



Press Report 28th October 2014



Dublin Marathon Monday 27th October 2014 Ilford AC.s Kevin Newell and Sam Rahman were among an estimated 14,000 runners from 47 countries in the 35th running of Sunday's Dublin Marathon. The breezy conditions and few extra hills thrown in this year following a course change due to the city-centre Luas works proved no obstacle to Newell as he stormed round the 26.2miles in a new personal best of 2hrs 48 minutes and 57 seconds for an impressive 81st place. Sam Rahman was a harsh judge of his own performance confessing to be slightly disappointed with his own run and struggled in comparison but nevertheless returned 2hours 57. 59 a time that many runners would be delighted with and good enough for 233rd ...[Read more](#)

Press Report 21st October 2014



Ilford Athletic Club

Essex Cross Country League Thurrock 18/10/2014 Ilford AC opened their Cross Country

season at One Tree Hill, Thurrock, on Saturday with a superb run by Ahmed Abdulle who showed a clean pair of heels to the rest of the field in the Under 17s race. He was well supported by Usamah Patel, 25th, and Jack Maher 39th. Three other young athletes also performed well in the under 13 boys race with Manraj Gill leading the trio home in 10th, Arun Manget in 12th and Bradley Deacon in 29th. There were 40 finishers in both races. Tom Gardner was the leading Ilford runner in the senior men's race managing 8th place in a top class field of 162 runners. Malcolm Muir was top male vet ...[Read more](#)

[Press Report 14th October 2014](#)



Tiptree 10 miles – inc Essex Champs Sunday 12/10/2014 A small but very competitive squad of runners from IlfordAC enjoyed some excellent racing as they took on the Essex 10 mile road championships around the quiet rural lanes of Tiptree last Sunday. Club captain Malcolm Muir led the way winning the race in an Essex Gold medal winning time of 55.56, over 30 seconds clear of the rest of the field. He was backed up by a superb performance from Kevin Newell who recorded a personal best of 57.31 and together with fellow veteran Steve Philcox, also breaking the hour mark and equaling his best of 59.32, the Ilford trio finishing in bronze medal position in the team competition. Newell was particularly ...[Read more](#)

[Press Report 6th October 2014](#)



Southend on Sea 10km Sunday 5 October There were 4 runners from Ilford AC in the annual 10km along the Southend seafront. The large field of 972 were headed by the home team's England International Adam Hickey in a time of 30mins 26secs. The first of the Ilford quartet home was Kieran McKenna in 62nd spot in 39m 49s, while Carol Muir recorded 56m 01s in 564th and 123rd female. Nicola Chester crossed the line in 610th place with 56m 55s and Pam Jones put in a fine run to take the award for 1st F65 in 653rd spot with a time of 58m 22s. Enervon Activ 10km Manila, Philippines Sunday 5 October Ilford Acs Blair McWhirter, who is teaching in Manila for a year, took part ...[Read more](#)

[Press Report 30th September 2014](#)



Valentine's Park 5km Ilford Sunday 28 September Ilford AC fielded no less than 26 athletes in the local Sunday's Valentines Park 5k and event co hosted with East London Runners. It was a very successful day for the Club with 9 finishing in the top 20. Warm sunshine greeted the field of over 200 runners in what was also the final fixture of a very successful ELvIS summer series, a grand prix event comprising 7 local races between 8 competing local Clubs. Tom Gardner was always in the leading pack and took control of the race on the second of the two laps to win in 16mins exactly. 16 year old Ahmed Abdulla was close in second in a new personal best of 16m ...[Read more](#)

[Freddie Plumm portrait by Alec Tiffin - Romford Recorder 26th September 2014](#)



With thanks to Dave Ainsworth [Read more](#)

Press Report 22nd September 2014



Pleshey Half Marathon incorporating the Essex County Championships Sunday 20 September

On a calm Sunday morning a field of over 400 gathered in the picturesque Essex village of Pleshey for the annual half marathon, which once again included the Essex County Championships within the race. The route is over a rolling course on quiet roads around the village and is a test for all standards of runner. Ilford AC fielded 10 entrants in then Championship and were led home by a great performance by Kevin Newell in 8th place in a new personal best of 1 hr 18 mins 19 secs. Supporting him were Steve Philcox in 12th with 1h 19m 04s, just seconds outside his best time for the distance, a run which ...[Read more](#)

Ingatstone 5 Results 14/09/2014



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[Press Report Ilford AC 16/09/2014](#)



Ingatestone 5 14th September 2014 The 30th running of the Ingatestone 5 Mile Road Race took place last Sunday in ideal running conditions. Unfortunately the race's founder and Ilford AC legend Howard Williams was unable to be present having retired from Race organisation earlier this year and although intending to make a cameo appearance was laid up with flu. Nevertheless the Club provided an excellent team of race officials to co-host with Keith Cranmer of Ingatestone Boy's Club thus maintaining the legacy of this iconic Charity Race. Twelve runners from the Club made the trip to compete over 5 miles of a rolling course. The team were in good form with Kevin Newell leading the way in 5th place with a new ...[Read more](#)

[Press Report 8th September 2014](#)



Essex Way - Sunday 7th September 2014 Ilford AC closed ranks to pull off a remarkable victory in the famous Essex Way Relay Race for the first time in their history. This race covers the 82 miles of the historic Essex way from Epping Station to Harwich Old Lighthouse in 10 stages and is usually run the first Sunday in September. The route is mostly cross country



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and can be difficult through crops and across ploughed fields. For a long period it looked like a scratch Ilford team may have to settle for runners up to the traditionally formidable Springfield Striders outfit until an achilles injury forced the lattter's 5th leg runner to retire thereby incurring a heavy points penalty and effectively ...[Read more](#)

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