



## Press Report Ilford AC 02/09/2014



Last Friday of the Month 5km Hyde Park Friday 29 August There were three runners from Ilford AC in the large field of 203 in Serpentine Running Club's Last Friday of the month 5km in London's Hyde Park. On the fast course Steve Philcox came home 9th in 17 mins 22 secs which placed him second in the M45 category. Further down the field there were good runs from Carol Muir in 161st with 26m 11s and Pam Jones with 29m 23s for 185th, her best on the road this year. Essex 10000m Championship Garon Park, Southend Saturday 30 August The final day of the 2014 Essex County Track Championships were held at the Garon Park Track in Southend in breezy conditions last Saturday. There was good ...[Read more](#)

## Press Report Ilford AC 26/08/2014



Barking Park 5Km Monday 25 August On a wet bank holiday Monday morning in Barking Park the 6th round of this summers ELvIS competition was held and Ilford AC were out in force fielding 26 runners in the field of 214 The mens team were led by Tom Gardner in an excellent 2nd place in 16 mins 02 secs, backed up by Ahmed Abdullah in 3rd in 16m 33s. Steve Philcox showed good form in 8th and 1st in the M40 category with 17m 06 and half



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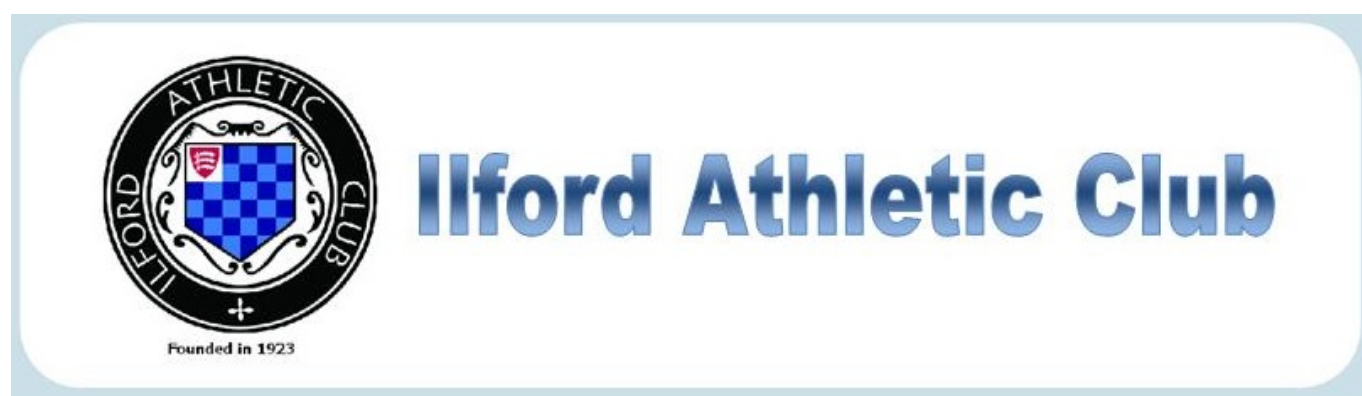
a step behind was Sam Rahman with the same time and a new personal best time. Kevin Newell placed 12th in 17m 36s and Neil Crisp recorded 18m 39s in 28th spot and 2nd in the M50 ...[Read more](#)

[Attention Press Report IlfordAC 19/08/2014](#)



Havering Aquathon 17th August 2014 On Sunday 17th August Nine Times Essex County Road Running Champion, Terry Knightley and Club photographer Kim the blur Baxter made their debuts in Upminster at the Havering 90 Joggers and Havering Triathlon Club AQUATHLON, which consisted of a 400 metre pool swim followed by a 5 Kilometre multi-terrain run around local rutted farmers fields and Thames Chase Trails. Terry finished in 37th Position overall from 63 finishers in a total time, including transition, for the event of 36 minutes and 34 seconds and Kim finished in 61st Place in 52 minutes and 17 seconds. [Read more](#)

[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



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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 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](#)



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



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