



SCVAC – Lee Valley 28/04/2014



The Vets team travelled to Lee Valley for the first of a four match series on Monday 28 April. Solid performances all round saw the team finishing third on the evening. Mike Horsey debuting in the new 35+ category finished sixth in 14.6s over 100m. He also competed as a non-scorer in the 1500m crossing the line in 5.06.8. Henry Ricketts finished fourth in the 40+ category over 100m in 13.3s. He also placed fourth in the 35+ shot with 8m exactly, third in the 35+ long jump with 4m 56 and fourth in the javelin with 29m 05. Pete Whiting competing in the 50+ sprint finished fifth with 15.1s. His long jump of 3m 52 also placed him fifth. Seventh place was secured ...[Read more](#)

British Masters Gear 10k – 4th May 2014



Grand East Anglian Run 10km King's Lynn Sunday 4th May 13 runners from the endurance squad of Ilford AC travelled up to Norfolk to take part in the Gear 10km which incorporated the British Masters Championship. The fast, flat course,, ideal weather conditions and a field of over 2000 led to them returning their fastest times for many years. First over the line for the club was Malcolm Muir in 7th with 32mins 31 secs, backed up by Kevin Newell in 36m 18s for 71st and Mike Horsey taking spot 168 in 39mn 46s. Together they combined to finish



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runners up in the British Masters Championship in the M35-44 age group. Neil Crisp was the club's leading runner in the M45-54 age category in 93rd ...[Read more](#)

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BRAINTREE 5miles Braintree Sunday 26 April There were 6 athletes from Ilford AC taking part in this annual 5 mile road race on a rolling rural route at Braintree. Held over the normal out and back course conditions were dry and windy. First in for the club was Steve Philcox in 29:01 which was good enough for 11th place and 2nd in the M40 category. Neil Crisp, making a welcome return to fitness was 27th and 4th in the M50 group. The Ladies were represented by Jenni Sheehan who ran well to record a new PB, breaking the 36:00 barrier with 35:59 for 112th. She was closely followed by Mel Jones showing good form in 129th , 4th FV45, and Dianne Crisp 162nd ...[Read more](#)

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Victoria Park 5 miles Hackney Saturday 19th April The 48th Victoria Park 5 miles road race



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was held on a fine spring afternoon last Saturday. The event which also doubled as this year's Ilford AC Road Championships saw a number of club runners who were not in last week's London Marathon line up in a starting field of over 200. The race was won in a quick time of 23m 39s by Southend's British International Adam Hickey with Ilford's Malcolm Muir 8th in 26m 20s, a few seconds outside his best time for the distance. Next home for the club was Steve Philcox who was just under 30 minutes in 57th with 29m 53s while club coach put in a creditable run of 36m ...[Read more](#)

[Press Report 15th April 2014 - VLM 2014](#)



VLM London Marathon - 13th April 2014 On a perfect Sunday morning for running 16 gallant Ilford AC athletes were among the 34000 plus on the start line at Blackheath for the 34th London Marathon. The club achieved a set of fine results, which included 7 new best times for the distance, showing their winter training program went well There was another superb performance from the club's Kiwi runner, Blair McWhirter. Blair ran a well balanced race reaching halfway in 71 mins and moved through the field in the second half to finish in a new personal best time of 2hr 23min 27secs to place 25th overall. This result places 2nd on the marathon rankings for New Zealand for 2014 and earns ...[Read more](#)

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BMAF World Indoor Champs Budapest Ilford AC's superveteran John Batchelor has returned from the British Masters Indoor World Champs in Budapest where the standard in the M70 distance races was unusually high. Batchelor placed seventh in the 3000m after leading the field for the first kilometre, whereupon he was passed by a string of former World or European champions fighting it out for the major honours. Although John was unable to stick with them in the mid-race section he closed on the leaders over the last few laps to finish in 11:48.03, close to his season's best. The Ilford man comfortably made the final of the 1500m, but in the final against similar high-quality opposition was again unable to pick up the ...[Read more](#)

[Press Report 31/03/2014](#)



Havering Spring Warm Up – Hornchurch Iain Gains reports “Two 10 year olds who have moved up from the u/11 squad competing in the u/13 1500 had excellent runs, Arun Manget winning in 5-32 Pb from his training partner Bradley Deacon who was running in his first 1500 in 5-44. In the u/17 800 Jack Maher in his first outing on the track this year won with ease in 2-01. The meeting was running late so the 1500 had u/17-20-seniors-vets in one race which meant Usamah Patel had to take on his training partner Tom Gardner who was having his first run due to injury. Tom won the overall race 4-14 with Usamah 1st u/17 and 3rd overall in 4-21.” Endurance man Bradley Brown ...[Read more](#)

[Press Report 24th March 2014](#)



Ilford Athletic Club

ESSEX ROAD RELAYS – CHELMSFORD SATURDAY 22ND MARCH Vet 45 Ladies shine once again!! Last Saturday saw 20 runners from Ilford AC participate in the annual Essex Road Relays at Chelmsford. Ilford AC were able to field 2 teams in the Ladies race and 4 in the Men's which made us one of the best represented teams there. Over the normal 3.5mile sealed an excellent team performance taking the bronze medal. In the Senior Ladies race Jenni Sheehan and the ...[Read more](#)

[Press Report 17/03/2014](#)



Ilford Athletic Club

British Masters Cross-Country Championship Tollcross Park, Glasgow Saturday 15 March The British Masters Cross-Country Championships were held on a testing but firm grass hard course at Tollcross Park, Glasgow on a windy Saturday afternoon. The first race was the women's' 6km event over 3 laps. Ilford Athletic Club had two representatives in the race with Dianne Crisp finishing 73th in 28 mins 30secs who 15th in the F50 age group. Local legend Pam Jones crossed the line in 37m 48s for first in the F75 grouping to take the gold medal. There was more success for the club in the men's 8km race where Malcolm Muir placed 3rd in the M35 grouping with 26m 39s and was 6th overall. Kevin Newell recorded 30m 57s for ...[Read more](#)



Ilford AC Press Report Week Ending Sunday 9 March 2014



ESSEX 20 Mile Championship Langham Sunday 9 March There were 12 athletes from Ilford AC taking part in this 20 mile road race on a rural route at Langham, near Colchester. The event was made more difficult by the weather producing a warm sunny day with the temperature rising to over 20C, after the runners had been training in the cool wet winter conditions. Ilford's Kiwi sensation Blair McWhirter was again in superb form taking the lead from the gun and by 3 miles he had a commanding lead which he continued to increase on his solo run. Blair crossed the finishing line 8 minutes ahead of the second placed runner in 1hr 48mins 27secs, which is the fifth fastest at the distance in the country in 2014 and places him 7th ...[Read more](#)