



## [Ilford AC Press Report Week Ending Sunday 29 December 2013](#)



Witham Boxing Day 5 Miles Three runners from Ilford AC took part in this traditional Christmas event. Bradley Brown was satisfied with his time of 32mins 06secs for 53rd place while Nicola Chester recorded 44m 36s for 216th overall. Carol Muir was close behind in 221st with 45m 16s. Report by Hank in the Bushes Chingford League - Alexandra Palace The fourth round of this winters Chingford League was held on a traditional cross-country course in the grounds of the historical Alexandra Palace. The race was held on the old racecourse and featured mud and plenty of standing water and a tough climb upto the Palace buildings on each of the 3 laps of the 8.5km event. A couple of athletes from the Ilford AC endurance squad travelled to North London to take ...[Read more](#)

## [Ilford AC Press Report Week Ending Sunday 15th December 2013](#)



South of England Masters Cross-Country Championships Shuttleworth Park, Biggleswade Saturday 14 December A group of masters athletes from Ilford AC travelled to Shuttleworth Park in Biggleswade to compete in the South of England Cross-Country Championships over a firm parkland course and once again produced good results. The ladies were the most successful grouping for the team, racing in 4 different age groupings, all racing over a



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distance of 6km. Mel Jones continued her good form of the winter with 14th place in the F45 category in 29mins 06 secs, while in the F50 Dianne Crisp came home 15th in 29m 54s and Nicola Hopkinson 17th with 30m 54s. In the F 55 group Bree Nordin put in her usual gritty performance to finish 5th in a time of 28m 42s. The ...[Read more](#)

### [Ilford AC Press Report Week Ending Sunday 8 December 2013](#)



Essex cross-Country League Match 3 Hylands Park, Chelmsford 7 December 2013. The third match of this years Essex Cross-Country league was held at Hylands Park, Chelmsford last Saturday on a firm, fast grassland course in good conditions. Ilford Ac fielded teams in both mens and ladies matches, who produced their best results of the season so far, but the best performance of the day came from Usamah Patel in the boys u/15 race where he had a superb run to come home 2nd in 12mins 40secs for the 4km course, just 5 seconds behind the winner. The ladies raced held over 6.4km saw the Ilford team pack well. Bree Nordin led the way in 35th, and 1st in the F55 category, in 29m 20s. Mel Jones ...[Read more](#)

### [Ilford AC Press Report Week Ending Sunday 1st December 2013](#)



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Essex Veterans Cross-Country Championship Claybury Park Saturday 30 November There was a good turn out of the older members of Ilford AC s endurance squad for the Essex Veterans Cross-Country Championship held over a demanding 3 lap 5 mile course in Claybury Park last Saturday. Top performance of the day for the club came from Spencer Hempstead in the M40 category he placed 2nd to race winner Adrian Mussett of Colchester Harriers in 28 mins 26 secs to take the silver medal. Backing up were Steve Philcox in 14th with 30m 03s and a fine run from Paul Holloway in 30m 57s for 23rd. Closing the team was Kevin Wotton in 26th spot with 31m 29s. The team placed 4th in the club competition. Also in action were Gary Floate (62nd ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 24th November 2013](#)



Downton Half Marathon near Salisbury Salisbury Sunday 24 November On a cold crisp morning Kevin Newell lined up at the start of the Downton Half Marathon near Salisbury. The Ilford ac athlete is on a good run of form of late & he didn't disappoint this time. On a very up and down course taking the runners through the beautiful New Forest, passing the odd horse on the way, he led from start to finish to come home in a time of 80 mins 25 secs. 205 runners finished the race Report courtesy of The Cowboy from the Abbey Chelmsford 10km Sunday 24 November Six runners from the endurance squad of Ilford AC tackled the rural course of the 408 entrant strong Sunday Chelmsford 10k, which finishes on the Melbourne



Park track. Heading up ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 17th November 2013](#)



Essex League Cross Country Gloucester park Saturday 16 November The second Essex League meeting of the 2013/14 was held at Gloucester Park, Basildon. After a cold start the sun came out and a good afternoon of racing was enjoyed by all over the usual testing course. The Ladies were the first up and their 7k course was over 2 large laps. Krystle Balogun was the pick of the ladies as she battled through to finish in 20th . Providing excellent support were Breege Nordin in 41st , 1st V55, and closing the team Dianne Crisp in 52nd . This was good enough for 10th team on the day out of 19. Also providing valuable back up was “young” Pam Jones in 98th . In the ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 10th November 2013](#)



Stebbing Remembrance Day 10 Road Race Sunday 10 November Nearly 500 runners lined up for the start of the Stebbing 10 mile race on a very crisp and windswept Remembrance Day morning. Ilford AC were well represented with no less than 7 men and 6 women competing in this Essex Championship race over a rural course of quiet yet exposed country lanes and



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track. The eye catching performance of the day came once again from Kevin Newell who continues to improve on his personal bests, this time clocking 58.53 for 14th place. He was ably supported by a strong well packing trio consisting of Steve Philcox 60.41 (24th) Kevin Wotton 61.06 (28th) and Sam Rahman 61.58 (33rd). In the women's race Breege Nordin proved a class above her opposition winning the over 55 ...[Read more](#)

### [Ilford AC Press Report Week Ending Sunday 3rd November 2013](#)



Billericay Striders 10K Road Race Sunday 3 November Six members of Ilford AC took to the roads in the Billericay Striders 10k road race on Sunday 3rd November. In very windy but bright conditions the Ilford men claimed 3rd team in a field of 592 finishers. In this well organised and well supported race Kevin Newell sprinted over the line in 35:57 in 6th place to lead the team home. Hot on his heels in 7th place came Steve Philcox in 36:22 to finish as 2nd over 40 veteran followed by Super Veteran Terry Knightley in 39:35 for 27th position and 3rd over 50 veteran. New club member Dan Cogan finished in 85th place for 43:03. Nicola Chester lead the ladies home in 58:21 in 460th place followed by Carol ...[Read more](#)

### [Ilford AC Press Report Week Ending Sunday 27th October 2013](#)



# Ilford Athletic Club



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Wix 5m Sunday 20 October Three Ilford runners competed in the Wix 5 mile road race near Manningtree on Sunday morning. Heavy morning showers had waterlogged the course but did not deter the field of 211 runners. First man home was the in form Kevin Newell who picked his way through the puddles to break the tape in a good time of 28.46 for 8th place. He was well supported by veteran Tony Hyde who ran 30.26 for 18th place. Martin Clarke, nursing a hamstring injury, closed the team in 89th place recording 37.32. Chris Burgoyne of Springfield Striders led the field home in 27.14 from local man Robert Reason of Harwich. Report courtesy of Martin Clarke and The Cowboy in the D.I.Y store World Masters Championship □ 5000m Porto Alegre, Brazil ...[Read more](#)

### [Ilford AC Press Report Week Ending Sunday 20th October 2013](#)



Essex League Cross Country Braintree Saturday 19 October The first Essex League meeting of the 2013/14 was held at Great Notley Country Park, Braintree. The weather was a mixture of showers and sunshine and the course was quite tight and twisty with some slippery stretches. The Ladies were the first up and their 6k course was over 2 large laps. Mel Jones was first home in 36th . She was closely followed by Breege Nordin 38th and Jenni Sheehan 50th who closed the team in a very creditable 11th position out of 19 teams. Also providing valuable back up were Nicola Hopkinson 69th , Pam Jones 106th In the Men's race held over 2 small ...[Read more](#)

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