



[Road Times 2012 - 31/12/2012](#)



2012.xls [Read more](#)

[Press Report -17/12/2012 - Essex XC Gloucester Park Basildon](#)



Essex League Gloucester Park Basildon 15 December There were 11 athletes from Ilford AC in action in the latest round of the Essex Cross-Country league last Saturday at Gloucester Park Basildon. The recent rains made the normal tough hilly course much tougher as the conditions under foot were very wet and boggy. The senior men raced over 8.1km, which included the hilly section, which features four tough climbs, on each of the 2 laps. Leading home Ilford A C was Tom Gardner on his first appearance of the season in 32nd spot with 31m 53s. Backing him up was Kevin Newell, in excellent country form, finishing 41st in 32m 47s while Steve Philcox came ...[Read more](#)

[Essex xc league Basildon results- 16/12/2012](#)



essexlg_4.xls Tables_4.xls [Read more](#)

[Press Report - 11/12/2012](#)



South of England Masters Cross-Country Championship There was a small squad in action for Ilford AC at the South of England Masters Cross-Country Championship at the weekend at Claybury Park, Woodford. This was the second successive week that the club had raced at this venue, however the course was different and conditions on this occasion were wet with soft going making the running energy sapping. The deleted squad, due to injury, illness and other commitments, was reduced further in the first race, the Men M50-69 event, when Andy Catton had to put up with a calf injury. The club still managed a team result as Steve Parker led home the team in 80th spot in ...[Read more](#)

[Essex Veterans Cross Country Championships at Claybury -04/12/2012](#)



[Read more](#)



Essex Veterans Cross Country Championships at Claybury -photos



[Read more](#)

[Press Report - 02/12/2012](#)



ESSEX VETERANS CROSS-COUNTRY CHAMPIONSHIP There were 15 runners from Ilford Athletic Club in action in the Essex Veterans Cross-Country Championship held on a cold morning at Claybury Park, Woodford. All races were over a testing 3 lap 8km course. There were 3 individual medallists for the club along with strong team performances. Spencer Hempstead was always up in the leading group of the M40 race and sealed the bronze medal in a sprint finish in a time of 29 mins 11 secs. he was backed up by Steve Philcox in 19th with 30m 45s and Peter Clinch in 22nd in 30m 58s. Next home was Neil Crisp in 26th position with 31m 11s and ...[Read more](#)



Chelmsford 10K



[Read more](#)

[Press Report - 19/11/2012](#)



Essex Cross-Country League Just one week after the last match the third round of the Essex Cross-Country League was held at Hylands Park, Chelmsford last Saturday. The course was around the country park mainly on grassland but included a section through forest so the going was fast on a mainly firm surface. The ladies raced over 6.2km and the leading finisher from Ilford AC was Melinda Jones in 38th in 29mins 52 secs in her first race on the country this season. One place and 4 seconds later Dianne Crisp came home with Nicola Hopkinson giving her usual battling performance in 45th with 30m 07s. the team was completed by the evergreen Pam Jones ...[Read more](#)

[Essex XC League Individual Standings - 18/11/2012](#)





All News Items

Standings.xls [Read more](#)

