

## Press Report 16th February



Deal Half Marathon – 14th Feb Elsewhere Ilford AC's Paul Holloway continued his build up to the Barcelona Marathon with a fine run in the Deal half marathon last Sunday. Paul tackled the notorious hills surrounding the Kent coastal town to record an excellent time of 1.22.50 for this challenging course which was good enough to place him 9th overall. [Read more](#)

## Press Report 9th February 2016





ESSEX CROSS COUNTRY LEAGUE Colchester Garrison Sunday 7 February 2016 Ilford AC produced some encouraging performances in the final round of this season's Essex Cross-Country League held on the playing fields at Colchester Garrison last Saturday when placing 4th in the senior men's match and 5th in the senior ladies, their best positions of the season. The ladies raced over 6km on a parkland course on a windy afternoon. Despite being weakened by 4 of the team being delayed in traffic after an accident closed the A12 and were therefore unable to reach the venue, the ladies still managed to close a scoring team in one of their best performances for several years. Leading the way was team captain Jenni Sheehan in a best ...[Read more](#)

[Press Report 2nd February 2016](#)



South of England Cross Country Championships Parliament Hill Fields Saturday 30 January Ilford AC's young athletes section continued it 's resurgence with another excellent turnout in the South of England Cross Country Championships held last Saturday at Parliament Hill Fields, the traditional home of English Cross Country. For somethis was to be their toughest test to date with the course's infamous hills and strength sapping mud as ever in abundance. Opening the Ilford account were four boys competing in the U13 event, an age group in which the Club has not fielded a team for some years. Leading the team homewas Farris Patel in a creditable 59th place. He was backed up by Matthew Hick in , 147thBradley Deacon in166th, and Euan Johnstone ...[Read more](#)

[Press Report 12th January](#)



Essex Cross-Country Championships Claybury Saturday 9 January 2016 Ilford AC's Ahmed Abdulle produced a marvellous run in wet and slippery conditions to take the Essex under 17 title at Claybury Country Park on Saturday. Staying with the lead group on the first lap the Ilford man started to make his move on lap 2 with Woodford's Canaan Solomon in close pursuit. Ahmed judged his finish to perfection coming home with 9 seconds to spare and well clear of the rest of the field. The Senior mens team were at full strength for their 12km championship with Tom Gardner continuing his good form coming home in a storming 13th in 41m 37s to lead the Club to an excellent 5th place in the team competition. ...[Read more](#)

#### [Press Report 5th January](#)



Ilford AC 10 Miles Cross Country "Race for Kev" Hainault Forest Monday 28th December Over 150 runners from all over the county mixed with runners from local clubs to pay tribute to Ilford athlete Kevin Newell as Ilford AC successfully hosted their 10 miles cross country event ("Race for Kev") over a very muddy traditional 3 lap course at Chigwell Row on Bank Holiday Monday. Kevin sustained a serious brain injury when falling from a ladder last January and now requires full time care. Competitors responded in typical fashion to the call with the tribute event raising a substantial donation to Kevin's charity. With the unseasonal weather continuing the beautiful sunny day that greeted the runners did little to disguise the seriously challenging nature ...[Read more](#)



## Press Report 15th December 2015



3 Ilford AC Athletes entered into the Christmas Spirit on the seafront at Shoeburyness on a cold, grey and drizzly Sunday morning for the 5th Annual Southend Five Mile Rudolph Run. The race was held over an out and back course on the promenade and In a field of over 330 Runners comprising of many dressed as Santa's, Elves, Reindeers and Christmas Trees. Ilford AC Super-Veteran, Terry Knightley ran a seasons best for Five Miles this year in 31 Minutes and 31 seconds to secure 9th place and win the First Veteran Over 55 Prize. Knightley won the inaugural race in 2011. Following him home in 17th position and winning the First Veteran over 40 Prize was Bradley Brown in 33 minutes ...[Read more](#)

## Press Report 8th December



Parkruns After 37 unsuccessful attempts to secure victory in a parkrun Ilford stalwart Terry Knightley finally came up trumps in Beckton's parkrun last Saturday morning. Knightley braved the high winds of the morning to record a modest yet victorious 20 minutes 18 seconds over a multi terrain two lap course around Beckton Park to take the spoils with his Ilford partner Kim Baxter occupying 27th position in 37 minutes and 31 seconds. 28 runners

graced the race. Elsewhere Carol Muir continued her “parkrun tourist” traditions hitting the Northampton event with a time of 31.25 placing her 161 in a field of 208. Nearer to home 144 runners took part in the Valentines Park event which included Ilford representatives Pathrose Louis (40th in ...[Read more](#)

### [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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