



All News Items

Press Report 27th February 2024



All News Items





All News Items

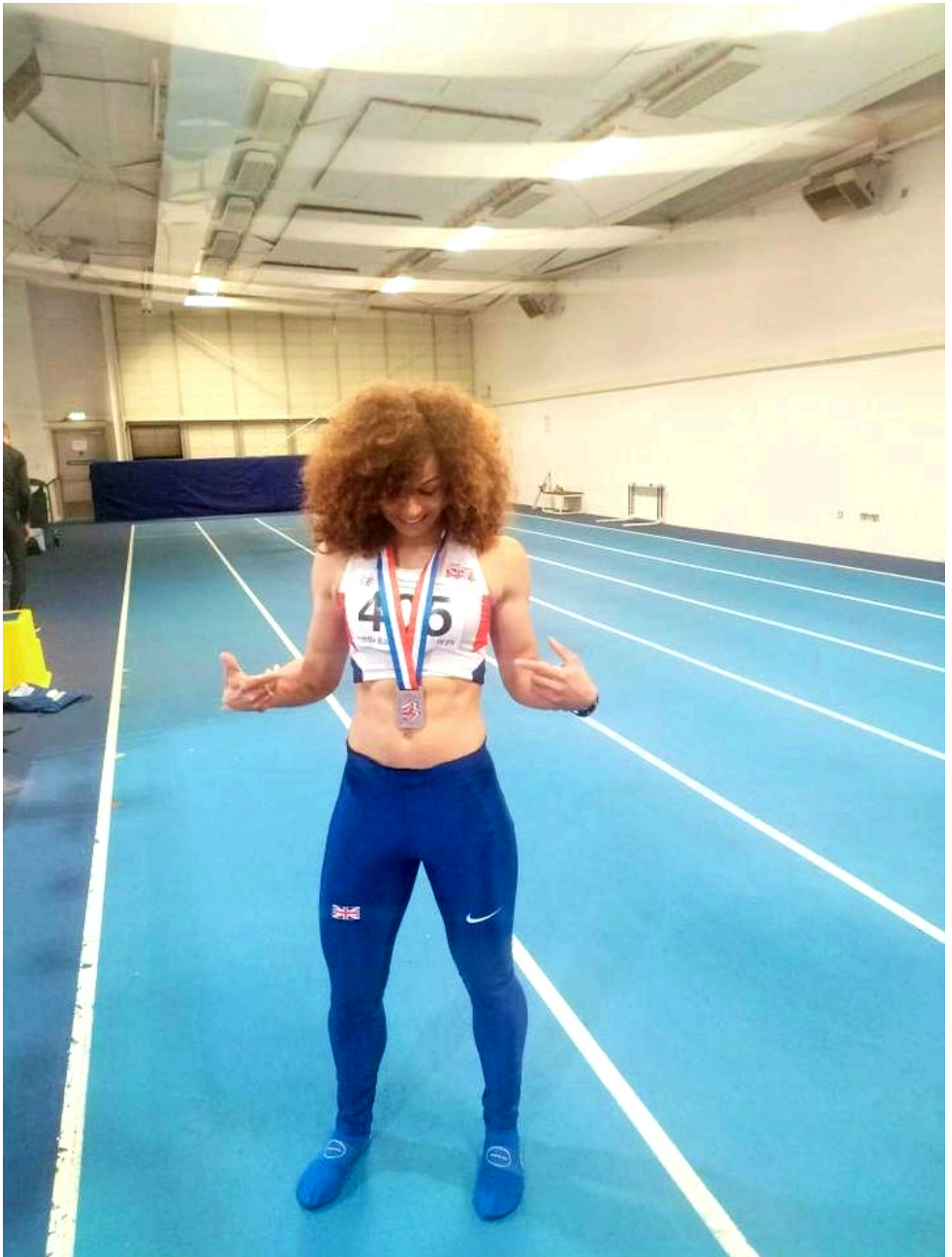
Brighton Half Marathon Sunday 25th February Sunday saw the 34th edition of the Brighton half marathon and in attendance was husband and wife duo Tarik and Carlie Qirem. The 13.1-mile route, mainly along the seafront, takes in some of the city's best-known sights, including Brighton Palace Pier, the Royal Pavilion and the colourful beach huts of Hove. The pair started the race together in almost perfect conditions. Tackling the only major hill in the race during the first two miles saw Tarik split off, demonstrating his London marathon training is paying off. Ticking off the miles and showing that her training is coming back after an eventful 2023, Carlie surprised herself and him by catching him up at mile 9. As always in Brighton, you ...[Read more](#)

[Nicola Hopkinson Tribute](#)



Message from Club Chairman Ernie Forsyth:- It is with great sadness and a heavy heart (broken) that I pass on this devastating news We have been informed by Robin Davis that Ilford AC stalwart, Nicola Hopkinson, has passed away after a long and brave battle against cancer. This is terribly sad news for everybody who was fortunate enough to have had their lives touched by Nicola. Our love, condolences, thoughts and prayers are with Nicola's family.
☐☐ Tributes to Nicola [Read more](#)

[Press Report 20th February 2024](#)





All News Items

British Masters Indoor Championships Lee Valley 17/02/2024 After so many issues with injuries over the season, Krystle Balogun went into last weekend's British Masters wanting to race well, but without too many expectations.. Competing in the 200m Krystle made an explosive start to the race, always being in contention of a medal, and not only did she exceed all her expectations but she finished with a silver medal and a personal best time of 26:48. Speaking afterwards Krystle was eager to dedicate her run to former club President and long serving club member NICOLA HOPKINSON who sadly lost her long battle with cancer last week. Krystle said "In the 10 years I've been in the club, she was a lovely kind hearted person, who really dedicated a ...[Read more](#)

[Centurion 661 Mick Barnbrook R.I.P.](#)



So sad to inform Mick Barnbrook, aged 80, passed away after a long illness. His passing was peaceful, at 9pm on Wednesday 14th February. Mick was born in Romford's Oldchurch Hospital and brought up in Plaistow. His active athletics career spanned 49 years, during which he race walked in 1st claim capacity for Cambridge Harriers, Ilford AC, Sarnia WC, Ilford AC again as well as The Centurions, Metropolitan Police and the British Police Representative teams. He also had a 6 years' unattached spell after leaving Cambridge Harriers and joining Ilford AC. He was one of 6 race walkers (all Centurions) to pass 100 completions of the London Post Office 9 kilometres yacht handicap races at Blackheath Park – he finished 108. His ...[Read more](#)

[Press Report 12th February 2024](#)



All News Items





All News Items

ESSEX CROSS-COUNTRY LEAGUE Hainault Forest Saturday 12 February The final round of this winter's Essex Cross-Country League was staged by Ilford AC over a very muddy course at Hainault Forest, The club had a very good turnout of runners participating in this round throughout the age groups. First race of the day was the U13 boys and girls race, which was over a distance of approx. 3k. Barney Perkins ran a gutsy 13:26 for 20th place backed up just 12 seconds and 3 places later by Khalif Ali. For the girls, Hawaa Patel ran 17:22 for 24th female place. Next up was the U15 boys on an approx. 4k. Sam Horsley, who last week ran a brilliant 7th place in the South of England Championships, ran another great ...[Read more](#)

[Press Report 6th February 2024](#)



CHINGFORD LEAGUE Victoria Park Saturday 3rd February SENIORS The 6th and penultimate round of this season's Chingford League was held at the traditional February venue of Victoria Park. The race was over 5 miles on a flat, fast figure of eight circuit of the park and Ilford AC had a large squad of 21 in action. The Ilford Ladies race in division 2 of the league and are currently challenging for promotion to the top league. Jordan Hinds ran a new personal best time of 32 mins 09 secs for 4th in the second tier and there was also a new best time for Anna Crawley in 7th spot with 33 mins 47 secs. Carlie Qirem placed 15th in 35 mins 32 secs with Pauline ...[Read more](#)

[Press Report 30th January 2024](#)



SOUTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS Beckenham Place Park Saturday 28



All News Items

January Ilford AC sent a small team to this yearly championship again held at Beckenham Place Park in South London over a course which featured grassland, trail, mud and hills. The under 15 boys were represented by Sam Horsley and Ryder Islam. This was Sam's first area championship. He started strongly in the front pack and held his position well finishing in a fantastic 7th place. He now looks forward to upcoming competitions where he will compete for the county. Ryder had a strong race taking 5 positions in the last 100m to finish in 95th place, his first top 100 placing in area champs. The club had one competitor in the U17 men's ...[Read more](#)

[AGM Notice 12th March 2024](#)



[AGM-Notice-2024.docx](#) [Read more](#)

[Press Report 23rd January 2024](#)



CHINGFORD LEAGUE Epping Forest Saturday 20th January The latest match in the Chingford League took place in Epping Forest on Saturday. First race of the day was the U13 race, and our boys continue to impress in the series. Barney Perkins continued his excellent form of late with a first place in a time of 07 mins 45 secs over the 2km course. Barney was closely followed and supported by Khalif Ali in 6th place in a time of 8.10. Elias Furreedan continued his improvement this season with another great performance in 43rd position in a time of 9.54. Both Barney and Khalif have great opportunities to finish in the top 3 of this Season's competition at the final race on February 3rd. Luke Thake had a really impressive ...[Read more](#)

[Press Report 16th January 2024](#)



Mercury 10 Epping Forest Saturday 13th January Saturday morning saw the 101st running of the Mercury 10 in Epping Forest. Incorporating tough muddy hills the race, whilst picturesque in places, is a real challenge for runners and one really only for the brave. This year saw a large field of 176 runners ready to take on the challenge, including 4 from Ilford AC. Leading the team home in 29th place was Seb Parris in 29th place in a time of 77 minutes 09 seconds. Seb was followed just 5 places later in 34th by Danny Holeyman in a time of 77 mins 49 seconds which was good enough to earn him 2nd place in the M50 category. There were 2 very impressive performances also by our two female ...[Read more](#)