



Ilford Athletic Club Press Report - VLM



London Marathon The recent good form of the endurance runners of ILFORD AC continued on Sunday in the London Marathon. On a warm sunny morning the 10 club members ran the 26.2 mile course from Blackheath to Westminster and were led home by Robin McNelis who came home in 2hrs 52mins 53 secs in 692nd place out of the 35000 plus entrants in his fastest marathon since 2009. Next home was Steve Philcox, who ran a personal best and broke the 3 hour barrier for the first time recording 2h 59m 00s and Paul Holloway also ran a new best time of 3h 13m 46s. Sam Rahman set off at a good ...[Read more](#)

Virgin London Marathon Results 21st April 2013



Well done to all our finishers ☐ Virgin London Marathon 2013 results: Club, Charity and Ballot 9 Results | Club: ilford | Split: Finish time Place overall Place gender Place category Name Club Runner no Category HALF Finish time 601 586 71 » WOTTON, KEVIN M (GBR)



Founded in 1923

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BARKING ... 32935 45-49 01:24:45 02:51:22 692 672 136 » MCNELIS, ROBIN N (GBR) ILFORD A...
A... 31977 40-44 01:24:07 02:52:53 1193 1148 170 » Philcox, Stephen D (GBR) Ilford A...
20703 45-49 01:25:13 02:59:00 2572 2371 387 » HOLLOWAY, PAUL G (GBR) ILFORD A...
54079 45-49 01:34:29 03:13:46 2903 2649 1388 » RAHMAN, SAMUEL (GBR) DAGENHAM...
32210 18-39 01:25:15 03:16:31 7468 1382 80 » HOPKINSON, NICOLA (GBR) ILFORD A...
28598 50-54 01:50:13 03:45:35 17687 4470 2639 » Allen, Rachel (GBR) ILFORD A... 54084
18-39 02:09:34 04:29:41 25977 18138 2416 » Green, Billy (GBR) Ilford A... 24516 45-49
02:11:10 05:09:20 26566 18483 634 » ALLEN, STEVE P (GBR) ILFORD A... 54082 55-59
02:30:37 05:13:15 27164 8358 5062 » Chester, Nicola Louise (GBR) Ilford A... 2174 18-39
02:35:02 05:17:12 30448 20439 94 » O'RAWE, ALAN P (GBR) ILFORD A... 54081 70+
02:32:49 05:45:51 [Read more](#)

SCVC Match 1



Hi all, Just a reminder that the first match is scheduled for Monday 29 April at Lee Valley with the first event scheduled for 6:30. Grateful if you could let me know if you are coming and your preferred event. Please feel free to share as I am bound to have missed someone. Regards Henry SCVAC_2013.docx [Read more](#)

Ilford AC Press Report for 07/04/2013



BRAINTREE "ESSEX" 5 - SUNDAY 7TH APRIL There was a large party of 19 runners from Ilford AC taking part in last Sunday's Braintree 5 mile road race, which incorporated the Essex Championship. It was an excellent day for the club winning 6 Essex medals, including a number of fine performances. The race was over a gently undulating rural course on a pleasant spring morning with just under 400 competitors and Malcolm Muir came home third



All News Items

in a fast time of 26 mins 35 secs to take the county bronze medal. He was well supported by Tom Gardner, 5th in 27m exactly and Spencer Hempstead 7th in 27m 06s, which was the gold medal performance in the M40 category. Together they combined ...[Read more](#)

[Ilford AC Walking Section Press Report 9th April 2013](#)



GOOD SEND OFF Ilford's FRANCISCO REIS was a convincing winner of Sunday afternoon's representative 2,000 metres walk at Lee Valley's Indoor Arena. It was the last domestic indoor walk of this season at Lee Valley and Reis dominated it as he'd so done in all previous appearances. Representing the South he sped away from his rivals as soon as the gun sounded and pressed on to achieve a race feat of lapping the entire field in such a short race. Reis clocked 9 minutes and 13 seconds, overtaking and lapping 2nd placed Steve Allen (Barnet) as they rounded the final bend with 30 metres to go. [Read more](#)

[Friday 29th March - Last Friday 5k Hyde Park](#)



Five athletes from Ilford braved the cold and windy conditions on Good Friday to take part in the Last Friday 5k, this event is held every month and usually attracts fields of over 200 runners who fancy a race in their lunch hour. Although numbers were slightly down this



All News Items

month the quality of the field was very high, with the race being won by Matthew Fayers of Hillingdon in a fast 15.09. After making a slow start Iain Knight worked his way through the field to finish in 23rd place with a time of 18.01, which pleased both Iain and coach Gainsy. Next home was Gary Floate who struggled throughout but still managed a season's best in 67th place with a ...[Read more](#)

[The End of the Pier Show \(For Ilford AC Walkers\)](#)



Well done to Estuary-based members Olly Browne & Steve Allen who, together with local unattached walker Sheila Fitzpatrick, set a new distance record for the annual Southend-on-Sea Pier charity walk on Easter Sunday. The previous record of 18 miles (held by Olly) was smashed as the hardy trio completed 23-and-a-half miles in conditions which saw biting cold winds along the exposed structure. Well done, and it's all good mileage for their future 2013 distance endeavours....and all for a good cause to boot! One for the far distance : The annual race for the George Woods Memorial Trophy is set for Tuesday 27th August at Ashtons Track...a track 3,000 metres in the Woodford Tuesday Walk Series (final race of their 2014 Ashtons ...[Read more](#)

[Physical Shield Road Relay Loughton Tuesday 26th March 2013](#)



PHYSICAL SHIELD RELAY - LOUGHTON The Warriors of Time endurance training squad of Ilford AC travelled to Loughton for a midweek relay event on a cold Tuesday evening. The Physical Shield Relay is a long standing event and is currently run over 4 legs of a hilly residential course. each leg being 2 laps of the route totalling 2800m. Ilford entered 2 men's and a ladies team and gained impressive results with the men placing 2nd and 5th and the ladies 3rd in their competition. Sam Rahman led off the A team and handed over 3rd after a run of 9mins 54secs, the 7th faster runner of the night. Paul Holloway (10m 08s) and Kevin Wooton (10m 29s) kept this position before a ...[Read more](#)

[The All New Race Walking Record](#)



[Newsletter_1_~_Mar_13.pdf](#) [Read more](#)



Brentwood Half Marathon Sunday 24th March



On a cold windy snowy morning over 2100 runners lined up for the 32nd Brentwood Half Marathon. The field included six athletes from Ilford AC who were well up the field in the fast downhill start. They kept up their challenge as the race progressed through country lanes on the outskirts of the town with Robin McNelis heading up the team with a fine 19th spot in 1hour 20 mins 36 seconds just 12 seconds and 1 place ahead of Steve Philcox. Sam Rahman was 22nd in a new personal best time of 1hr 21m 03s while there was a big breakthrough for Richard Mould in 85th position setting a new best time for the distance by over 4 1/2mins with 1hr 28mins 28 secs. The mens team was ...[Read more](#)

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