



Ilford AC Press Report Week Ending Sunday 6th October 2013



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 97th was Dan Cogan in 21m ...[Read more](#)

Valentines Park 5k Final Results



Valentines Park 5k 2013 Results [Read more](#)

Ilford AC Press Report Week Ending Sunday 29th September 2013





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Valentines Park 5km, Ilford 29 September There was another dominant performance from Ilford AC on Sunday in the last round of this Summer's East London Interclub Five Series (ELvIS) with both the men and ladies winning the match and the league title. The men, who have won every round they have competed in this year, were led home by Malcolm Muir, who took the runners-up spot in 16 mins 31 secs. He was supported by Tom Gardner in 4th with 16m 58s and Sam Rahman in 17m 19s for 9th. The remaining scoring members were Neil Crisp in 17th in a time of 18m 20s placing him 3rd in the M50 category, closely followed by Bradley Brown who put in a good run for 29th in 19m 17 and 4th ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 22nd September 2013](#)



Finally, Hank handed me the Ingatestone 5 report, a crumbled piece of paper with beerstains on it and incomplete information, while muttering something about the Rose and Crown, Clarkey and Ray! I was about to replace him as the field correspondence with Carolina Chuck when he also handed over the Pleshey report. Hank stays for now! Ingatestone 5 15 September Ilford AC athletes took part in this annual roadrace at Ingatestone in Essex. Best of these was Steve Philcox in 9th place in a fast time of 28 mins 24 secs, just 1 second outside his personal best for the distance. Bree Nordin also had a good race placing 6th in the ladies race in 35m 09s and taking the W55 category ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 15th September 2013](#)



BMAF Track and Field Championship Alexander Stadium Birmingham 14/15 September The British Masters Track and Field Championship were held at the Alexander Stadium Birmingham over the weekend. Among the 700 competitors were 2 endurance runners from Ilford AC. On a calm but overcast Saturday morning Kevin Newell had a run out in the 1500m. In a fast race he recorded a seasons best of 4 mins 52.05 secs to take 7th spot in the M35 event The weather changed for day 2 of the event on Sunday when the events were held in blustery cool and damp conditions. Newell ran in his more favoured event, the 5000m and improved on his best for the season by 30 seconds to finish a competitive race in 6th with 17m 39.76s. Club endurance coach Rob Sargent ...[Read more](#)

[The Vest of British](#)



After all these years it's finally emerged that an Ilford AC member's T-shirt crossed the finishing line at an Olympic Games in a silver-medal position. PAUL NIHILL MBE HAS revealed he wore Ilford AC member FERGUS MURRAY's T-shirt when coming 2nd in the 1964 Olympic Games 50 Kilometres' Walk. Paul said that as he warmed-up it turned very cold and rain started teeming down. He realised his error in turning-up wearing just a GB representative singlet. Ilford AC's 2nd ever Olympian - 10,000 Metres' runner Fergus Murray - was at the



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start to cheer on UK walkers. Paul saw Fergus and asked for his white t-shirt, which he quickly put under his singlet seconds before the “off”. ...[Read more](#)

Essex Way Relay 2013



Ilford AC fielded 3 teams in the Essex Way Relay held over the 82 miles of footpath that runs from Epping Station to Harwich Lighthouse over 10 stages. The A squad pushed winners Springfield Striders all the way but eventually had to be content with the runners up spot. The B team finished a creditable 27th with the vets team just behind in 29th and 4th in their category. A record 59 teams contested the event The Ilford Runners' leg results were as follows:- Leg A B Vet 1 Epping to Chipping Ongar Sam Rahman 13th Peter Spelman 44th Martin Clarke 23rd 2 Chipping Ongar to Good Easter Steve Philcox 3rd Rachel Allen 49th John Mackenzie 36th 3 Good Easter to Little Leighs Kevin Wotton 4th Satha Alaga 38th Declan Cullen 29th 4 Little Leighs to Cressing Kevin ...[Read more](#)

Ilford AC Press Report Week Ending Sunday 8th September 2013



Essex County Relays - Colchester Saturday 31 August Ilford AC entered a male and female team in the 3 x 1600m which were staged for the first time at the Essex Relay championships at Colchester on a sunny afternoon. Young Krystle Balogun lead off the ladies with a fine opening leg of 5mins 45 secs, passing on the baton to Breege Nordin who ran a solid leg of 6m 14s. On the anchor leg was Dianne Crisp who took the team home in first place to win the Championship and the gold medals in a total time of 18m 45.6s. The men's team were led off by Kevin Newell in 5m 23s, with Sam Rahman on leg 2 running 5m 04s. Neil Crisp anchor leg of 5m 30s completed the ...[Read more](#)

[Billy Green - 1st Ilford man home at Gracelands](#)



Well done Billy Green - a great ambassador for the Club ELVIS 5K - Memphis Tennessee The annual Elvis 5k. Starting and finishing outside Graceland Mansion. By: Billy Green Photos: 13
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[Ilford AC Press Report Week Ending Sunday 1st September 2013](#)



It has been a full week for the endurance runners of Ilford AC but despite a busy programme the summer of success continues. Veterans AC Track & Field Championship Battersea Park 25 August Kevin Newell was the sole entrant for Ilford in the endurance events. He opened his account by winning the VAC Championship in the 1500m. In a race he led from start to finish and recorded 4m 55.04s to win the trophy and the gold medal for the M35 category. Newell was back on track again later in the afternoon for the 5000m, which attracted a stronger field than the 1500m, where he finished 3rd overall in 18m 10.09s. This performance won him his 2nd category gold medal of the day. Report by the Warrior in the Stands Barking Park ...[Read more](#)

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