



Press Report 17th May 2016



Essex County Track & Field Championships Three Ilford athletes Krystle Bologun, Tom Gardner, Ahmed Abdulle, amassed 3 gold 1 silver and 1 bronze medal at these championships held at Chelmsford. On day 1 the 3000m saw the Senior men and U/20 race combined with Ahmed winning the overall race in 8-51 together with the U/20 title, with Tom coming 2nd in 8-57 and thereby taking the Senior men's title,. In the 800m Krystle battled all the way for her bronze in 2-23. On day 2 it was the same format again with the 1500m U/20 combined with the Senior men. Although Ahmed come 4th overall he took the U/20 title in 4-06-6. In the 5000m Tom lost out in a sprint finish in the home straight narrowly beaten into ...[Read more](#)

Press Report 10th May 2016



VICTORIA PARK 5 miles The numbers were somewhat down for this year's running of this long established race which was run later this year. Four Ilford athletes took to the park paths of this figure of 8 course on a warm sunny day with variable head & cross winds. From the off birthday boy Ahmed Abdulle now 17 went with the lead group with Tom Gardner just sitting off the pace. Tom started to reel in Ahmed over the later stages finishing in 4th place in 26-04 with Ahmed in his first ever 5 miler in 5th place in 26-08. Usamah Patel returning



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back from injury used this as a fitness run finishing in 30th in 30-31 with track team ...[Read more](#)

[Press Report 3rd May 2016](#)



Witham 5 Mile Road Race (incorporating the Essex Championships) Monday 2 May There was a good turn out of endurance runners from Ilford AC in the Witham 5 mile road race, which incorporated the Essex Championships, run over a gently undulating course on Bank Holiday Monday Morning. Tom Gardner put together a great race to win the event and the Essex title, the second Ilford runner to do so in the last 3 years, he was the runner-up last year. Tom's winning time was 25m 48s, a new personal best. Also medalling in the county championships was Steve Philcox in 15th place with 28m 46s, taking the silver in the M50 category. There was a good run from Terry Knightley in 27th with 29m 57s ...[Read more](#)

[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](#)

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