

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



Ingatestone-5-Final-Results-2014.xls [Read more](#)

[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 latter's 5th leg runner to retire thereby incurring a heavy points penalty and effectively ...[Read more](#)

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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](#)



Ilford Athletic Club



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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 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](#)

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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](#)

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