

Press Report 10th September 2024



Southern Counties Veterans Athletic Club Final Last Saturday, the Ilford Vets team travelled to Oxford for the 7 team finals day against the other divisional winners. The day was going to be a test with a small team and athletes having to come down age groups to cover the middle distance events. Sam Malekout had a busy start to the day covering 3 field events as M35 all scheduled for the same start time. He finished fourth in the long jump, seventh in the hammer and sixth in the pole vault where he injured his calf. In between the field events he also competed in the A string 100m finishing fifth. Despite the injury he also finished sixth in the shot, fourth in ...[Read more](#)

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The Essex Way Relay 2024 The Essex Way relay is held on the first Sunday in September every year and covers 82 miles of ancient trails, footpaths, and countryside across Essex starting from Epping Station at 8am and finishing after 6pm at the Harwich Old Lighthouse in a 10 stage relay. This is one of the County's premier events with 82 teams from across Essex and beyond competing. Ilfords squad this year consisted of :- Leg 1 Epping to Chipping Ongar Seb Parris, Leg 2 Chipping Ongar to Good Easter Frieda Keane and Alison Sale, Leg 3 Good Easter to Little Leighs Danny Holeyman, Leg 4 Little Leighs to Cressing Malcolm Muir, Leg 5 Cressing to Great Tey Jim Tilbrook, Leg 6 Great Tey to West Bergholt Sharon Honey, Leg ...[Read more](#)

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Southern Athletics League 4 (SAL) 16/08/24 Going into the final league match of the season Ilford AC were at real risk of relegation. The whole club came together from first year under 17s to seasoned veterans to pull off a brilliant result of equal 4th place on the day which meant that we stayed in the 2nd division for another season. Thanks must go to team managers Wayne Hick and Gary Floate who have done the job for ten years built the team, gained promotion and kept us up. In the league athletes who are willing to go above and beyond, do multiple events and try new events make a real difference to the squad. Five athletes who have done this, this season and ...[Read more](#)

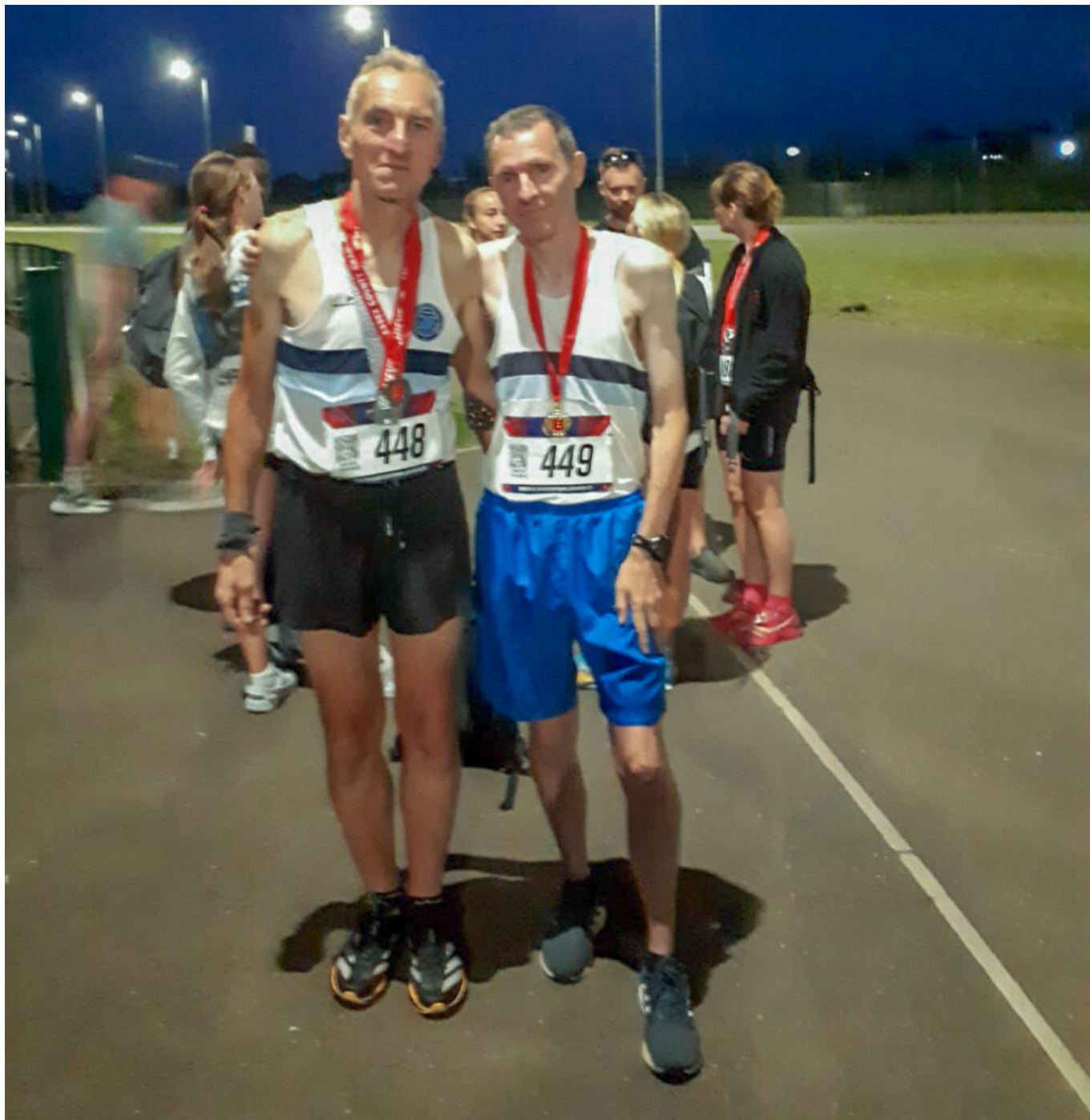
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Ingatestone 5 Sunday 18th August The Ingatestone 5 as an annual charity race, raising money for Ingatestone Boys Club. The race was founded by Ilford Legend Howard Williams. Howard sadly passed away in 2017 but Ilford AC have maintained strong links with the race by providing a team to administer the on the day entries and results service. This year, for the first time, the race also had the honour of being the host of the Essex 5 Mile road

championship. As well as a dozen volunteers Ilford AC also had 18 participants competing for Essex honours. First home was Ilfords Jack Nixon in an impressive time of 25:19 to take home the Essex trophy and Gold medal. Next home for the club was Alex ...[Read more](#)

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Essex 5k Championships Colchester A contingent of 7 Ilford men made the journey to Colchester on the evening of 9th August, to compete in the “Friday Night 5K” which also

incorporated the Essex County Championship over that distance. The races were spread out over 5 separate races, based on expected finishing times, culminating in the men's elite race at 8.30pm. Ilford AC were rewarded on the night with some superb performances and four positions on the podium gaining Essex County medals. Fastest Ilford runner on the night was Tom Gardner, placing 32nd with a time of 16 mins 16 secs to gain a Silver medal in the M40 age grouping. 12 places back in 44th spot was Sam Rahman in a time of 16 mins 59 ...[Read more](#)

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Harold Wood 5km Elvis Wednesday 1 August The latest round of the Elvis competition was held on a hot humid evening over a challenging 5km course around Harold Wood Park and the adjoining Poges Wood. Ilford AC had a squad of 18 in the event and they were led home in an excellent 7th place by Chris King in 18 mins 28 secs. He was supported by the in-form Steve Philcox in 9th with 18 mins 43 secs and a great run from Ryder Islam, who is in the u17

age group, in 13th with 19 mins 18 secs. Dan Holeyman came home in 20 mins 24 secs for 23rd with Steve Chissell recording 22 mins 06 secs in 45th . Andy Catton ...[Read more](#)

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EYAL 21/07/24 StoneX Stadium Barnet A record number of 46 Junior Athletes competed for Ilford AC at the final Eastern Young Athletes League fixture which took place at the impressive home of Shaftesbury Barnet, producing an incredible 48 personal best performances Pick of the performances were wins for Damian Amaniampong (23.78) and Justice Okereke (24.25) in the 200m. Chiara Mullins Smith triumphed in High Jump with a personal best height of 1m 40cm. Hawaa Patel confirmed her ongoing improvement with a win in the 1500m in a PB of 5.38.21m breaking 6 minutes for the first time and also making a debut in the high jump. Completing the winning group was the ever impressive and improving James Thake who ran a very ...[Read more](#)

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U15 Boys 'Club Connect Relays' London Olympic Stadium Ilford ACs U15 Boys had the honour of competing in the final of the 4 x 100m relays at the Club Connect Relays Championships, part of the Diamond League Event at the London Olympic Stadium last weekend. Matthew Ayers on the first leg got off to a great start before handing over to Adam Idoudra who ran a strong leg down the back straight before passing the baton to 3rd runner Justice Okereke. He



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used his great strength to attack the final bend in great style, a safe last changeover saw the baton passed to finisher Damien Amaniampong who powered down the home straight to finish off an outstanding effort by the team in a ...[Read more](#)

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Newman Hilly 5 (Elvis) Hainault Forest Wednesday 10th July The Annual Ilford Hilly 5-mile cross country race, incorporating round 4 of the Summer Elvis League, was held at Hainault Forest on a warm Wednesday evening. This year, following a 2 year break for refurbishment works, the race returned to its traditional route starting in Hainault Forest Country Park. Ilfords men had a great performance on the night, with our first 3 runners separated by less than 30 seconds in 3rd, 4th and 5th places. In 3rd place, in a time of 28:42 was Christopher King, 4th place was Malcolm Muir in 28:53, who also claimed 1st M50 on the night, and in 5th was Stephen Philcox in 29:08 claiming 2nd M50. Less than a minute later in ...[Read more](#)

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Essex Relay Championships Southend Sunday 7th July The Essex Relay Championships were held at Southend's Garon Park Stadium at the weekend in showery blustery weather, and Ilford entered two junior teams. First off were the U15 boys. Matthew Ayers had a great start and ran a strong bend to hand off to debutant Adam Idoura who powered down the back strait to pass the baton to Justice Okereke who used his great strength to battle the bend and the strong breeze for a really good baton change with last leg runner Damien Amaniampong who showed his sprinting ability by going away from the third placed athlete and securing a brilliant SILVER medal for the team. Their finishing time of 47.5 seconds was just 0.8s off

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