



SCVAC Match 4 – Monday 8th July 2013



The Ilford Vets Track and Field team travelled to Hemel Hempstead for the fourth and final leg of the season on Monday 8 July. The evening started with the 2000m walk where Dave Ainsworth competed in the A string finishing fourth in 14.16.5. Francisco Reis competing in the 50 plus category dominated the event finishing first overall in 9.19.7. In the 800m Malcolm Muir had to work hard down the final straight to win the A string in 2.12.9. Kevin Newell covered the B string finishing third in 2.29.1. Rob Sargent put in a fine performance to home third in the 50 plus age group in 3.05.4. Malcolm and Kevin ran the 200m in 28.4 and 33.8 to finish sixth and fourth ...[Read more](#)

Ilford AC Press Report Week Ending Sunday 14th July 2013



Felsted 10km The summer of success continued for Ilford AC on a hot sunny Sunday morning in the Essex 10km road Championship which was held on a rolling rural course around the Essex village of Felsted. The 11am start time did not help the field of over 400, which include 16 runners from Ilford AC, as they set off on the 6 1/4 mile event. First home for the club was Malcolm Muir, whose good form continued, in 4th place overall in 33 mins 48 secs. Spencer Hempsted also put in a good performance for 8th, winning the V40 age category, in 34m 32s.

Steve Philcox was next home for the club in 20th with 36m 35s and Sam Rahman 30th in 37m 32s. Further down the result ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 7th July 2013](#)



NEWMAN HILLY 5 - 3RD JULY 2013 On a warm muggy Wednesday evening Ilford AC staged the annual Newman Hilly 5 race on the trials of Hainault, which commemorates the life of Newman Sargent, an Ilford AC member, who died tragically young of cancer in 2002. The club did him proud providing both individual winners and taking both team prizes. The race, which was also the 4th leg of this summers East London five Interclub Series (ELvIS),m was won in fine style by Ilford's Malcolm Muir in 27m 26s after a close battle with Billericay's Crispian Bloomfield. Spencer Hempstead came home 4th in 28m 19s to take the V40 category prize while Steve Philcox was 7th with 29m 05s. Next home was Kevin Wotton in 30m 28s for 13th with ...[Read more](#)

[Ilford AC Press Report Week Ending Sunday 23rd June 2013](#)



Ilford Athletic Club

YOUTH DEVELOPMENT LEAGUE At last weekend's Youth Development League Usamah Patel & training partner Harry Martin both returning from injury gave solid performances in the U15 1500m . Conditions were very windy & a tactical race ensued which saw Usamah snatch 2nd place in the A string race recording 4:37.2. whilst Harry repeated this in the B string recording 4:43.2 To help the team out Usamah then dropped down in distance to run the 300m coming 2nd in the B string in 40.1. In a previous Youth Development League meeting 15 year old Jack Maher took 10 seconds of his best time for 800 with an excellent 2:02.8 for 3rd place. Report Courtesy of Ian Gains [Read more](#)

[Ilford AC Press Report Week Ending Sunday 23rd June 2013](#)



Ilford Athletic Club

VAC 5 mile road Championship – Tuesday 18th June A group of 4 from Ilford AC travelled to London's Battersea park for the Veterans Athletic Club , which is only open to runners over 35 years, 5 mile road championship. The race is held on the roads in park on a fast flat course but the muggy conditions made it hard going for the competitors. The recent success for the club continue as Steve Philcox won the championship, and the gold for the M45 category, in a new personal best time of 28 mins 04 secs. The M55 age category was won by Steve parker, who was 6th overall, in 34m 17s, with club coach Rob Sargent taking the silver medal in this group in 37m 50s. Ilford's only ...[Read more](#)

Press Report Week Ending Sunday 16th June 2013



Havering 90 Midweek 5km It was another good evening for Ilford AC at Harrow Lodge Park last Tuesday evening at round 3 of this summers East London five Interclub Series (ELvIS). The race was over 5km on a grassland course around the park which made for slower times than on a road circuit. The club won five individual trophies and the mens tem prize, while the ladies were a close second to the strong Eton Manor quartet. Spencer Hempstead took the overall victory in 17 mins 12 secs, with the in form Steve Phicox a close second in 17m 27s. Sam Rahman posted a fine run for 9th in 18m 27s and kevin Wooton 9th with 18m 36s. His performance won him the M40 category. Kevin newell, who ran ...[Read more](#)

Essex Track and Field Championships Days 1,2 &3 2013



SWEET SUCCESS FOR ILFORD ATHLETES AT ESSEX CHAMPS On the 6th, 25th and 26th May, Ilford athletes displayed their months of hard training with some excellent performances at the Essex County Championships Day 1, 2 and 3. The Essex County Championships Day 1 commenced on the 6th May at Thurrock Stadium, which saw the Ilford youngsters compete over the distance of 200m and 1500m. The star showing came from Greta Mazeikaite, who in her first ever year of competing in athletics, displayed her sparkling form this season by



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knocking off a second of her PB to come second in the U15 girls heat 2 in a fine time of 27.77. Her team mate Tolu Adebambo-Abisogun also competed over this distance in which ...[Read more](#)

[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](#)

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