



Press Report Extra 17th February 2015



Bramley 20 miles Sunday 15th February 2015 Further afield 2 of Ilford's top endurance athletes competed in the Bramley 20 mile event which was hosted by Reading Roadrunners with an accompanying 10mile race on Sunday. Malcolm Muir finished 9th overall and 2nd vet 40 over a 2 lap course finishing in a time of 1.55.00 . After running the 1st half in a steady 58.50 he then raced the 2nd half in 56.10 for a significant negative split. Ben Jones came 85th in 2.14.32 which was more than impressive as he has not been able to do any long distance training for the race . Ilford AC now look forward to holding their club Championships over a classic 3 lap 10 mile cross ...[Read more](#)

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Chingford League 8km Road Race Victoria Park Hackney Saturday 14 February 2015 The last round of this winter's Chingford League was held last Saturday on a fast flat course in East London's famous Victoria Park on what was otherwise a quiet weekend for Essex and East London Road Running. The 8km race was held over 2 laps and Ilford AC fielded three 'guest' competitors in the large field of 252. Leading the way for the club was Kieran McKenna in 108th spot with 31m 08secs, while Rob Sargent recorded 38m 23s in 210th. The fast



improving Doris Gaga was again in fine form crossing the line 232nd with 41m 53s. [Read more](#)

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Lee Valley Indoors Centre Essex and Eastern Counties combined champs 8th - 9th February 2014 Ilford AC's small team of middle distance athletes excelled at these champs. Krystle Bologun got the squad off to a good start in the 800 metres setting a fast pace from the start



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coming home 1st in 2-22, a Pb for indoors & both titles. Next was Jack Maher who has been out of form lately but not to day with 150m in the 800 to go he made his move to come home 1st in 2-01 for a Pb indoors & both titles. Reining champion Usamah Patel faced his training partner Ahmed Abdulle in the 1500m,. The pace was fast from the start with Ahmed ...[Read more](#)

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Essex Cross Country League AbbeyFields Colchester Saturday 31 January The final round of this winter was held over a grassland course at Abbey Field in Colchester on a cold afternoon last Saturday. First up were the junior races where the ever present U/13 boys Bradley Deacon and Manraj Gill completed their 1st season at X country. They both put in solid runs with Manraj in 27th place in 10-32 and Bradley in 33rd place in 10-53. The overall points position was that Manraj finished in 21st place and Bradley in 24th place. The Senior Ladies race was held over 5km and Ilford were lead home by two athletes producing their best league runs to date; Krystle Balogun finished 7th in 22m 03s and Jenni Sheehan 18th ...[Read more](#)

[Press Report Ilford AC 27th January 2015](#)



South of England Cross Country Championships - Brighton Ilford AC continued to maintain a



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strong presence in these championships with Club captain Malcolm Muir drawing on his elite troops in the Senior race. Held over 9 miles at Stanmer Park , Brighton, last Saturday on a hilly but dry course and on a cold crisp day, 5 Ilford athletes travelled down to compete in the race. The race was won by Ben Tickner of Brighton Phoenix in 50.21. The Ilford athletes' times were as follows: 1. V40 runner Malcolm Muir - Position 122nd, time 57.05 2. SEN track runner Tom Gardner, Position 129th, time 57.20 3. V45 runner Paul Holloway, Position 434th, time 66.23 4. SEN Sam Rahman, Position ...[Read more](#)

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Ilford AC fielded 2 runners in the 25th running of the Benfleet 15 held at Hadleigh Downs on Sunday. On a very challenging multi terrain course comprising hard sections of sea wall contrasting with very boggy marshland and thick mud Bradley Brown was first home for the Club in a respectable time of 2 hours 5 mins 45 seconds for 129th place. The mud was so severe in places that at one point it claimed the running shoes of Peter Spelman who enlisted the help of a marshal to retrieve them. Undeterred by this Spelman still battled on to finish over 30 minutes quicker than last year's time to dip under the 3 hour mark in 2 hours 56 minutes ...[Read more](#)

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Essex Cross Country League Epping Forest, Chingford Saturday 10 January There was a good turnout from Ilford AC at the 4th round of this winters Essex Cross-Country League held on the usual tough course set by host club Orion Harriers in Epping Forest at Chingford. This year the conditions were harder than usual as the recent weather meant the course was soon churned into a quagmire. Four young Ilford athletes took on a very tough and muddy course finding the going difficult and mainly trying to keep their feet, but still gave a good account for themselves. Matthew Hick placed 5th in the u/11 in 5-24 with sister Isabella Hick 31st u/13 girls 22-50 Manraj Gill was 38th in the u/13 boys (13-24) ...[Read more](#)

[Press Report 6th January 2015](#)



Witham Boxing Day 5 Miles Friday 26 December While a number of their clubmates were in action in the Annual Boxing day Handicap in Hainault Forest 2 Ilford AC members took to the roads of Witham Malcom Muir was in good festive season form coming home in 9th spot in 27m 18s to take the M40 category prize. Meanwhile sister Carol placed 277th in a field of 376 in 47m 08s. Essex Cross-Country Championships Claybury Park, Woodford Saturday 3 January This years Essex Cross-Country Championships were held in the toughest conditions for years as heavy overnight rain turned the course around Claybury Park in Woodford into a muddy quagmire with freezing drizzle persisting throughout the event. Best performance for Ilford AC came from Ahmed Abdulle in the mens ...[Read more](#)

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Ilford AC had 14 hardy club runners contesting the annual Boxing Day cross country handicap held over 3.3 miles of a very muddy traditional course at Chigwell Row last Friday. Rachel Halpin, in training for this years London Marathon, showed her intent by running well above expectations heading home the field in a total time of 32.49 ,net 29.49, over a minute ahead of 2nd placer Declan Cullen, 33.50, 27.20. Neil Crisp was 3rd in 34.02, 23.02. The fastest net time of the day was posted by Ilford's rising young star Ahmed Abdulle whose 20.42 was achieved in full training attire and 6 seconds faster than mentor Tom Gardner , 20.48, times good enough to place them 9th and 10th respectively. Members entered into ...[Read more](#)

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South of England Masters Cross-Country Championships Horspath, Oxford, Saturday 13th December A small contingent of Ilford veterans made the trek to a cold but sunny Oxford last Saturday to compete over a tough but very interesting 10k course with a good mix of grassland, farm tracks and calf high mud plus two big hills thrown in for good measure. The 4 entrants each running in different age categories produced some good runs with the following age group results :- Malc Muir 8th M40 Paul Holloway 17th M45 Steve Cheal 56th M50 Andy Catton 5th M60. More significantly at the other end of the age spectrum Ahmed Abdulle ran brilliantly to finish 3rd in the Southern Inter Counties U17 race. With another year in the age ...[Read more](#)

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