



[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 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 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



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Wooton (10m 29s) kept this position before a ...[Read more](#)

[The All New Race Walking Record](#)



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[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](#)

[Essex Road Relay Championship - Chelmsford plus BMAF Cross Country Championship 16th March 2013](#)



ESSEX ROAD RELAY CHAMPIONSHIP - CHELMSFORD The Essex County Road Relay Championship was held on a very wet Saturday afternoon on a rural course from the Chelmsford track. Ilford AC entered 2 mens and a ladies team in the event. The men's A team were led off by Tom Gardner who ran the 3.7 mile course in 19m 40s, followed by Steve Philcox (21m 26s) and Sam Rahman (21m 41s). Team captain Malcolm Muir took over on the anchor leg in 8th and moved up to 6th during his leg of 19m 40s. The B team consisted Tony Nixon (24m 11s) Tom King (22m 50s) Peter Clinch (20m 45s) and Andy Catton (24m 02s) and they finished 16th. Steve Cheal also ...[Read more](#)

[St Clare Hospice 10K Road Race - 17th March 2013](#)



On A Cold, Wet And Windy Sunday Morning at Hastingwood in Harlow, Sole Ilford Athletic Club Representative, Terry Knightley, Ran in the The St Clare Hospice 10K Road Race. Battling for position over the undulating country lanes with David Johnson of Thurrock



All News Items

Harriers, Terry Finally Finished in 5th Position Overall out of a field of well over 300 Athletes to claim The First Veteran Over 50 Trophy in a time of 37 minutes and 9 seconds and also beating the first veteran over 40 by almost 2 minutes. The Race was won By Mike Briggs of Benfleet Running Club in a time of 34 minutes 55 seconds. [Read more](#)

[ESSEX ROAD RELAYS - Results 16th March 2013](#)



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