

Press Report 6th January 2015



Witham Boxing Day 5 Miles Friday 26 December While a number of their clubmates were in action in the Annual Boxing day Handicap in Hainault Forest 2 Ilford AC members took to the roads of Witham Malcom Muir was in good festive season form coming home in 9th spot in 27m 18s to take the M40 category prize. Meanwhile sister Carol placed 277th in a field of 376 in 47m 08s. Essex Cross-Country Championships Claybury Park, Woodford Saturday 3 January This years Essex Cross-Country Championships were held in the toughest conditions for years as heavy overnight rain turned the course around Claybury Park in Woodford into a muddy quagmire with freezing drizzle persisting throughout the event. Best performance for Ilford AC came from Ahmed Abdulle in the mens ...[Read more](#)

Press report 30th December 2014



Ilford AC had 14 hardy club runners contesting the annual Boxing Day cross country handicap held over 3.3 miles of a very muddy traditional course at Chigwell Row last Friday. Rachel Halpin, in training for this years London Marathon, showed her intent by running well above expectations heading home the field in a total time of 32.49 ,net 29.49, over a minute ahead of 2nd placer Declan Cullen, 33.50, 27.20. Neil Crisp was 3rd in 34.02, 23.02. The fastest net time of the day was posted by Ilford's rising young star Ahmed Abdulle whose 20.42 was achieved in full training attire and 6 seconds faster than mentor Tom Gardner , 20.48, times good enough to place them 9th and 10th respectively. Members entered into ...[Read more](#)

[Press Report 16th December 2014](#)



South of England Masters Cross-Country Championships Horspath, Oxford, Saturday 13th December A small contingent of Ilford veterans made the trek to a cold but sunny Oxford last Saturday to compete over a tough but very interesting 10k course with a good mix of grassland, farm tracks and calf high mud plus two big hills thrown in for good measure. The 4 entrants each running in different age categories produced some good runs with the following age group results :- Malc Muir 8th M40 Paul Holloway 17th M45 Steve Cheal 56th M50 Andy Catton 5th M60. More significantly at the other end of the age spectrum Ahmed Abdulle ran brilliantly to finish 3rd in the Southern Inter Counties U17 race. With another year in the age ...[Read more](#)

[Press Report 9th December 2014](#)



Essex Cross-Country League Great Notley Country Park, Braintree Saturday 6 December The third round of this winter's Essex Cross-Country League was held at Great Notley Country Park, Braintree on Saturday and Ilford AC produced their best results of the season. The u-13



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boys raced over 3000m on the grassland course which featured one tough climb. Arun Manget headed the squad in 15th spot in 10 mins 39 secs, with Manraj Gill 2nd with 11m 04s and Bradley Deacon 34th in 11m 10s. Together the boys placed 8th in the team competition. The u17 men gave the team their best results of the afternoon with an excellent run by Ahmed Abdulle coming 2nd in 18m 26s for the 6km course with took the hill in twice ...[Read more](#)

[Press Report 1st December 2014](#)



Essex Veteran Cross Country Championships Chigwell Row Saturday 29 November Veteran athletes from all over Essex enjoyed ideal running conditions in some warm autumnal sunshine as they tackled a classic challenging cross country course hosted by Ilford AC at their Chigwell Row venue last Saturday morning. The heavy rain leading up to the Essex XC Veterans Championship event had produced some very boggy conditions as the first race combining the over 50s men category with the women set off from the Common opposite Lambourne Road at 11am. Within 200 metres of the start the 200 strong field were into the worst of the long muddy climb which had to be negotiated twice on the 2 lap course of 5.4 miles. Neil Crisp ...[Read more](#)

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This week we lovingly prepare the course for this Saturday's Extravaganza at Chigwell Row aka the Essex Veterans Cross Country Championships.....Having been advised that the Common is nowhere near boggy enough for traditionalists of the Sport I have arranged for several shipments of Stour and Thames Estuary mud to be liberally applied to the same, watered and ploughed in by a herd of stampeding Suffolk Red Poll Cows richly fed on decaying meadow grass and triple senokot....this should get the area a little bit more akin to Parliament Hill both in terms or appearance and aroma whilst also adding some extra atmosphere to the event. Martin Press Report Ilford AC's Malcolm Muir was in the middle of a busy weekend of Championship action ...[Read more](#)

[Press Report 25th November 2014](#)



Ilford AC's Malcolm Muir was in the middle of a busy weekend of Championship action this weekend. On Saturday he tackled the rolling slopes of Nottingham's Wollaton Park which played host to the British and Irish Masters Cross Country International. Muir featured strongly in the open 8k race where he narrowly missed out on a podium place finishing 4th in a top class field of veteran athletes and within 45 seconds of the winner. The following afternoon he had returned to Essex to compete in the Chelmsford 10k which also included the Essex County Championships. Another 4th placing in a time of 33.16 saw the Ilford man scoop the Essex Veteran over 40 Gold as he headed some excellent performances from ...[Read more](#)

[Press report 18th November 2014](#)



LONDON YOUTH GAMES X COUNTRY CHAMPS PARLIAMENT HILL Saturday 15th November
Over 1000 young Londoners descended on Parliament Hill last Saturday for the first event of the new Balfour Beatty London Youth Games season. The cross country competitions featured representatives from all 33 London borough teams, including several national and regional champions. A superb run by Ilford AC's Ahmed Abdulle in the under 17s race saw him narrowly missing out on victory in a sprint finish but was later given 1st place when officials disqualified the original winner for being a over aged runner. Ahmed's winning time was 17-10 some 30 seconds in hand of the next runner, and relegating the pre race favourite and Middlesex Champion to 6th. Usamah Patel found the ...[Read more](#)

[Press Report 11th November 2014](#)



Three runners from Ilford AC guested in the second match of this winters Chingford League, held on the challenging 5k circuit of the Redbridge Cycle Circuit at Hog Hill, Hainault last Tuesday. Kevin Newell was best placed of the trio in the three lap race in 24th spot out of 174 finishers in 18 mins 05 secs, with Sam Rahman recording 18m 21s in 32nd. Further back was Rob Sargent placing 137th with 24m 21s At the previous week's Friday's Serpentine Last Friday 5K race Ilford had John Batchelor and Kevin Newell in the starting line-up. Most notable for 23C temperature and brilliant sunshine on 31st October, the race was run over the two-lap Christmas course (caused by the ghastly "Winter ...[Read more](#)

Press Report 4th November 2014



Billericay 10k – Sunday 2nd November 2014 Double Gold For Ilford Athletic Club at The Billericay Striders 10K Road Race ! The Only Two Ilford Athletic Club members in a Field of Well Over 750 Entrants came away with respective Winners Trophies in their age categories at The Billericay Striders 10K Rad Race on Sunday. Held in Windy but cool conditions, Stephen Philcox outsprinted local Legend, John Barker of Thrift Green Trotters, to Win The Male Over 40's Veteran Trophy in 10th Place in a time of 36 Minutes and 47 seconds. He was Followed by Multiple Essex County Medallist, Terry Knightley, in 26th Position in 39 minutes and 57 seconds as he won the Male Over 50's Veteran Trophy for the 3rd ...[Read more](#)

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