



Press Report Ilford AC 12th August 2014



British Masters Track & Field Championships Alexander Stadium Birmingham Saturday/Sunday 9-10 August Ilford ACs Kevin Newell took part in the British Masters Track & Field Championships at Alexander Stadium in Birmingham over the weekend. On Saturday morning he ran in the M35 category 1500m recording 4 mins 54.26secs for 5th place. On Sunday Newell returned to the track the next afternoon for the 5000m. The worst of the Sunday storm had passed by race time but there was a strong wind on the back straight. He ran a well controlled race moving up the field as it progressed to recorded 17m 31.32 s for 6th spot in his age group. Club endurance coach Rob Sargent also had a run out over 5000m ...[Read more](#)

Press Report 5th August 2014



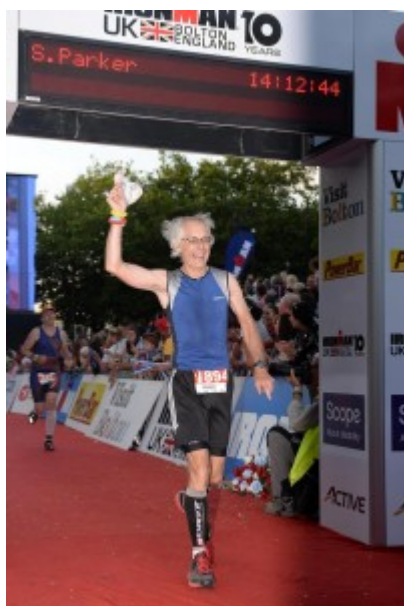
Orion Forest Five Epping Forest Saturday 2 August On a muggy Saturday morning 250 lined



All News Items

up for the Orion Harriers run on the trails through Epping Forest, the race incorporating the fifth fixture in this summers ELvIS league. Leading the Ilford AC challenge was Malcom Muir in an excellent 2nd spot with 28mins 27secs. He was backed up by Steve Philcox in 7th with 29m 35 and finished as 3rd in the M40 group and the in form Kevin Newell in 10th in 30m 01s. Sam Rahman showed well in 17th in 30m 32s and Kevin Wotton placed 19th with 31m 13s. Neil Crisp completed the sides scorers in 29th and 4th in the M50 category in 31m 59s The side placed 2nd behind ...[Read more](#)

[Press Report 29th July 2014](#)



Bolton Ironman Triathlon – July 19th 2014 Steve Parker, 58, raced in the Ironman triathlon last weekend in Bolton. It started with a rude awakening at 2.45am to get to the start at the lake at 6.00am. He reports that competing with 2000 other swimmers was a bit like being a pin ball rounding the buoys on the two lap swim but the 2.4 mile swim went well in a time of 1hr 27mins. After a leisurely transition, it was out for a 112 mile bikeride. The two lap route was far from flat, including the infamous Sheep House Lane climb but Steve found the long steep Hunters hill was more of a challenge as this had to be negotiated riding out of the saddle. The bike ride ...[Read more](#)

[Dave Searle](#)



Please see attached David_Searle.pdf [Read more](#)

Press Report 21/07/2014



Newman Hilly 5 Chigwell Row Wednesday 16 July On a warm summers night Ilford AC staged the annual Newman Hilly 5 mile race, which incorporated the latest round on the ELvIS Summer League, on a challenging course around Hainault Forest. Ilford's man in form Malcom Muir took the honours with an excellent victory in 28mins 06secs. Steve Philcox backed him up in 6th place , and 3rd in the M40 category, in 29m 2-11s with Kevin Newell also showing good form 9th overall in 29m 48s. Kevin Wooton was 4th in the M40 age group and 15th overall in 30m 56s with Sam Rahman one place back with 31m 02s. Neil Crisp completed the Ilford's mens team in 20th and 4th in the M50 ...[Read more](#)

[Elvis Team Tables after Hilly 5](#)



Latest Elvis Tables [Elvis-2014-Latest-Tables.xlsx](#) [Read more](#)

[Newman Hilly 5 16th July 2014 - Results](#)



[Hilly_5_160714_results.xlsx](#) [Read more](#)



[Press Report Ilford AC 15/07/2014](#)



Friday Night Five Pleshey Friday 11 July After missing a year in 2013 the “Springfield Striders Friday 5” was back last Friday. Situated in the village of Pleshey, the race was held over a two lap spectator friendly course, starting and finishing at the village hall. A small contingent athletes made their way and were rewarded for their efforts. Malcolm Muir, in a fine vein of form, won the race in 26:10 which was good enough for the V70 prize. Best part ...[Read more](#)

[Press Report 08/07/2014](#)



Self Transcendence 5k and Orion 5 miles Monday 30 June and Saturday 5th July Ilford's Steve Philcox competed in the Sri Chinmoy Self Transcendence 5k in Battersea park last Monday evening recording a season's best for the distance in an excellent 16.42. This placed him 14th overall in a classy field of 156 finishers. He also raced on Saturday morning in the 2nd of the Orion forest 5 mile series at Chingford managing to win it in a time of 29.56 and ahead of



All News Items

East London's Patrick Brown and Mark Boulton.. Ilford's Bradley Brown, Billy Green and Pam Jones also ran with times yet to be confirmed. Fast Friday Track meet Walthamstow Friday 27 June Orion Harriers staged a meeting of 500m and 10000m in support of ...[Read more](#)

[Press Report 1st July 2014](#)



Horndon Village 10km Sunday 29 June Blair McWhirter of Ilford AC continued his dominance of the local road running scene last Sunday with an unchallenged win at the Horndon Village 10km, which is held in conjunction with the local Feast and Fayre. The 2 lap course around the village features three tough hills and Blair took control of the race at the top of the first at one mile and was never challenged. He went on to cross the line over 2 minutes in front of the second placed Matt Woodman of Orion Harriers in a time of 32 mins 45 secs. The only other runner from the club in action in this event was Bradley Brown who came home 47th ...[Read more](#)

• <>