



## Ilford AC Press Report Week Ending Sunday 1st December 2013



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



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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



## All News Items

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 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

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](#)

### [Ilford AC Press Report Week Ending Sunday 13th October 2013](#)



## Ilford Athletic Club

TIPTREE 10M Sunday 13th October in wet & windy conditions 286 runners lined up for the annual Tiptree 10 on a fast slightly undulating course. 1st home was Ilford's new recruit from "Down Under", Blair Mcwhirter in 52.38, next was the in form Kevin Newell in a new personal best time of 59.06 for 10th place, next came Stephen Parker in a seasons best time of 75.29 and then came Carol Muir in 266th in 1.46.46 Report from the Cowboy in the Jam factory  
LOCH NESS MARATHON Sunday 29th September Robin Mcnelis was the sole Ilford AC representative at the recent Loch Ness marathon which was blessed with unusually warm temperatures. With a field of 3980 entered in the Marathon, the scenic course gave some beautiful ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 6th October 2013](#)



## Ilford Athletic Club

Hog Hill 5km - Chingford League Tuesday 1st October The opening fixture of the winter's Chingford League was held on a fine evening on the tough Redbridge Cycle Circuit at Hog Hill. The 3 lap course includes 4 climbs of the steep hill on the course. Eight runners from the endurance squad at Ilford AC ran as guests in the event. There was a superb run from Krystle Balogun who finished 3rd female and 76th overall in the field of 232 in a time of 20m 48s, while top man from the club was Kevin Newell in 21st in 18m 00s. Sam Rahman put in a good performance in 28th with 18m 31s while Kieran McKenna recorded 20m 42 in 75th and in



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