. This community event has developed its own terminology over the years and Carol who has competed in Parkruns the length and breadth of the country certainly now qualifies as “Queen of the Parkrun Tourists”. This was also Carol’s 209th completed Parkrun over 100 diferent 5k courses that began at the first Valentines Parkrun back in February 2011. For the record Carol clocked 27.38 in this fun event which recorded a certain Elvis Presley also from Ilford AC as a first ...[Read more](#)

[Press Report 17th August 2015](#)



Southern League Match 5 Hemel Hempstead Saturday 15th August 2015 Ilford AC finished their Southern League campaign with an excellent 4 th place at Hemel Hempstead on Saturday. This was Ilford’s toughest match of the season as three of the four opposing teams were in the top 6 of the division after the first four fixtures. Ilford were no match for these three teams, but they had an all day battle with Braintree, with Ilford finally prevailing by 4.5 points, after the final event. Top performer’s for Ilford were Vicky Onyeka and Krystle Balogun, who both did four individual events and a leg of the 4x 400 relay. Vicky took 2 nd place in the 100m in 13.6 and followed this up with 4 th ...[Read more](#)

[Press Report 11th August 2015](#)



World Masters track and field championships Lyon France The 21st edition of the world masters track and field championships is currently taking place in Lyon, France and is the first staging of the games in Europe since 2009 and the first time in France. The first week has notable for strong sunshine and high temperatures of 35C plus. The first day featured the cross-country where there were 2 runners from Ilford AC on the British team for these events. Pam Jones ran an excellent race and was up in the leading group on the first of the 4 laps. Despite a tumble on the second lap she pushed on to finish second in 47 mins 33 secs for the 7.5km course to win ...[Read more](#)

[Press Report 4th August 2015](#)



Ilford AC's elder statesmen, Tony Nixon, completed a remarkably consistent run of results when competing in the 5th and final race of the Harwich 5k series last Tuesday evening. For the 4th consecutive race 67 year old Nixon posted the quickest age related time of the evening crossing the line in an excellent 19 mins and 17 seconds which equated to 14.34 on the age related scale. Unusually the wind had dropped along the Dovercourt seafront affording some pleasant running conditions for the competitors. The Ilford man was delighted to also run his fastest time of the series with his age related time slightly bettering his actual personal best for the distance set many years ago back in his heyday. Orion ...[Read more](#)



Press Report 28th July 2015



Magor Marsh 10k Gwent Sunday 26 July 2015 Five members of Ilford Athletic Club travelled to the small village of Magor in South Wales to compete in the prestigious British Masters 10K Road Race Championships incorporated into the Magor Marsh 10K. Battling the torrential rain around the Welsh country lanes against some of the elite of the Veterans in a field of 214 finishers the Ilford runners acquitted themselves well. First home for the club winning the bronze medal In the Male Veteran 40-44 age category was Malcolm Muir in 29th Place overall in 36 minutes and 30 seconds while still nursing a stomach injury. Next home was Terry Knightley in 50th place and 9th in the Male Veteran 55-59 age category in a seasons best 38 Minutes and 51 seconds. Andy Catton ...[Read more](#)

Press Report 21st July 2015



Newman Hilly 5 - ELVIS Hainault Forest Wednesday 15 July There was a record field of 260 finishers for the 25th running of the Newman Hilly 5 over the trials of Hainault Forest where Ilford AC managed to field a team of 30 along with organising and marshalling the event. Leading the way for the home club was Sam Rahman in 7th place with 29m 55s for the 5 mile course, with Paul Holloway next over the line in 30m 30s, claiming the M40 age group prize.



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Steve Philcox finished 13th in 30m 51s and Kevin Wotton recorded 31m 18s for 17th. Malcolm Muir, still suffering with a stomach injury, was 17th in 31m 18s and Robin McNelis closed the scorers for the mens team ...[Read more](#)

[Newman Hilly 5 15/07/2015 - Final Results and Elvis Standings](#)



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