

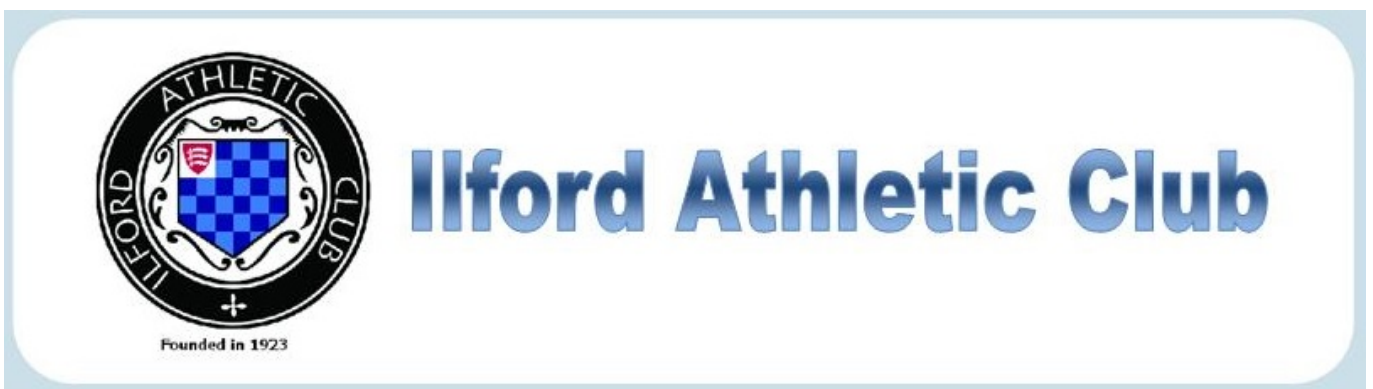


Press Report 17th November 2015



Ilford AC divided their attention between 2 cross country competitions over the weekend. Whilst most of the seniors concentrated on the 3rd round of the Essex League at Horseheath hosted by Cambridge and Coleridge AC, the majority of the youngsters made their way over to Parliament Hill to represent their Borough in the London Youth Games. In very testing wet and windy conditions the Ilford Athletes came away with very credible performances. In the Male U11s Matthew Hick came through the field to end up 13th. In the U13s Farris Patel ,who gets stronger with every race , came 13th. Arun Manget came 40th and Bradley Deacon came 76th. Mehdi Hurun came 134th. In the U15 Girls Jordan Hinds battled her way through to 72nd ...[Read more](#)

Press Report 10th November 2015



Stebbing 10 Sunday 8th November Hit by illness and injuries Ilford AC were forced to field a weakened squad in the Stebbing 10 mile road race which incorporated the Essex Championship last Sunday. First Ilford man home on the undulating rural course was Sam Rahman in 19th place with 60mins 04 secs with Steve Philcox next in 30th in 62m 32s, which



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won him the bronze medal for the M50 category in the Essex championship. Neil Crisp completed the scoring team showing improved form in 36th in 63m 12s and 5th spot in the Essex M50 grouping. The team placed 5th in the Essex championship. Robin McNelis came in 55th with 65m 39s, while the ladies ...[Read more](#)

[Press Report 2nd November 2015](#)



Essex Cross Country LeagueRound 2 Hockley Sat 31st October 2015 Runners from Ilford AC and representing a variety of age groups contested the 2nd round of the Essex Cross country League held at Hockley Woods in extremely pleasant autumnal running conditions last Saturday over the usual challenging and varied course comprising some steep climbs open fields and a wooded section. Once again many of the Club's younger members shined in the junior races. For the first time in many years Ilford had 6 U13 Boys competing. First home was Farris Patel in 12th place , quickly followed by Arun Manget in 13th. Both these athletes were challenging at the front for a large part of the race and were not far behind ...[Read more](#)

[Press Report 27th October 2015](#)



Great South Run Portsmouth Sunday 25October The city of Portsmouth on the South Coast



Founded in 1923

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provided the setting for Sunday's Great South Run on a calm morning with warm sunshine. A trio of runners representing Team Ilford AC, all giving good performances, were amongst a massive field of nearly 14000 finishers. Sam Rahman was first from the club to complete the 10 mile race around the city passing a number of the area's notable landmarks including Spinnaker Tower and HMS Victory. Sam continued his excellent form of late finishing in a superb 73th spot clocking a new personal best of 58 mins 36secs. Jenni Sheehan is another running well at the moment and also recorded a new best time for the distance of 72 ...[Read more](#)

[Press Report 20th October](#)



Wix 5 Sunday 18 October There was more success for the endurance squad of Ilford AC as they rallied up 5 Essex county medals, 5 personal bests and plenty of season's best times in the Wix 5 mile race which featured as the Essex County 5 mile championship. The race was held on a calm morning over a fast course based in the village of Wix, just outside Harwich. First home for Ilford was Tom Gardner, who was always up in the leading group, in an excellent second place in 26 mins 14 secs winning the county Silver medal. Next home was Sam Rahman in 17th improving his best time for the distance by 37seconds to 28m 22s, with Steve Philcox one place behind ...[Read more](#)

[Press Report 13th October](#)



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Ilford AC's youngsters were well represented in the first Cross Country Essex League race held at One Tree Hill and hosted by Thurrock Harriers on Saturday First up in the U11s Boys race were Matthew Hick and Euan Johnstone. Matthew ran a great race to finish in 3rd position and Euan in his first race over the country finished a very credible 12th. Ilford then put out 4 athletes in the u13s Boys race that followed where Farris Patel, improving with every race, led the club home in 10th place and was followed in by Aaron Manget in 14th. Bradley Deacon was next home in 2nd followed by Mehdi Harun who came in 52nd. In the U15 girls Jordan Hinds worked her way through the ...[Read more](#)

[Press Report 6th October 2015](#)





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Blair McWhirter of Ilford ran his first marathon since London last year at Chester on Sunday and put in another great performance. Starting off with the lead pack Blair went through halfway in 73 mins 17 secs in 5th place. In the second half he gained a place to come home 4th in 2h 27m 50s. In Wales Declan Cullen took part in the Cardiff Half Marathon finishing in 2676th in a field of almost 16000 in a new personal best time of 1h 41m 34s. Nearer to home Ilford AC had 3 runners in a mass field of over 1300 competitors at the Southend Classic 10k on Sunday. Steve Philcox posted the best of the Ilford times clocking 37.52 for 30th ...[Read more](#)

[Press Report 29th September 2015](#)



Valentines Park 5k Sunday 27th September 2015 Ilford AC fielded one of their stronger squads in the 7th and final race of the East London FiVe Interclub Series (Elvis) held at Valentines Park and hosted by East London Runners last Sunday. Held over the traditional two lap 5kilometre course 236 runners enjoyed the warm September sunshine producing some very fast times with the leading 2 runners going sub 16 minutes and the top 7 cracking the 17 minute barrier. Ilford's men's team was strengthened by the appearance of 2 talented youngsters, Ahmed Abdulle and Usamah Patel who had both raced the day before at the County Cross Country Relays but nevertheless put in excellent performances. It was Abdulle who led the Ilford charge involving himself ...[Read more](#)

[Press Report 22nd September 2015](#)



Ingatstone 5 Sunday 20th September Some very pleasant running conditions greeted a field of 121 runners who lined up for the 31st running of the iconic Ingatstone 5 Road race last Sunday. The race was founded by Ilford AC legend Howard Williams back in the 1980's and the Club recognised his legacy by providing a turnout of 10 runners as well as the Officials team who assisted the Ingatstone Boys Club in this annual charity event. Sam Rahman brought the Ilford men home in a time of 28.59 in 6th place with Steve Philcox, 7th in 29.03 and Neil Crisp 19th in 30.44 closing the team to 3rd place. Bradley Brown was 42nd in 34.57 and Ernie Forsyth 83rd clocking 41.36. The Ilford Ladies placed 4th with Bree N ...[Read more](#)

[Ingatstone 5 Results 2015](#)



Ingatstone 5 mile Results 20th September 2015 [Ingatstonr-5-Results-200915.xlsx](#) [Read more](#)

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