



Press Report 1st December



Essex County Veterans & Junior Cross-Country Championships Colchester Garrison Saturday 28 November In the Essex X Country Champs held in Colchester at the weekend, Ilford AC had a number of Youngsters competing in the various age groups. In the Boys U13s , Ilford had 5 athletes competing and as a team just missed out on a Bronze medal, by coming 4th. First home for Ilford was Farris Patel. Farris was with the leaders the whole race and battled to a very promising 7th position. Next home was Arun Manget in 15th place, followed by Matthew Hick, 24th , Bradley Deacon 26th and Euan Johnstone in 40th. In the U15s Boys Jack Halil came a very respectable 41st. In the u15s Girls, Jordan Hinds came through ...[Read more](#)

Press Report 24th November 2015



Steve Philcox was the sole Ilford athlete at the Chelmsford 10k held at the traditional venue from the Melbourne track on Sunday afternoon. In a field of over 500 athletes packed with quality at the top end, Philcox ran an excellent time of 36 minutes dead for 19th position overall which was good enough to scoop the top male 50 prize of the day. The race was won by Billericay's Crispian Bloomfield in 32.09. Earlier in the day over 750 Runners lined up on the chilly, freezing and windy Suffolk Seafront to run the 7th Annual Adnams Southwold 10K Road Race. Held over a two and half lap hilly Multi-Terrain course around the town, Ilford AC's Terry Knightley found the going hard ...[Read more](#)

[Press Report Ilford 17th November 2015 - Extra](#)



LEEDS ABBEY DASH 10km Sunday 15 November The Leeds Abbey Dash 10km once again was selected as the English Championship and attracted a strong field. The race is over a fast flat out and back course from Leeds to Kirkstall Abbey but the damp breezy morning took the edge off of times this year. Sam Rahman of Ilford AC put in a strong run to place 273th in a field of over 9000 finishers in 35 mins 58 secs, just missing his personal best time. Further back in 2723th was club endurance coach Rob Sargent who was pleased to clock 48m 33s.

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[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



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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](#)



Stepping 10 Sunday 8th November Hit by illness and injuries Ilford AC were forced to field a weakened squad in the Stepping 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 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](#)

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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 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](#)



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



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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](#)



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](#)

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