



## Ilford AC Press Report Week Ending Sunday 2 March 2014



Netherhall 10m, Incorporating the British Masters Athletic Federation 10 mile Championships  
Netherhall Sunday 22 February Two Ilford men made the long, tiring journey to Cumbria to compete in the above race. It is a tough, windy and hilly course. The winner of the race was V40 runner Kerry Wilson from Scotland, in 55.17. Malcolm Muir came home as the first Ilford runner, but third overall in a time of 56.21. Malcolm was pleased to win the BMAF V35 gold! Spencer Hempstead competed bravely despite suffering a tummy bug. He came 11th in the race, in a time of 59.47. He was an unlucky fourth placed V40 in the BMAF competition.  
Report by Malcolm Muir Last Friday in the Month Serpentine 5k Friday 28 February Continuing his recent good form John Batchelor competed in ...[Read more](#)

## Ilford AC Press Report Week Ending Sunday 23 February 2014



TARPLEY 20 Bury St Edmunds Sunday 22 February Ilford AC's Breege Nordin put in a

outstanding performance in the Tarpley 20 mile road race on a rural hilly course over the windy countryside surrounding the Suffolk town of Bury St Edmunds. Breege finished in 84th overall in 2hr 31min 22secs, this run placed her as 3rd female in the event and first in the F55 age category. She is ranked 28th overall in the country in 2014 at the distance and is top of her age group. The club also had 3 men in action. Sam Rahman ran a controlled race to finish 17th in 2h 09m 42s, while Kevin Newell recorded 2h 15m 42s. The squad was completed by Bradley Brown with 2h 38m 19s. Report by Hank in ...[Read more](#)

#### [Ilford AC Press Report Week Ending Sunday 16 February 2014](#)



EASTERN COUNTIES INCORPORATING THE ESSEX INDOOR ATHLETICS CHAMPS 2014 For the first time this season Jack Maher & training partner Usamah Patel came face to face in the finals of the u/17 1500m. Jack took up the pace early on as the pair took charge of the race, with about 250m to go Usamah made his move to take the title from Jack who was the reigning champion both athletes broke the championship best performance time. Usamah time 4-21 Pb indoors Jack 4-25 Pb indoors Report by Ian Gains. Photos by Tom Gardner  
CHICHESTER PRIORY 10km CHICHESTER SUNDAY 9th FEB Three Ilford men travelled down to Chichester last Sunday for the super fast Chichester 10km, which includes the Sussex Championship. On a windy course the times were a little down ...[Read more](#)

#### [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](#)





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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](#)



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  
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### [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 then 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](#)





## All News Items

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](#)

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