



Press Report Ilford AC 15/07/2014



Friday Night Five Pleshey Friday 11 July After missing a year in 2013 the “Springfield Striders Friday 5” was back last Friday. Situated in the village of Pleshey, the race was held over a two lap spectator friendly course, starting and finishing at the village hall. A small contingent athletes made their way and were rewarded for their efforts. Malcolm Muir, in a fine vein of form, won the race in 26:10 which was good enough for the V70 prize. Best part ...[Read more](#)

Press Report 08/07/2014



Self Transcendence 5k and Orion 5 miles Monday 30 June and Saturday 5th July Ilford's Steve Philcox competed in the Sri Chinmoy Self Transcendence 5k in Battersea park last Monday evening recording a season's best for the distance in an excellent 16.42. This placed him 14th overall in a classy field of 156 finishers. He also raced on Saturday morning in the 2nd of the Orion forest 5 mile series at Chingford managing to win it in a time of 29.56 and ahead of



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East London's Patrick Brown and Mark Boulton.. Ilford's Bradley Brown, Billy Green and Pam Jones also ran with times yet to be confirmed. Fast Friday Track meet Walthamstow Friday 27 June Orion Harriers staged a meeting of 500m and 10000m in support of ...[Read more](#)

[Press Report 1st July 2014](#)



Horndon Village 10km Sunday 29 June Blair McWhirter of Ilford AC continued his dominance of the local road running scene last Sunday with an unchallenged win at the Horndon Village 10km, which is held in conjunction with the local Feast and Fayre. The 2 lap course around the village features three tough hills and Blair took control of the race at the top of the first at one mile and was never challenged. He went on to cross the line over 2 minutes in front of the second placed Matt Woodman of Orion Harriers in a time of 32 mins 45 secs. The only other runner from the club in action in this event was Bradley Brown who came home 47th ...[Read more](#)

[Press Report 24th June 2014](#)



Eton Manor ELvIS 5km Leyton Tuesday 17 June Ilford AC had 26 entries in the third race of this summer's ELvIS fixtures at Jubilee Park, Leyton a good night for running last Tuesday



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evening. Blair McWhirter was again in top form dominating the race and taking victory in 15mins 42secs. Backing him up in 2nd spot was Tom Gardner, who put in an excellent run, with 16m 08s while Malcolm Muir took the masters prize in 5th place in 16m 36s. Steve Philcox placed second 2nd in the M40 category with 17m 12s for 10th. Kevin Newell placed 13th in 17mn 44s and Sam Rahman 16th with 17m 52s and Kevin Wotton closed the scoring team in 19th and 4th in the ...[Read more](#)

[Press Report 17th JUne 2014](#)



GREAT EASTON 5 Sunday 15 June The Great Easton road race was run a calm Sunday morning over a challenging undulating course around the village of Great Easton, near Dunmow in north Essex. The race this year incorporated the Essex County 5 mile Championship and the endurance squad of Ilford AC were in top form claimed 9 medals which included 9 golds. The race was won in 25mins 18 secs by Paul Whittaker of Southend Ac with Ilford's Kiwi Blair McWhirter second in 25m 58s. Whittaker was disqualified from the Championship for not wearing his club colours and hence McWhirter won the county title, trophy and gold medal, his first since fulfilling the residence period to compete in county races. In form Malcolm ...[Read more](#)

[Press Report 09/06/2014](#)



Orion Forest Five Saturday 7th June 2014 Three Ilford runners contested the first of Orion's Forest 5mile three race series held in torrential rain on a very wet and waterlogged multi terrain course at Chingford on Saturday morning. Steve Philcox produced a excellent run to break 30 minutes with his 29.53 being good enough for 7th place and runner up in the veteran 40 category. Billy Green, racing over both days of the weekend, chipped in with a fine 40.09 for 66th out of a field of 131 runners. Pam Jones was the club's sole lady representative running producing what was probably the best age graded performance of the day clocking 49.20 for 122nd place. Billericay's Crispian Bloomfield headed the field in 27.42. Southend ...[Read more](#)

[Press Report 2/06/2014](#)



ESSEX TRACK & FIELD CHAMPS DAY 2 Chelmsford Saturday May 24th After the success on day 1 5 Ilford AC athletes kept the good run going. Usamah Patel opened the account with a excellent run leading from the start & crossing the line in 1st place & gold medal in the u/17 3000m in 9-13-60 Pb.Tom Gardner improving with every race took 2nd place and a silver

medal in the Senior 1500m recording a season's best of 4-12-51. The race of the day was surely the u/17 800 with the first 3 home being ranked in the top 6 in the country and a winning time of 1-53. Ilford's Jack Maher was a bit off the pace and had to settle for 5th place ...[Read more](#)

[Press Report 27/05/2014](#)



Much merriment at Hatfield Broad Oak with some great techy prizes as runner up Malcolm Muir wins the new super slim transparent Iphone6S mini with 9.7 inch retina display and 500 megapixel camera. Watch the birdie! A lady official has laughed her right arm off but all is not lost as her mum waits in the wings carrying her replacement prosthetic. Hatfield Broad Oak 10k Monday 26th May 2014 On Bank Holiday Monday a small number of Ilford Athletes took part in the popular 10k course on the figure of eight loop through the quiet country lanes of rural Essex. First home and 2nd in the overall race was Malcolm Muir in a time of 32.54 . Muir put in a fine run to ...[Read more](#)

[Press Report 20/05/2014](#)



Ilford Athletic Club

Essex Track and Field Championships 18th May 2014 – Chelmsford 5 Ilford athletes competed in day 1 of the Essex Track and Field Championships held at Chelmsford each winning individual medals. Opening the account was Tom Gardner in the 3000m and although not back to full fitness ran a well controlled race for 2nd place and a silver medal in a seasons best of 9mins 4.7seconds. Usamah Patel was up against 2 highly nationally rated athletes in the under 17 1500m and therefore had to settle for 3rd place running a personal best of 4mins 21secs for his bronze medal. Sam Malpass although not at full fitness though injuries still put in a gutsy performance ...[Read more](#)

[Press Report 13th May 2014](#)



Pembrokeshire Coastal Ultra Little Haven, Pembrokeshire Saturday 3 May Ilford AC's New Zealand sensation Blair McWhirter continued his winning ways at the Pembrokeshire Coastal Trail Ultra Marathon. The race is over undulating rugged but scenic terrain in the Pembrokeshire Coastal national park measuring 34.8 miles. Blair, running on his London Marathon training, finished 1st in a new course record of 4hrs 31mins 31 secs, which was previous held by sub 2:09 marathon runner Mark Steinle. His winning margin was over 23 minutes. McWhirter now intends to concentrate on shorter distances over the early summer looking to set new personal bests at 5km and 10km. Night of 10000m PBs Parliament Hill, Hampstead Saturday 10 May A series of 5 10000m races were held ...[Read more](#)



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