

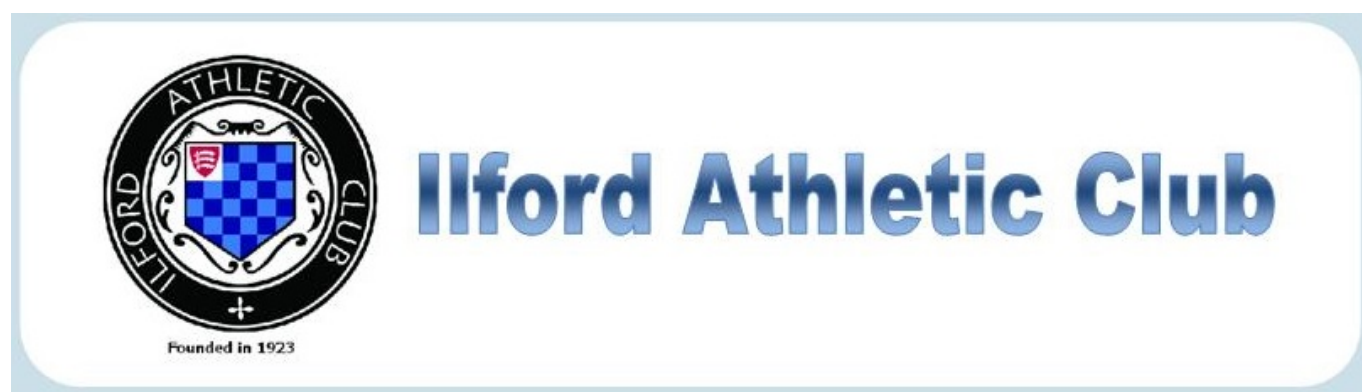


Press Report 14th July 2015



Sam Rahman kicked off the week for Ilford AC last Monday evening when he ran the 800m at the Mile End Open Meeting. He reached the bell in 65 seconds and tired a little on the second lap to record 2m 14.59secs for 5th place in a quality race. The next night there was another open track meeting, this time at Woodford Green. On a breezy night the two Ilford runners in the 1500m were hampered by the wind. Steve Philcox recorded 4m 57s .35s and was almost matched by Tony Hyde in 4m 57.58s. Sam Rahman was in action again, this time in the 3000m. Sam ran a well judged race and picked up the pace in the last 600m ...[Read more](#)

Press Report 7th July 2015



Dagenham 5 mileish ELVIS Wednesday 1 July Ilford AC were out in force for the 4th leg of this summer's ELVIS series held on a very hot evening in the Eastbrookend Country Park in Dagenham. Leading the way for the club in the 2 lap 4.8 mile race was Malcolm Muir who finished 5th and 1st in the M40 group, despite still being troubled by a stomach problem, in 28mins 19 secs. A stride behind him was the improving Sam Rahman with 28m 20s with Kevin Wotton putting in a fine run or 8th with 29m 35s. Tony Hyde took the M50 category title in 12th in 30m 24s. Steve Philcox came home 16th in 30m 51s and Neil Crisp was 1



place ...[Read more](#)

[Press Report 30th June 2015](#)



Springfield Striders Friday Night 5 miles Pleshey 26th June 2015 A handful of runners from Ilford AC made the trip to Pleshey on Friday evening to compete in the Springfield Striders Friday night 5 mile race. On a spectator friendly yet challenging 2 lap course Malcolm Muir was back in action despite still suffering from a stomach complaint. Clearly still some way below his best the Ilford captain still managed 3 rd place in a time of 28.38 to finish top male 40 runner of the night. Billy Green was next home in 64 th clocking 38.47 whilst the ladies were represented by Nicola Chester(96 th in 44.15 and Carol Muir 115 th in 48.17. Springfield's Mark Newton led the 129 strong field ...[Read more](#)

[Press Report 23rd June](#)



Eton Manor 5k Tuesday 16th June Leyton [Read more](#)

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Woodford Green Open Meeting Ashton Playing Fields Tuesday 9 June The first Tuesday Open Meeting staged by Woodford Green was held on a blustery chilly evening and a handful of Ilford endurance runners in action. In the 800m Sam Rahman placed 3rd in heat 2 with 2 Mins 18.17 secs with Krystle Balogun giving her usual determined performance in 4th with 2m 20.23s Sam Rahman was back in action in heat 1 of a fast 3000m recording 10m 18.10s for 12th. In heat 2 Steve Philcox placed 2nd with 10m 33.57s and ...[Read more](#)

[Press Report 8th June 2015](#)



Orion Forest 5 Chingford 6th June On a sunny, but windy morning no less than 27 Ilford AC athletes toed the line in the second of the ELVIS series, hosted by Orion Harriers. A record number of ladies were in action, with 12 in total made up of some familiar faces, some new joiners and some new, old faces. On the challenging forest route, which makes up the 1st race in Orion's Forest 5 series, Jenni Sheehan (37.9) led the ladies home, supported by Breege Nordin (1st 55, 37.31), Dianne Crisp (40.32) and Rachel Halpin (42.1), to bring the



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team in 3rd position. The Ilford Ladies showed good presence with performances from Nicola Hopkinson (42.31), Victoria Morgan (43.38), Julia Galea (45.59), Doris Gaga ...[Read more](#)

[Press Report 2nd June](#)



Essex County Track & Field Championships Chelmsford Saturday / Sunday 23rd / 24th May
Ilford AC Young Athletes produced some inspired performances in the Essex County Track and Field Championships held at the Chelmsford AC track on the recent bank holiday weekend. Star of the show was Muhammed Weyli who broke the U17 men's Club record of 50.2, set in 2005 by Gary Smallman, with an excellent time of 49.64, ranking him 5th in the country at U17 level for the distance. Teammate Kelechi Okorie running only his 3rd 400m race placed 2nd with a time of 50.27 just outside the old record. Another noteworthy performance came from Shane Johnson who competed in three different events earning three medals with three personal bests in the ...[Read more](#)

[Press Report 26th May 2015](#)



Essex Track and Field Championships – Days 1 & 2 May 23 – 24 May Chelmsford Ilford AC's



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Tom Gardner on the County's endurance track events, the 3000m & 5000m over the 2 days. The 3000m which was run at snails pace at times with some big kickers biding their time and consequently Tom had to settle 4th place in 9-04-62 .However In the 5000m the next day he had a outstanding performance and with a solid pace being set from the start he stayed with the leaders when the experienced Adrian Mussett of Colchester decided to pick up the pace. The Ilford man sat in just behind judging his effort to perfection kicking away at 100m out to cross the line in ...[Read more](#)

[Press Report 19th May 2015](#)



No less than 26 athletes from Ilford AC took to the paths of Havering's Raphael's Park last Tuesday to compete in the 1st leg of the very popular East London Five Interclub Series (Elvis) hosted by Havering 90 Joggers. Despite a very strong contingent from East London Runners Ilford Club Captain Malcolm Muir proved too good for all his rivals leading a field of over 200 runners home in a time of 27.03. He was well supported by Sam Rahman (13th) who still ran 29.36 despite still having tired legs from the marathon, Iain Knight (25th) 32.06, Neil Crisp (27th) 32.18, Terry Knightley (30th) 32.27 and Rohan Alexander(43rd) in 33.12 who were the scorers in the 6 man Elvis Team. Ilford ...[Read more](#)

[Press Report 12th May 2015](#)



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A small team of Ilford veteran athletes recently took to the track and field at Lee Valley competing in the first of four matches of the SCVAC season. Due to injuries and the small matter of the London Marathon the day before the depleted team acquitted themselves well to finish 5th on the evening out of 10 teams. Mike Horsey ...[Read more](#)

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