



Press Report 28th July 2015



Magor Marsh 10k Gwent Sunday 26 July 2015 Five members of Ilford Athletic Club travelled to the small village of Magor in South Wales to compete in the prestigious British Masters 10K Road Race Championships incorporated into the Magor Marsh 10K. Battling the torrential rain around the Welsh country lanes against some of the elite of the Veterans in a field of 214 finishers the Ilford runners acquitted themselves well. First home for the club winning the bronze medal In the Male Veteran 40-44 age category was Malcolm Muir in 29th Place overall in 36 minutes and 30 seconds while still nursing a stomach injury. Next home was Terry Knightley in 50th place and 9th in the Male Veteran 55-59 age category in a seasons best 38 Minutes and 51 seconds. Andy Catton ...[Read more](#)

Press Report 21st July 2015



Newman Hilly 5 - ELVIS Hainault Forest Wednesday 15 July There was a record field of 260 finishers for the 25th running of the Newman Hilly 5 over the trials of Hainault Forest where Ilford AC managed to field a team of 30 along with organising and marshalling the event. Leading the way for the home club was Sam Rahman in 7th place with 29m 55s for the 5 mile course, with Paul Holloway next over the line in 30m 30s, claiming the M40 age group prize.



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Steve Philcox finished 13th in 30m 51s and Kevin Wotton recorded 31m 18s for 17th. Malcolm Muir, still suffering with a stomach injury, was 17th in 31m 18s and Robin McNelis closed the scorers for the mens team ...[Read more](#)

[Newman Hilly 5 15/07/2015 - Final Results and Elvis Standings](#)



Elvis-2015-Standings-after-Elvis-5-Ilford-AC.xls [Read more](#)

[Press Report 14th July 2015](#)



Sam Rahman kicked off the week for Ilford AC last Monday evening when he ran the 800m at the Mile End Open Meeting. He reached the bell in 65 seconds and tired a little on the second lap to record 2m 14.59secs for 5th place in a quality race. The next night there was another open track meeting , this time at Woodford Green. On a breezy night the two Ilford runners in the 1500m were hampered by the wind. Steve Philcox recorded 4m 57s .35s and was almost matched by Tony Hyde in 4m 57.58s. Sam Rahman was in action again, this time in the 3000m. Sam ran a well judged race and picked up the pace in the last 600m ...[Read more](#)

[Press Report 7th July 2015](#)



Ilford Athletic Club

Dagenham 5 mileish ELvIS Wednesday 1 July Ilford AC were out in force for the 4th leg of this summer's ELvIS series held on a very hot evening in the Eastbrookend Country Park in Dagenham. Leading the way for the club in the 2 lap 4.8 mile race was Malcolm Muir who finished 5th and 1st in the M40 group, despite still being troubled by a stomach problem, in 28mins 19 secs. A stride behind him was the improving Sam Rahman with 28m 20s with Kevin Wotton putting in a fine run or 8th with 29m 35s. Tony Hyde took the M50 category title in 12th in 30m 24s. Steve Philcox came home 16th in 30m 51s and Neil Crisp was 1 place ...[Read more](#)

Press Report 30th June 2015



Springfield Striders Friday Night 5 miles Pleshey 26th June 2015 A handful of runners from Ilford AC made the trip to Pleshey on Friday evening to compete in the Springfield Striders Friday night 5 mile race. On a spectator friendly yet challenging 2 lap course Malcolm Muir was back in action despite still suffering from a stomach complaint. Clearly still some way below his best the Ilford captain still managed 3 rd place in a time of 28.38 to finish top male 40 runner of the night. Billy Green was next home in 64 th clocking 38.47 whilst the ladies were represented by Nicola Chester(96 th in 44.15 and Carol Muir 115 th in 48.17. Springfield's Mark Newton led the 129 strong field ...[Read more](#)

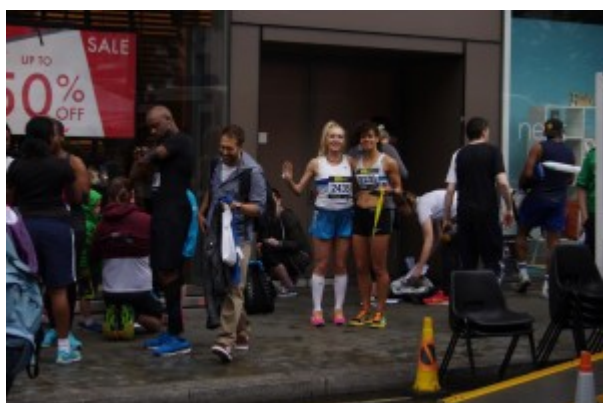


Press Report 23rd June



Eton Manor 5k Tuesday 16th June Leyton [Read more](#)

Press Report 16th June 2015



Woodford Green Open Meeting Ashton Playing Fields Tuesday 9 June The first Tuesday Open Meeting staged by Woodford Green was held on a blustery chilly evening and a handful of Ilford endurance runners in action. In the 800m Sam Rahman placed 3rd in heat 2 with 2 Mins 18.17 secs with Krystle Balogun giving her usual determined performance in 4th with 2m 20.23s Sam Rahman was back in action in heat 1 of a fast 3000m recording 10m 18.10s for 12th. In heat 2 Steve Philcox placed 2nd with 10m 33.57s and ...[Read more](#)

Press Report 8th June 2015



Orion Forest 5 Chingford 6th June On a sunny, but windy morning no less than 27 Ilford AC athletes toed the line in the second of the ELvIS series, hosted by Orion Harriers. A record number of ladies were in action, with 12 in total made up of some familiar faces, some new joiners and some new, old faces. On the challenging forest route, which makes up the 1st race in Orion's Forest 5 series, Jenni Sheehan (37.9) led the ladies home, supported by Breege Nordin (1st 55, 37.31), Dianne Crisp (40.32) and Rachel Halpin (42.1), to bring the team in 3rd position. The Ilford Ladies showed good presence with performances from Nicola Hopkinson (42.31), Victoria Morgan (43.38), Julia Galea (45.59), Doris Gaga ...[Read more](#)

[Press Report 2nd June](#)



Essex County Track & Field Championships Chelmsford Saturday / Sunday 23rd / 24th May Ilford AC Young Athletes produced some inspired performances in the Essex County Track and Field Championships held at the Chelmsford AC track on the recent bank holiday



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weekend. Star of the show was Muhammed Weyli who broke the U17 men's Club record of 50.2, set in 2005 by Gary Smallman, with an excellent time of 49.64, ranking him 5th in the country at U17 level for the distance. Teammate Kelechi Okorie running only his 3rd 400m race placed 2nd with a time of 50.27 just outside the old record. Another noteworthy performance came from Shane Johnson who competed in three different events earning three medals with three personal bests in the ...[Read more](#)

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