



Press Report 10th March 2015



InterCounties Cross Country Championships Cofton Park Birmingham Saturday 7th March 2015 Ilford AC had 2 athletes representing Essex in the Inter Counties Cross Country Championships held at Cofton Park Birmingham last Saturday in what was arguably the strongest strength-in-depth event of the UK season. Malcolm Muir competed over 12k in the senior men's race where he placed 190th out of 283 finishers in a race won by Andrew Buchart of Scotland East clocking 34.26. Ahmed Abdulle was still carrying a niggle but acquitted himself well in the Under 17's race held over 6k coming home in 40th out of 274 in a time of 20.43. Mahamed Mahamed of Hampshire won in 18.35. Sidcup 10 miles Sunday 8 March There was a good turnout for the Sidcup 10 road race ...[Read more](#)

Press Report 3rd March



Bath Half Marathon Sunday 1st March Ilford AC's brother and sister act, Malcolm and Carol Muir, travelled to the West Country last weekend to compete in Sunday's Bath Half Marathon. Running a well judged even pace of 5.30 per mile Muir crossed the line in an excellent 22nd place in a very high class field. He was well pleased with his time of 72.08 which gave him 2nd place in the vet40 category only losing out to the classy Christopher Greenwood of Kent



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AC who finished some 2 and a half minutes ahead. The winner was Paul Martelletti of Run Fast clocking 65.27 to record his 4th major half marathon win this year already! Yet the most outstanding run of the day came from ...[Read more](#)

[Press Report 24th February 2015](#)



English National Cross-country Championship Parliament Hill Hampstead Saturday 21 February The English National Cross-country Championships returned to Parliament Hill, Hampstead last weekend after a gap of 3 years. This course is considered to be the toughest in the country and was harder than usual this year due too heavy rain during the preceding week turning much of the course into a quagmire . First up were the junior races where two ever present u/17 Ilford athletes,Ahmed Abdulle and Usamah Patel took on the mud and the hills. Both lads found the going tough with Ahmed coming home with a creditable 37th place and Usamah in 231st . Tom Gardner headed the challenge in the senior mens' 12km race with a fine run placing 211th in ...[Read more](#)

[Press Report Extra 17th February 2015](#)



Bramley 20 miles Sunday 15th February 2015 Further afield 2 of Ilford's top endurance athletes competed in the Bramley 20 mile event which was hosted by Reading Roadrunners



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with an accompanying 10mile race on Sunday. Malcolm Muir finished 9th overall and 2nd vet 40 over a 2 lap course finishing in a time of 1.55.00 . After running the 1st half in a steady 58.50 he then raced the 2nd half in 56.10 for a significant negative split. Ben Jones came 85th in 2.14.32 which was more than impressive as he has not been able to do any long distance training for the race . Ilford AC now look forward to holding their club Championships over a classic 3 lap 10 mile cross ...[Read more](#)

[Press Report 17th February 2015](#)



Chingford League 8km Road Race Victoria Park Hackney Saturday 14 February 2015 The last round of this winter's Chingford League was held last Saturday on a fast flat course in East London's famous Victoria Park on what was otherwise a quiet weekend for Essex and East London Road Running. The 8km race was held over 2 laps and Ilford AC fielded three 'guest' competitors in the large field of 252. Leading the way for the club was Kieran McKenna in 108th spot with 31m 08secs, while Rob Sargent recorded 38m 23s in 210th. The fast improving Doris Gaga was again in fine form crossing the line 232nd with 41m 53s. [Read more](#)

[Press Report Ilford AC 10th February 2015](#)



Lee Valley Indoors Centre Essex and Eastern Counties combined champs 8th - 9th February 2014 Ilford AC's small team of middle distance athletes excelled at these champs. Krystle Bologun got the squad off to a good start in the 800 metres setting a fast pace from the start coming home 1st in 2-22, a Pb for indoors & both titles. Next was Jack Maher who has been out of form lately but not to day with 150m in the 800 to go he made his move to come home 1st in 2-01 for a Pb indoors & both titles. Reining champion Usamah Patel faced his training partner Ahmed Abdulle in the 1500m,. The pace was fast from the start with Ahmed ...[Read more](#)



Press Report 3rd February 2015



Essex Cross Country League AbbeyFields Colchester Saturday 31 January The final round of this winter was held over a grassland course at Abbey Field in Colchester on a cold afternoon last Saturday. First up were the junior races where the ever present U/13 boys Bradley Deacon and Manraj Gill completed their 1st season at X country. They both put in solid runs with Manraj in 27th place in 10-32 and Bradley in 33rd place in 10-53. The overall points position was that Manraj finished in 21st place and Bradley in 24th place. The Senior Ladies race was held over 5km and Ilford were lead home by two athletes producing their best league runs to date; Krystle Balogun finished 7th in 22m 03s and Jenni Sheehan 18th ...[Read more](#)

Press Report Ilford AC 27th January 2015



South of England Cross Country Championships – Brighton Ilford AC continued to maintain a strong presence in these championships with Club captain Malcolm Muir drawing on his elite troops in the Senior race. Held over 9 miles at Stanmer Park , Brighton, last Saturday on a hilly but dry course and on a cold crisp day, 5 Ilford athletes travelled down to compete in the race. The race was won by Ben Tickner of Brighton Phoenix in 50.21. The Ilford athletes' times were as follows: 1. V40 runner Malcolm Muir – Position 122nd, time 57.05 2. SEN track runner Tom Gardner, Position 129th, time 57.20 3. V45 runner Paul Holloway, Position 434th,



time 66.23 4. SEN Sam Rahman, Position ...[Read more](#)

[Press Report 20th January 2015](#)



Ilford AC fielded 2 runners in the 25th running of the Benfleet 15 held at Hadleigh Downs on Sunday. On a very challenging multi terrain course comprising hard sections of sea wall contrasting with very boggy marshland and thick mud Bradley Brown was first home for the Club in a respectable time of 2 hours 5 mins 45 seconds for 129th place. The mud was so severe in places that at one point it claimed the running shoes of Peter Spelman who enlisted the help of a marshal to retrieve them. Undeterred by this Spelman still battled on to finish over 30 minutes quicker than last year's time to dip under the 3 hour mark in 2 hours 56 minutes ...[Read more](#)

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Essex Cross Country League Epping Forest, Chingford Saturday 10 January There was a good turnout from Ilford AC at the 4th round of this winters Essex Cross-Country League held on the usual tough course set by host club Orion Harriers in Epping Forest at Chingford. This near the conditions were harder than usual as the recent weather meant the course was soon churned into a quagmire. Four young Ilford athletes took on a very tough and muddy course finding the the going difficult and mainly trying to keep their feet, but still gave a good account for themselves. Matthew Hick placed 5th in the u/11 in 5-24 with sister Isabella Hick 31st u/13 girls 22-50 Manraj Gill was 38th in the u/13 boys (13-24) ...[Read more](#)

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