



Press Report 9th December 2014



Essex Cross-Country League Great Notley Country Park, Braintree Saturday 6 December The third round of this winter's Essex Cross-Country League was held at Great Notley Country Park, Braintree on Saturday and Ilford AC produced their best results of the season. The u-13 boys raced over 3000m on the grassland course which featured one tough climb. Arun Manget headed the squad in 15th spot in 10 mins 39 secs, with Manraj Gill 2nd with 11m 04s and Bradley Deacon 34th in 11m 10s. Together the boys placed 8th in the team competition. The u17 men gave the team their best results of the afternoon with an excellent run by Ahmed Abdulle coming 2nd in 18m 26s for the 6km course with took the hill in twice ...[Read more](#)

Press Report 1st December 2014



Essex Veteran Cross Country Championships Chigwell Row Saturday 29 November Veteran athletes from all over Essex enjoyed ideal running conditions in some warm autumnal sunshine as they tackled a classic challenging cross country course hosted by Ilford AC at their Chigwell Row venue last Saturday morning. The heavy rain leading up to the Essex XC Veterans Championship event had produced some very boggy conditions as the first race combining the over 50s men category with the women set off from the Common opposite



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Lambourne Road at 11am. Within 200 metres of the start the 200 strong field were into the worst of the long muddy climb which had to be negotiated twice on the 2 lap course of 5.4 miles. Neil Crisp ...[Read more](#)

This weeks News



This week we lovingly prepare the course for this Saturday's Extravaganza at Chigwell Row aka the Essex Veterans Cross Country Championships.....Having been advised that the Common is nowhere near boggy enough for traditionalists of the Sport I have arranged for several shipments of Stour and Thames Estuary mud to be liberally applied to the same, watered and ploughed in by a herd of stampeding Suffolk Red Poll Cows richly fed on decaying meadow grass and triple senokot....this should get the area a little bit more akin to Parliament Hill both in terms or appearance and aroma whilst also adding some extra atmosphere to the event. Martin Press Report Ilford AC's Malcolm Muir was in the middle of a busy weekend of Championship action ...[Read more](#)

Press Report 25th November 2014



Ilford AC's Malcolm Muir was in the middle of a busy weekend of Championship action this weekend. On Saturday he tackled the rolling slopes of Nottingham's Wollaton Park which played host to the British and Irish Masters Cross Country International. Muir featured



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strongly in the open 8k race where he narrowly missed out on a podium place finishing 4th in a top class field of veteran athletes and within 45 seconds of the winner. The following afternoon he had returned to Essex to compete in the Chelmsford 10k which also included the Essex County Championships. Another 4th placing in a time of 33.16 saw the Ilford man scoop the Essex Veteran over 40 Gold as he headed some excellent performances from ...[Read more](#)

[Press report 18th November 2014](#)



LONDON YOUTH GAMES X COUNTRY CHAMPS PARLIAMENT HILL Saturday 15th November
Over 1000 young Londoners descended on Parliament Hill last Saturday for the first event of the new Balfour Beatty London Youth Games season. The cross country competitions featured representatives from all 33 London borough teams, including several national and regional champions. A superb run by Ilford AC's Ahmed Abdulle in the under 17s race saw him narrowly missing out on victory in a sprint finish but was later given 1st place when officials disqualified the original winner for being a over aged runner. Ahmed's winning time was 17-10 some 30 seconds in hand of the next runner, and relegating the pre race favourite and Middlesex Champion to 6th. Usamah Patel found the ...[Read more](#)

[Press Report 11th November 2014](#)



Ilford Athletic Club



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Three runners from Ilford AC guested in the second match of this winters Chingford League, held on the challenging 5k circuit of the Redbridge Cycle Circuit at Hog Hill, Hainault last Tuesday. Kevin Newell was best placed of the trio in the three lap race in 24th spot out of 174 finishers in 18 mins 05 secs, with Sam Rahman recording 18m 21s in 32nd. Further back was Rob Sargent placing 137th with 24m 21s At the previous week's Friday's Serpentine Last Friday 5K race Ilford had John Batchelor and Kevin Newell in the starting line-up. Most notable for 23C temperature and brilliant sunshine on 31st October, the race was run over the two-lap Christmas course (caused by the ghastly "Winter ...[Read more](#)

[Press Report 4th November 2014](#)



Billericay 10k - Sunday 2nd November 2014 Double Gold For Ilford Athletic Club at The Billericay Striders 10K Road Race ! The Only Two Ilford Athletic Club members in a Field of Well Over 750 Entrants came away with respective Winners Trophies in their age categories at The Billericay Striders 10K Rad Race on Sunday. Held in Windy but cool conditions, Stephen Philcox outsprinted local Legend, John Barker of Thrift Green Trotters, to Win The Male Over 40's Veteran Trophy in 10th Place in a time of 36 Minutes and 47 seconds. He was Followed by Multiple Essex County Medallist, Terry Knightley, in 26th Position in 39 minutes and 57 seconds as he won the Male Over 50's Veteran Trophy for the 3rd ...[Read more](#)

[Press Report 28th October 2014](#)



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Dublin Marathon Monday 27th October 2014 Ilford AC.s Kevin Newell and Sam Rahman were among an estimated 14,000 runners from 47 countries in the 35th running of Sunday's Dublin Marathon. The breezy conditions and few extra hills thrown in this year following a course change due to the city-centre Luas works proved no obstacle to Newell as he stormed round the 26.2miles in a new personal best of 2hrs 48 minutes and 57 seconds for an impressive 81st place. Sam Rahman was a harsh judge of his own performance confessing to be slightly disappointed with his own run and struggled in comparison but nevertheless returned 2hours 57. 59 a time that many runners would be delighted with and good enough for 233rd ...[Read more](#)

[Press Report 21st October 2014](#)



Essex Cross Country League Thurrock 18/10/2014 Ilford AC opened their Cross Country season at One Tree Hill, Thurrock, on Saturday with a superb run by Ahmed Abdulle who showed a clean pair of heels to the rest of the field in the Under 17s race. He was well



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supported by Usamah Patel, 25th, and Jack Maher 39th. Three other young athletes also performed well in the under 13 boys race with Manraj Gill leading the trio home in 10th, Arun Manget in 12th and Bradley Deacon in 29th. There were 40 finishers in both races. Tom Gardner was the leading Ilford runner in the senior men's race managing 8th place in a top class field of 162 runners. Malcolm Muir was top male vet ...[Read more](#)

[Press Report 14th October 2014](#)



Tiptree 10 miles - inc Essex Champs Sunday 12/10/2014 A small but very competitive squad of runners from IlfordAC enjoyed some excellent racing as they took on the Essex 10 mile road championships around the quiet rural lanes of Tiptree last Sunday. Club captain Malcolm Muir led the way winning the race in an Essex Gold medal winning time of 55.56, over 30 seconds clear of the rest of the field. He was backed up by a superb performance from Kevin Newell who recorded a personal best of 57.31 and together with fellow veteran Steve Philcox, also breaking the hour mark and equaling his best of 59.32, the Ilford trio finishing in bronze medal position in the team competition. Newell was particularly ...[Read more](#)

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