



## All News Items

### [Ashford 10k pictures 16/10/2012](#)



[Read more](#)

### [ASHford 10k pictures 16/10/2012](#)



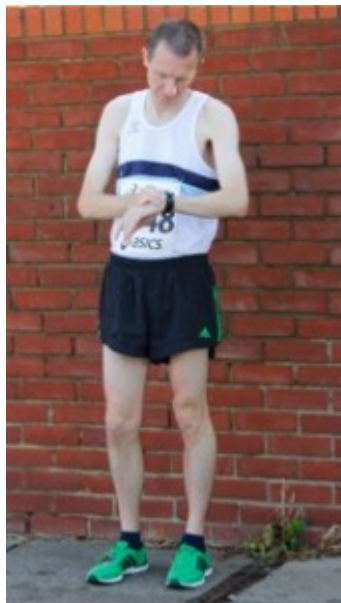
[Read more](#)

### [SummerTrophy Points 2012 -Final Standings](#)



2012\_Summer\_Points\_Competition\_-\_WEB\_Master.xls [Read more](#)

## [Ilford AC Press Report 08/10/2012](#)



Chingford League There were 7 runners from Ilford AC in opening fixture of this winter's Chingford league held at the Redbridge Cycle Circuit at Hainault. As Ilford do not compete in this league they ran for their second claim clubs or as guest in the 5km race featuring 4 stiff climbs, held on the 2000m unlit track with a 8pm start time on Tuesday. First home was the in form Kevin Newell, who will competing in the New York City Marathon in November, in 21st position in 18 mins 13 secs. Newell was representing Orion Harriers in this race as was Sally Gillam who was 28th lady in 26m 35s and Paul Emery with 26m ...[Read more](#)

## [Pleshey 1/2 Marathon Photos](#)



[Read more](#)

## [Press Report 17/09/2012](#)



Open Track Meeting – Woodford The last open track meeting of the season at Woodford Green saw a small group of masters athletes from Ilford AC in action. On a chillier evening than of late the first distance event was the 1500m. Steve Philcox showed good late season from recording 4mins 42.12 secs, while Kevin Newell, currently training for the New York marathon, came home in 4m 50.79s. Also running this distance was Jessica Ferris from the junior squad who finished in 6m 05.49s. The last track race of the night was the 3000m where all the large field of entrants ran in one heat . First home for Ilford was Kevin Newell, who ...[Read more](#)

[Veterans AC 10000m Championship – Kingsmeadow 8th September 2012](#)



There was quadruple gold for Ilford AC at the VAC 10000m Championship held on a perfect summer night for running at the Kingsmeadow track, near Kingston in Surrey. Kevin Newell took the title in the M35 age group with a fine run in a good time of 36 mins 15.5 secs. John Batchelor was again in superb form winning the M70 category in 42m 53.1s, he is ranked number 1 in the country for his age in this event. Dianne Crisp run the distance for the first time on the track and was rewarded with the gold medal in W50 age group in 45m 43.5s, while the evergreen Pam Jones was only 52 seconds outside the ...[Read more](#)

### Community Champions



Ilford coach Rob Sargent was recently honoured by being selected as a one of 30 Community Champions in East London by the London Legacy Development Corporation. Rob was selected for his voluntary work within athletics where he has set up a course for beginner runners and his continued coaching of masters athletes. The awards were presented at a ceremony in the Olympic Park attended by London Mayor Boris Johnson and paralympian Tanni Grey-Thompson and the winners also presented with tickets for the Paralympics Opening Ceremony. Rob has delighted to be selected as one of the winners and humbled by the excellent work carried out by the other winners. Hank in the bushes Rob ...[Read more](#)

### Barking Park 5k/Elvis



## Ilford Athletic Club

Twenty-one Ilford A C runners toed the line at the Barking Park 5k on Bank Holiday Monday. In perfect conditions (unlike the storms of the previous day) and on a new course Daniel Moses from Orion Harriers won the race in 15.52. First home for Ilford and running back into good form was Steve Philcox who finished 10th in the race and second vet in 17.54s. An almighty tussle ensued with our next 3 home Kevin Newell Tony Hyde and Neil Crisp finishing in 18.17s 18.18s and 18.19s for 13th 14th and 15th places. Well done guys great sprinting from you all. Liam Leddy home on leave from the armed forces made a welcome appearance and ...[Read more](#)

[Ilford AC Press Report](#)



## Ilford Athletic Club

European Veterans Track & Field Championship Rob Sargent continued his stay at the European Veterans Track & Field Championship with the M55 5000m. The Ilford coach was in a field of 29 on a cooler but breezy day at the track in Zgorzelec in Poland. He ran a steady race throughout to finish 23rd in a respectable time of 22mins 33,68 secs. Report Courtesy of Rob Pawek (still in the bushes) Sargent [Read more](#)