



## [Ilford AC 10 miles XC Results 16/02/2013](#)



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## [Ilford AC Press Report - 17/02/2013](#)



BRISBANE PARKRUN While on holiday in Australia Neil and Dianne Crisp took the opportunity to take part in a local roadrace. On a very wet but warm morning Neil & Dianne Crisp toed the line in the local Parkrun at Sandgate, Brisbane. The course was out and back along the seawall at Sandgate, a quiet residential suburb. Neil was first man home in 18.38 in a field of 123. Dianne, just coming back from a foot injury, ran well to finish 5th lady, 21st overall, in 23.07. Report from Boomerang Bruce Ilford AC Open 10 mile Cross-Country Race On a fine afternoon for running Ilford Ac staged their annual 10 mile cross-country race at Hainault Forest. The field was smaller ...[Read more](#)

## [Great Bentley Half Marathon - report 10/02/2013](#)





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Great Bentley Half Marathon On a dull drizzly morning with the temperature at 2C, but a stiff easterly breeze made it feel much colder, the Great Bentley half marathon was raced over a fast course but conditions meant that runners times were slightly slower than usual.

However, the 9 runners from Ilford AC returned a set of impressive performances. Leading home the group, all of who train with the 'Warriors of Time' squad, who are coached by Rob Sargent at the track, was Kevin Newell in 22nd position out of a field of 605 finishers with the excellent time of 1hr 20mins 44secs while Sam Rahman set a new personal best of 1h 22m 01s for 35th. The next 2 ...[Read more](#)

[Ilford AC Press Report - 04/02/2013](#)



Chingford League Fixture There were 5 Ilford AC members running as guests in the latest Chingford League match, a 4.9 mile road run in Hackney's Victoria Park. On a chilly afternoon all 5 showed that their training for this year's London Marathon is on target. Leading home the squad was Kevin Newell in 19th place in an excellent time of 27mins 44secs. Next home was Steve Philcox with 28m 29s for 29th while Sam Rahman improved by over a minute from his run last year recording 28m 42s in 33rd spot. Richard Mould impressed on his club debut finishing 61st in 30m 50s and the only lady in action for the club, Rachel Allen came home in 40m 49s, which ...[Read more](#)

[Ilford AC Press Report - 21/01/2013](#)



## Ilford Athletic Club

Chingford League Fixture There were 4 athletes from Ilford AC running in the Chingford League fixture at a frozen snow covered Hackney Marshes on Saturday. The 4 were guests in the match which was over a 5.4 mile course. Neil Crisp was in good form finishing 32nd in 33mins 17 secs and was the 2nd runner in the M50 category to finish. Nicola Hopkinson showed her training for the London Marathon is going well with 145th overall in a surprisingly large field in 43m 25s. Coach Rob Sargent came home 154th with 44m 35s and Nicola Chester finished 183rd in 55m 22s in her first cross-country race Benfleet 15 This years Benfleet 15 mile race was held in much different ...[Read more](#)

[Lee Valley Indoor - 06/01/2013](#)



## Ilford Athletic Club

Metaswitch Games - Lee Valley 6th January 2013 Kelly Mavididi 60m: 8.58s 3rd place (PB)60m: 8.58s 5th place (PB)400m: 61.48s 2nd place (PB)Tamara Chambers 60m: 8.11s 3rd place (=PB)60m: 8.15s 3rd place 400m: 66.45s 4th place (PB)Sam Malpass60m: 7.35s 1st place (PB)60m: 7.39s 4th place Tino Nyabowa 400m: 64.83s 4th place Essex League (Cross Country) - Epping Forest 12th January 2013 Kelly Mavididi ZXC: 25.13 27th place Tamara Chambers ZXC: 36.40 34th place Jessica Ferris ZXC: 27th place Gretter Mazeikaite ZXC: 28th place Sam Malpass ZXC: 38.43 66th place Ridge Beya Wa-Beya ZXC: 54.16 137th place Tino Nyabowa ZXC: 51.35 131st place Jeffrey Nkrumah ZXC: 40:22 75th place [Read more](#)



## Press Report - 14/01/2013



There was a good turn out from Ilford Athletic Club for the last match of this winter's Essex Cross-Country League. The races were held in Epping Forest at Chingford and the host club, Orion Harriers, laid out the usual muddy course expected at the venue. In the U11 race young Harry Holloway, in his first Winter season, ran well to finish 43rd in a classy field. In the U15 girls, held over 4.5km race Jessica Ferris came home 23rd in 25mins 53secs and team mate Greta Mazekaute one place back in 24m 33s. The U15 boys ran over the same distance and Ilford fielded 3 competitors who combined to place the team 4th in this match. Leading the way was ...[Read more](#)

## Essex XC Champs - Hadleigh 06/01/2013



Essex County Cross Country Championships Mud Mud Glorious Mud was the order of the day at the Essex County Cross Country Championships in the water logged Hadleigh Country Park on Saturday 5th January. Ilford AC fielded 16 gutsy runners in 5 of the 10 races and achieved some stirring results in what is considered to be the most challenging of cross country courses. With spikes and laces tightly fastened the Ilford AC Senior Mens Team took 8th place, finishing just 6 points behind Havering Mayesbrook. In the gruelling 3 lap 12K senior



## All News Items

mens race Malcolm Muir boldly charged home in 51:14 holding of Billericay Strider Crispian Bloomfield for 16th place. Other team scorers were Stephen Philcox ( 55:27), Peter Clinch ...[Read more](#)

### [Pictures from Orion](#)



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### [Essex XC Champs - Hadleigh 06/01/2013](#)



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