



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



Essex Cross-Country League Epping Forest Saturday 8 February The final leg of this winters Essex Cross-Country League has held in Epping Forest , where the recent poor weather turned the course into a quagmire of liquid mud. The adverse conditions led to the organisers shortening the courses for the races. Ilford AC were again fielding weakened teams due to injury, illness and a busy weekend of races and their line up for the senior ladies 6.5km event was just 2 competitors. Jenni Sheehan put in a good run in the mud to come home 28th in 30 mins 05 secs and Nicola Hopkinson again showed a battling performance to finish 35th in 31m 47s. Together they combined to finish 12th team on the day. The mens race was over 7.8km and Ilford had ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 2 February 2014](#)



All News Items



Watford Half Marathon Sunday 2 February It was a bright sunny Sunday morning in Watford, something that has been a rarity recently. Due to the Deluge of rain we've had recently this made the course a little tougher due to the fact sections of the course were flooded. 1750 runners lined up at two separate starts of male and female of the annual Watford half Marathon. Ilford Ac had 4 representatives in the large field,. 1st home for Ilford was Blair Mcwhirter in an excellent time of 72.02 which was good enough for 6th place, then came Kevin Newell in 65th in 81.25, Bradley Brown in 186th in a good time of 88.40, then came Ilford's only female representative, Racjhel Allen, in 1305th in an excellent time of 2.01.46
Report ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 26 January 2014](#)





All News Items

SEAA Cross Country Championships – Parliament Hill Fields Saturday 25 January Last Saturday saw the annual SEAA Cross Country Championships at Parliament Hill Fields. As a result of the recent wet weather conditions were challenging to say the least. All races started just in front of the lido with the first of many climbs being the familiar 500m “slog” up to the supporting fans. First up for the club was Usamah Patel. Looking for a top 20 position he had trouble with the condition & had to settle for 44th place in the U15 race. Jack Maher, using these races in preparation for the track season found the going even tougher finishing 173rd place in the U 17 race. The weather was still bright when the Women’s race set off ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 19 January 2014](#)



SOUTH OF ENGLAND INDOOR ATHLETICS CHAMPIONSHIP LEE VALLEY Saturday 18 & Sunday 19 January Ilfords young athletes Jack Maher 16 and Usamah Patel 15 competing in this championship for the first time and over 800 & 1500 which they have never done before indoors had a excellent weekend. Jack in the 800 came 2nd in his heat beaten by the eventual winner of the 800 but good enough to make the final in which he just missed out on a podium position coming 4th in 2-03 pb for indoors. Usamah 1500 went one better in his final in a race where he got pushed around being the smallest athlete in the field this did not stop him from battling through to take 3rd place & a bronze medal in ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 12 January 2014](#)



Essex Cross-Country League - Hockley Saturday 11 January The penultimate round of this winters League was held at Hockley on Saturday in very wet and muddy conditions. The courses were shorter than usual due to the tough going. There was a poor showing from the senior men of Ilford AC, who fielded only 4 runners in the 4 mile event. Paul Holloway showed good form coming home 39th in 26 mins 48 secs, while Bradley Brown ran the second half of the race well to move up to 71st with 29 mins 49 secs. Chris Togwell turned out for the team for the first time in a few years finishing 78th in 30m 30s, and Steve Cheal completed the team in 115th in a time of 38m 52s. Only having ...[Read more](#)

[Boxing Day Handicap 2013](#)



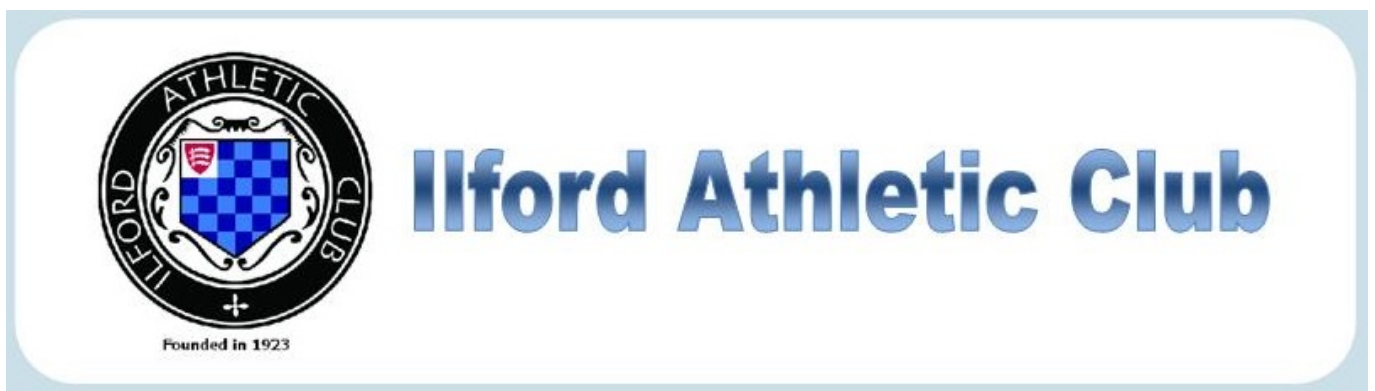
[Boxing-Day-Handicap-09.xls](#) [Read more](#)

[Ilford AC Press Report Week Ending Sunday 5 January 2014](#)



Essex Cross-Country Championship Hilly Fields, Colchester Saturday 4th January There were a good set of results for Ilford AC in this season's Essex Cross-Country Championships at Hilly Field in Colchester, where the going was firmer than was expected Best result of the afternoon for the club came in the under 15 boys race where Usamah Patel put in a storming run to take the bronze medal in 16m 49s and was selected for the Essex team for the Inter-Counties Championship in Nottingham next month. His training partner Jack Maher not his favourite surface had a solid run for 21st place in the u/17 race. The Ilford senior ladies continued their run of good performances with Krystle Balogun leading home the side in a creditable 18th spot in 35m 13s for the 8km ...[Read more](#)

[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



All News Items

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 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](#)



All News Items



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](#)

• <>