



[Ilford AC Press Report - Week Ending 9th June](#)



Round Up of the Week The endurance runners of Ilford AC have been in action at a range of venues throughout London and Essex this week. Great Easton 5 mile road race, near Great Dunmow, on Sunday 9th June Two Ilford AC runners Terry Knightley and Spencer Hempsted boldly took on the hilly challenges of the Great Easton 5 mile road race, near Great Dunmow, on Sunday 9th June. The race may have changed it's name from the Tilty Hilly 5, but the relentless hills still remain. In dull and cloudy conditions the small but strong field of 200 runners sped off down the first hill at lightening pace . As the race unfolded both Terry and Spencer held on ...[Read more](#)

[Essex Track and Field Champs Results](#)



Results can be found on the Essex Track and Field website.

<http://www.essexathletics.org.uk/wp-content/uploads/2013/05/Results-Days-2-3-27.05.13.pdf>

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[Ilford Athletic Club Press Report](#)



Orion Forest Five - ELVIS Race 2 On a fine Saturday morning over 230 entrants gathered for this five mile off-road race through Epping Forest, the second round of the East London Interclub five Series (ELVIS). Ilford AC put out a team of 23 and had a highly successful morning sweeping the team awards and winning four individual trophies. Heading home the squad was Malcolm Muir taking second in a rapid 27mins 58secs, while Spencer Hempsted was in 4th with 28m 22s winning the 1st M40 trophy. Steve Philcox continued to show excellent form in 5th with a time of 29m 08s and Kevin Wooton closed the scorers for the open team event in 13th recording 30m 20s. On the ladies side Krystle Balogun ...[Read more](#)

[Press Report - Dagenham 88 5k - Elvis Leg1](#)



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A massive turnout of 29 runners from Ilford Athletic club stormed the trails of Eastbrook End Country Park on Wednesday evening over a 5k course comprising 3 laps set by host club Dagenham 88 Runners. At least I counted 29 going out but only 27 came back – poor ol’ Frank got shot down, and Kevin W was still awaiting his Ilford wings. Despite a titanic dogfight with local rivals East London Runners in both the mens and women’s races, it was the Ilford Club who eventually emerged victorious. Even the cunningly disguised plan hatched by the Muir siblings, Malcolm and Carol, to gain the women’s team some extra points proved unnecessary as “The Ilford” dominated the skies in the first ...[Read more](#)

[Road Running Press Report – 29th May 2013](#)



Hatfield Broad Oak 10km There were 14 runners from Ilford AC in Bank Holiday action in the



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Hatfield Broad Oak 10km over a rural gently undulating course in warm sunshine. The race was a sell out with 1500 entrants. Spencer Hempstead led the Ilford challenge with an excellent 10th place in 34 mins 32 secs, which won him the first M40 category trophy. Next up was Kevin Wotton in 30th spot in 37m 06 s with Kevin Newell one place and 3 seconds behind. Neil Crisp continues to improve after injury recording 39m 24s for 67th overall and 5th in the M50 age group while dependable Andy Catton came home in 41m 01s for 99th and 10th M50. Breege Nordin continues to show top form winning the F55 category in ...[Read more](#)

[Ilford AC Press Report - SCVAC Match 2](#)



SCVAC Match 2 The Vets team took to the track and field for match 2 on Monday 20 May at Lee Valley. Malcolm Muir and Stephen Philcox pushed each other all the way in the 800m to place third and first in A and B string in times of 2.13.9 and 2.14.6 respectively, with Stephen gaining a new PB. David Butler covered the 50+ category to come home second in 2.26.7 and John Batchelor in the 60+ age group also finished second in 2.48.0. The 200m was covered by Henry Ricketts and Malcolm as A and B string where they placed sixth and fifth in 27.3 and 28.6 respectively. Edward Skinner placed fifth in 30.5 in the 50+ age group and John Batchelor fifth in ...[Read more](#)

[Ilford AC Press Report - Great Baddow 10m](#)



Ilford Athletic Club

Great Baddow 10 miles There were 3 Ilford members in the Great Baddow 10 mile race run on a rural course around the village in good conditions. Spencer Hempstead put in a strong performance to come home 5th in a large field of around 750 in 56m 47s. He was joined in the race by Tony Partridge (217th 77m 53s) and Declan Cullen (274th 81m 36s). Report by Hank in the Bushes [Read more](#)

[Report for Vets League 29th April 2013.](#)



Ilford Athletic Club

A sunny evening at Lee Valley was the venue for the first match of the season for the Vets team. The evening started on the track with the 100m. Henry Ricketts finished 5th in 13.1 and Peter Clinch also placed 5th in 13.2 in the A and B string. Edward Skinner in his first outing for the club finished 4th in 15.4 in the 50 plus category. John Batchelor covered the 60 plus category coming home in 17.1 for 6th place. In the A string 400m Peter Clinch put in a fine performance with 56.7s for 3rd. Malcolm Muir covering B string also finished 3rd in 60.7. Eddie Skinner in his first 400m since school age performed admirably to finish 4th in ...[Read more](#)

[Halstead Marathon \(including Essex County Championship\) -12th May 2013](#)



Ilford Athletic Club

HALSTEAD MARATHON (including ESSEX COUNTY CHAMPIONSHIP) Ilford AC bring home Gold, Silver and Bronze at the Essex County Marathon Championships On Sunday 12th May three Ilford AC men bravely took on the challenge of the 19th Halstead And Essex Marathon in bright, but windy conditions. In what is described as the UK's most picturesque Marathon they came home with some pretty outstanding results. Engaging in a battle royal with overall race winner Denys Olefir of Newmarket Joggers, Malcolm Muir superbly paced his race to duck under the 2:45 barrier and claim the Gold individual Essex county medal and 2nd overall finisher prize. Terry Knightley charged home in 3:07:09 to claim the Bronze Veteran over 50 medal, ...[Read more](#)

[YOUTH DEVELOPMENT LEAGUE & ESSEX TRACK & FIELD CHAMPIONSHIPS 6TH MAY - DAY 1](#)



Ilford Athletic Club

YOUTH DEVELOPMENT LEAGUE This is a newly formed league for 2013 where Ilford & Woodford Green & Essex ladies have formed a composite team covering the U/13 to U/20 age groups. Ilfords Jack Maher, 15, opened his account for the season with a 3rd place in the 1500 in 4:34. Tom King, 16, returning after a long lay off from the track had a creditable 4th place in the 800 in 2:15. The younger athletes, Usamah Patel, 14, was 1st in the 1500 A string in 4:29 . Harry Martin, 14, in his first ever 1500, won his B string race in 4:44 ESSEX TRACK & FIELD CHAMPIONSHIPS 6TH MAY - DAY 1 A Bronze medal went to ilfords Usamah Patel, 14,



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who after winning his heat stepped up ...[Read more](#)

