



Press Report 21st April 2014



Victoria Park 5 miles Hackney Saturday 19th April The 48th Victoria Park 5 miles road race was held on a fine spring afternoon last Saturday. The event which also doubled as this year's Ilford AC Road Championships saw a number of club runners who were not in last week's London Marathon line up in a starting field of over 200. The race was won in a quick time of 23m 39s by Southend's British International Adam Hickey with Ilford's Malcolm Muir 8th in 26m 20s, a few seconds outside his best time for the distance. Next home for the club was Steve Philcox who was just under 30 minutes in 57th with 29m 53s while club coach put in a creditable run of 36m ...[Read more](#)

Press Report 15th April 2014 - VLM 2014



VLM London Marathon - 13th April 2014 On a perfect Sunday morning for running 16 gallant Ilford AC athletes were among the 34000 plus on the start line at Blackheath for the 34th London Marathon. The club achieved a set of fine results, which included 7 new best times for the distance, showing their winter training program went well. There was another superb performance from the club's Kiwi runner, Blair McWhirter. Blair ran a well balanced race reaching halfway in 71 mins and moved through the field in the second half to finish in a new personal best time of 2hr 23min 27secs to place 25th overall. This result places 2nd on the marathon rankings for New Zealand for 2014 and earns ...[Read more](#)

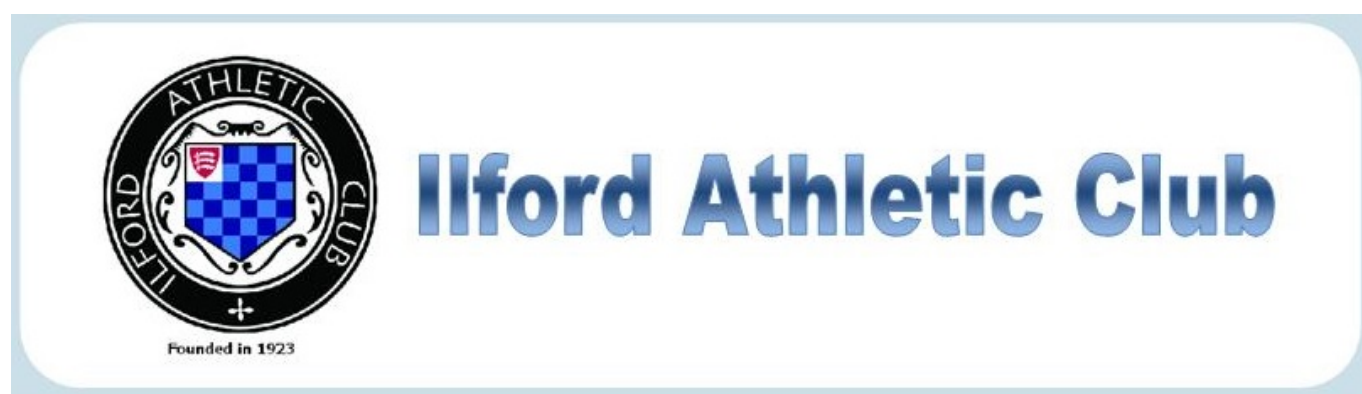


Press Report – Pre London 8th April 2014



BMAF World Indoor Champs Budapest Ilford AC's superveteran John Batchelor has returned from the British Masters Indoor World Champs in Budapest where the standard in the M70 distance races was unusually high. Batchelor placed seventh in the 3000m after leading the field for the first kilometre, whereupon he was passed by a string of former World or European champions fighting it out for the major honours. Although John was unable to stick with them in the mid-race section he closed on the leaders over the last few laps to finish in 11:48.03, close to his season's best. The Ilford man comfortably made the final of the 1500m, but in the final against similar high-quality opposition was again unable to pick up the ...[Read more](#)

Press Report 31/03/2014



Havering Spring Warm Up – Hornchurch Iain Gains reports “Two 10 year olds who have moved up from the u/11 squad competing in the u/13 1500 had excellent runs, Arun Manget winning in 5-32 Pb from his training partner Bradley Deacon who was running in his first 1500 in 5-44. In the u/17 800 Jack Maher in his first outing on the track this year won with ease in 2-01. The meeting was running late so the 1500 had u/17-20-seniors-vets in one race which



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meant Usamah Patel had to take on his training partner Tom Gardner who was having his first run due to injury. Tom won the overall race 4-14 with Usamah 1st u/17 and 3rd overall in 4-21." Endurance man Bradley Brown ...[Read more](#)

[Press Report 24th March 2014](#)



ESSEX ROAD RELAYS – CHELMSFORD SATURDAY 22ND MARCH Vet 45 Ladies shine once again!! Last Saturday saw 20 runners from Ilford AC participate in the annual Essex Road Relays at Chelmsford. Ilford AC were able to field 2 teams in the Ladies race and 4 in the Men's which made us one of the best represented teams there. Over the normal 3.5mile sealed an excellent team performance taking the bronze medal. In the Senior Ladies race Jenni Sheehan and the ...[Read more](#)

[Press Report 17/03/2014](#)



British Masters Cross-Country Championship Tollcross Park, Glasgow Saturday 15 March The British Masters Cross-Country Championships were held on a testing but firm grass hard course at Tollcross Park, Glasgow on a windy Saturday afternoon. The first race was the women's' 6km event over 3 laps. Ilford Athletic Club had two representatives in the race with



Founded in 1923

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Dianne Crisp finishing 73th in 28 mins 30secs who 15th in the F50 age group. Local legend Pam Jones crossed the line in 37m 48s for first in the F75 grouping to take the gold medal. There was more success for the club in the men's 8km race where Malcolm Muir placed 3rd in the M35 grouping with 26m 39s and was 6th overall. Kevin Newell recorded 30m 57s for
...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 9 March 2014](#)



ESSEX 20 Mile Championship Langham Sunday 9 March There were 12 athletes from Ilford AC taking part in this 20 mile road race on a rural route at Langham, near Colchester. The event was made more difficult by the weather producing a warm sunny day with the temperature rising to over 20C, after the runners had been training in the cool wet winter conditions. Ilford's Kiwi sensation Blair McWhirter was again in superb form taking the lead from the gun and by 3 miles he had a commanding lead which he continued to increase on his solo run. Blair crossed the finishing line 8 minutes ahead of the second placed runner in 1hr 48mins 27secs, which is the fifth fastest at the distance in the country in 2014 and places him 7th
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[Ilford AC Press Report Week Ending Sunday 2 March 2014](#)





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Netherhall 10m, Incorporating the British Masters Athletic Federation 10 mile Championships Netherhall Sunday 22 February Two Ilford men made the long, tiring journey to Cumbria to compete in the above race. It is a tough, windy and hilly course. The winner of the race was V40 runner Kerry Wilson from Scotland, in 55.17. Malcolm Muir came home as the first Ilford runner, but third overall in a time of 56.21. Malcolm was pleased to win the BMAF V35 gold! Spencer Hempstead competed bravely despite suffering a tummy bug. He came 11th in the race, in a time of 59.47. He was an unlucky fourth placed V40 in the BMAF competition. Report by Malcolm Muir Last Friday in the Month Serpentine 5k Friday 28 February Continuing his recent good form John Batchelor competed in ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 23 February 2014](#)



TARPLEY 20 Bury St Edmunds Sunday 22 February Ilford AC's Breege Nordin put in a outstanding performance in the Tarpley 20 mile road race on a rural hilly course over the windy countryside surrounding the Suffolk town of Bury St Edmunds. Breege finished in 84th overall in 2hr 31min 22secs, this run placed her as 3rd female in the event and first in the F55 age category. She is ranked 28th overall in the country in 2014 at the distance and is top of her age group. The club also had 3 men in action. Sam Rahman ran a controlled race to finish 17th in 2h 09m 42s, while Kevin Newell recorded 2h 15m 42s. The squad was completed by Bradley Brown with 2h 38m 19s. Report by Hank in ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 16 February 2014](#)



EASTERN COUNTIES INCORPORATING THE ESSEX INDOOR ATHLETICS CHAMPS 2014 For the first time this season Jack Maher & training partner Usamah Patel came face to face in the finals of the u/17 1500m. Jack took up the pace early on as the pair took charge of the race, with about 250m to go Usamah made his move to take the title from Jack who was the reigning champion both athletes broke the championship best performance time. Usamah time 4-21 Pb indoors Jack 4-25 Pb indoors Report by Ian Gains. Photos by Tom Gardner

CHICHESTER PRIORY 10km CHICHESTER SUNDAY 9th FEB Three Ilford men travelled down to Chichester last Sunday for the super fast Chichester 10km, which includes the Sussex Championship. On a windy course the times were a little down ...[Read more](#)

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