



Press Report 24th June 2014



Eton Manor ELVIS 5km Leyton Tuesday 17 June Ilford AC had 26 entries in the third race of this summer's ELVIS fixtures at Jubilee Park, Leyton a good night for running last Tuesday evening. Blair McWhirter was again in top form dominating the race and taking victory in 15mins 42secs. Backing him up in 2nd spot was Tom Gardner, who put in an excellent run, with 16m 08s while Malcolm Muir took the masters prize in 5th place in 16m 36s. Steve Philcox placed second 2nd in the M40 category with 17m 12s for 10th. Kevin Newell placed 13th in 17mn 44s and Sam Rahman 16th with 17m 52s and Kevin Wotton closed the scoring team in 19th and 4th in the ...[Read more](#)

Press Report 17th JUNE 2014



GREAT EASTON 5 Sunday 15 June The Great Easton road race was run a calm Sunday morning over a challenging undulating course around the village of Great Easton, near Dunmow in north Essex. The race this year incorporated the Essex County 5 mile Championship and the endurance squad of Ilford AC were in top form claimed 9 medals which included 9 golds. The race was won in 25mins 18 secs by Paul Whittaker of Southend Ac with Ilford's Kiwi Blair McWhirter second in 25m 58s. Whittaker was disqualified from the



All News Items

Championship for not wearing his club colours and hence McWhirter won the county title, trophy and gold medal, his first since fulfilling the residence period to compete in county races. In form Malcolm ...[Read more](#)

[Press Report 09/06/2014](#)



Orion Forest Five Saturday 7th June 2014 Three Ilford runners contested the first of Orion's Forest 5mile three race series held in torrential rain on a very wet and waterlogged multi terrain course at Chingford on Saturday morning. Steve Philcox produced a excellent run to break 30 minutes with his 29.53 being good enough for 7th place and runner up in the veteran 40 category. Billy Green, racing over both days of the weekend, chipped in with a fine 40.09 for 66th out of a field of 131 runners. Pam Jones was the club's sole lady representative running producing what was probably the best age graded performance of the day clocking 49.20 for 122nd place. Billericay's Crispian Bloomfield headed the field in 27.42. Southend ...[Read more](#)

[Press Report 2/06/2014](#)



ESSEX TRACK & FIELD CHAMPS DAY 2 Chelmsford Saturday May 24th After the success on day 1 5 Ilford AC athletes kept the good run going. Usamah Patel opened the account with an excellent run leading from the start & crossing the line in 1st place & gold medal in the u/17 3000m in 9-13-60 Pb.Tom Gardner improving with every race took 2nd place and a silver medal in the Senior 1500m recording a season's best of 4-12-51. The race of the day was surely the u/17 800 with the first 3 home being ranked in the top 6 in the country and a winning time of 1-53. Ilford's Jack Maher was a bit off the pace and had to settle for 5th place ...[Read more](#)

[Press Report 27/05/2014](#)



Much merriment at Hatfield Broad Oak with some great techy prizes as runner up Malcolm Muir wins the new super slim transparent Iphone6S mini with 9.7 inch retina display and 500 megapixel camera. Watch the birdie! A lady official has laughed her right arm off but all is not lost as her mum waits in the wings carrying her replacement prosthetic. Hatfield Broad Oak 10k Monday 26th May 2014 On Bank Holiday Monday a small number of Ilford Athletes took part in the popular 10k course on the figure of eight loop through the quiet country lanes of rural Essex. First home and 2nd in the overall race was Malcolm Muir in a time of 32.54 . Muir put in a fine run to ...[Read more](#)

[Press Report 20/05/2014](#)



Essex Track and Field Championships 18th May 2014 - Chelmsford 5 ilford athletes competed in day 1 of the Essex Track and Field Championships held at Chelmsford each winning individual medals. Opening the account was Tom Gardner in the 3000m and although not back to full fitness ran a well controlled race for 2nd place and a silver medal in a seasons best of 9mins 4.7seconds. Usamah Patel was up against 2 highly nationally rated athletes in the under 17 1500m and therefore had to settle for 3rd place running a personal best of 4mins 21secs for his bronze medal. Sam Malpass although not at full fitness though injuries still put in a gutsy performance ...[Read more](#)

[Press Report 13th May 2014](#)



Pembrokeshire Coastal Ultra Little Haven, Pembrokeshire Saturday 3 May Ilford AC's New Zealand sensation Blair McWhirter continued his winning ways at the Pembrokeshire Coastal Trail Ultra Marathon. The race is over undulating rugged but scenic terrain in the Pembrokeshire Coastal national park measuring 34.8 miles. Blair, running on his London Marathon training, finished 1st in a new course record of 4hrs 31mins 31 secs, which was previous held by sub 2:09 marathon runner Mark Steinle. His winning margin was over 23 minutes. McWhirter now intends to concentrate on shorter distances over the early summer looking to set new personal bests at 5km and 10km. Night of 10000m PBs Parliament Hill, Hampstead Saturday 10 May A series of 5 10000m races were held ...[Read more](#)



SCVAC - Lee Valley 28/04/2014



The Vets team travelled to Lee Valley for the first of a four match series on Monday 28 April. Solid performances all round saw the team finishing third on the evening. Mike Horsey debuting in the new 35+ category finished sixth in 14.6s over 100m. He also competed as a non-scorer in the 1500m crossing the line in 5.06.8. Henry Ricketts finished fourth in the 40+ category over 100m in 13.3s. He also placed fourth in the 35+ shot with 8m exactly, third in the 35+ long jump with 4m 56 and fourth in the javelin with 29m 05. Pete Whiting competing in the 50+ sprint finished fifth with 15.1s. His long jump of 3m 52 also placed him fifth. Seventh place was secured ...[Read more](#)

British Masters Gear 10k - 4th May 2014



Grand East Anglian Run 10km King's Lynn Sunday 4th May 13 runners from the endurance squad of Ilford AC travelled up to Norfolk to take part in the Gear 10km which incorporated the British Masters Championship. The fast, flat course,, ideal weather conditions and a field of over 2000 led to them returning their fastest times for many years. First over the line for the club was Malcolm Muir in 7th with 32mins 31 secs, backed up by Kevin Newell in 36m 18s for 71st and Mike Horsey taking spot 168 in 39mn 46s. Together they combined to finish



All News Items

runners up in the British Masters Championship in the M35-44 age group. Neil Crisp was the club's leading runner in the M45-54 age category in 93rd ...[Read more](#)

[Press Report 28th April 2014](#)



BRAINTREE 5miles Braintree Sunday 26 April There were 6 athletes from Ilford AC taking part in this annual 5 mile road race on a rolling rural route at Braintree. Held over the normal out and back course conditions were dry and windy. First in for the club was Steve Philcox in 29:01 which was good enough for 11th place and 2nd in the M40 category. Neil Crisp, making a welcome return to fitness was 27th and 4th in the M50 group. The Ladies were represented by Jenni Sheehan who ran well to record a new PB, breaking the 36:00 barrier with 35:59 for 112th. She was closely followed by Mel Jones showing good form in 129th , 4th FV45, and Dianne Crisp 162nd ...[Read more](#)

• <>