



## Press Report 26th May 2015



Essex Track and Field Championships – Days 1 & 2 May 23 – 24 May Chelmsford Ilford AC's Tom Gardner on the County's endurance track events, the 3000m & 5000m over the 2 days. The 3000m which was run at snails pace at times with some big kickers bidding their time and consequently Tom had to settle 4th place in 9-04-62 .However In the 5000m the next day he had a outstanding performance and with a solid pace being set from the start he stayed with the leaders when the experienced Adrian Mussett of Colchester decided to pick up the pace. The Ilford man sat in just behind judging his effort to perfection kicking away at 100m out to cross the line in ...[Read more](#)

## Press Report 19th May 2015



No less than 26 athletes from Ilford AC took to the paths of Havering's Raphael's Park last Tuesday to compete in the 1st leg of the very popular East London Five Interclub Series (Elvis) hosted by Havering 90 Joggers. Despite a very strong contingent from East London Runners Ilford Club Captain Malcolm Muir proved too good for all his rivals leading a field of over 200 runners home in a time of 27.03. He was well supported by Sam Rahman (13th) who still ran 29.36 despite still having tired legs from the marathon, Iain Knight (25th) 32.06,



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Neil Crisp (27th) 32.18, Terry Knightley (30th) 32.27 and Rohan Alexander(43rd) in 33.12 who were the scorers in the 6 man Elvis Team. Ilford ...[Read more](#)

### [Press Report 12th May 2015](#)



A small team of Ilford veteran athletes recently took to the track and field at Lee Valley competing in the first of four matches of the SCVAC season. Due to injuries and the small matter of the London Marathon the day before the depleted team acquitted themselves well to finish 5th on the evening out of 10 teams. Mike Horsey ...[Read more](#)

### [Press Report 28th April 2015](#)



London Marathon Sunday 26 April There were 8 runners from Ilford AC among the 37500 plus on the Greenwich start on an overcast chilly morning. Fastest from the club was Malcolm Muir who put in a tremendous race to smash the Club veteran Marathon record when finishing 143rd overall in a time of 2hrs 35mins 23secs, which also improved his best time for the distance by 3 seconds! This placed him as 16th master in the M40 category. Sam Rahman also set a new personal best of 2h 52m 54s despite finding the going tough in the last few



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miles. Close behind was Robin McNelis with 2h 53m 21s, while Kevin Wotton, who had his preparation interrupted by injury, recorded a good ...[Read more](#)

[Press Report 21/04/2015](#)



Press Report A small group of Ilford AC athletes made an appearance at the Woodford Green Open meeting during the week with many of the younger athletes competing for their first time on the track. Opening the account was 12 year old Chloe Chapman 3rd in the 100m in 15-74 & 32-1 for the 200m. Isabella Hick 13 & Ellie Wright 12 both ran Pbs in the 800 with Isabella 1st 2-48-12 and Ellie 2nd 2-49-74. Both athletes then competed in the sprints with Isabella recording 31-18 in the 200 and Ellie 15-25 in the 100m. . Bradley ...[Read more](#)

[Press Report 14th April 2015](#)





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Ilford AC's run of the weekend came from Paul Holloway who continues to steadily crack all his personal bests. Sunday saw him on the South coast where he was among 9000 plus runners tackling the popular Brighton marathon. The Ilford man set off at a sensible pace running conservatively and reaching 10k in 41mins 34 seconds before keeping steady for the remainder of the race as it wound around the city to the finish on the seafront. Holloway was well pleased as he crossed the line in 2hrs 58 mins and 9 seconds, the first time he had cracked the magical 3 hour barrier which placed him high up the field in 75th position. Further afield Peter Spelman competed in the ...[Read more](#)

[Press Report 7th April 2015](#)



Wight Three Hills Race Monday 6th April Isle of Wight Ilford AC's men's captain Malcolm Muir enjoyed his customary Easter break in the Isle of Wight where he won the West Wight Three hills race on Easter Monday for the third time. This race consists of an undulating/hilly very scenic single lap of 8 miles (unofficially measured with an accurate metre wheel) with approximately 900 feet of ascent taking in Golden Hill Fort, Freshwater, Headon Warren, Alum Bay, Highdown, Tennyson Down, Freshwater Bay and back to the finish at Freshwater. The Ilford man crossed the line in a time of 46.48 over a minute clear of Andy Weir of Thames Hare and Hound. There were 136 finishers in total. Folkestone 10 Friday 3rd ...[Read more](#)

[Press Report 31st March 2015](#)



Essex Road Relays 28th March 2015 Harwich Strong coastal winds gusting across Dovercourt Bay greeted over 170 runners representing 53 teams from the cream of the county's running clubs as they contested the Essex Relay Championships last Saturday. The event held at Chelmsford for many years was switched to Harwich this year in an enterprising move by the host Club Harwich Runners to present a fast accurately measured 5k course along the seafront with the innovation of chip timing. For the first time in Essex Road Running's history runners transported a baton around the course which contained the chip technology. With the stiff wind behind they were assisted along the promenade for the first 2k until the turnaround when they had ...[Read more](#)

#### [Press Report 25th March](#)



Brentwood Half Marathon Sunday 22 March 2015 There was another good team performance from Ilford Ac in the Brentwood Half Marathon last Sunday. Malcolm Muir led the way for the team in second spot, losing out to Ryan Prout of the Thrift Green Club by just 3 seconds, in 71 mins 32secs, which placed him as top M40 runner. There were big improvements in personal bests from Sam Rahman, 22nd in 1h 18m 54s, and Paul Holloway, 27th in 1h 20m 07s. Robin McNelis backed them up well in 33rd with 1h 21m 33s. Peter Spelman was further down the field finishing in 2h 00m 52s In the Women's race Bree Nordin produced her usual strong run



to finish 303rd in 1.37.13. 7 ...[Read more](#)

### [Press Report 17th March](#)



British Masters Cross-Country Championship Ruthin, North Wales Saturday 14 March Four runners from Ilford AC travelled to North Wales to compete at the British Masters Cross-Country Championship at Ruthin in North Wales. The race was over a 4 lap 8.8km course on mainly parkland but boggy in a few places. First Ilford man home was Andy Catton in 89th sot in 36m 19s which earned him 9th in the M60 category. Steve Parker was next home for the club in 135th with 43m 06s for 31st in his category while Steve Cheal finished 35th in the M50 grouping in 44m 51s and 139th overall. One pace behind him was Rob Sargent with 47m 06s and 31st in the M60 category. The Ilford team ...[Read more](#)

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