



Essex XC League Individual Standings - 18/11/2012



Standings.xls [Read more](#)

Ilford AC Press Report 12/11/2012



Essex Cross Country League - Hilly Fields Colchester 10 athletes from ilford AC made the journey out to Colchester for the second round of this winter's Essex Cross-Country League. The race took place at Hilly Fields over a firm but challenging course. The senior women raced over 6km and the side was led home by Dianne Crisp in 49th place in a field of around one hundred in 28 mins 23 secs. next up was Jenni Sheehan with a good run and fast finish for 53rd in 29m 09s. Nicola Hopkinson also improved her position in the home straight moving up to 58th with 29m 53s. Combined they finished in 12th place in ...[Read more](#)

Ilford AC Press Report - 5/11/2012



Inter Club Vets match at Loughton The main fixture of the weekend for the Ilford AC



All News Items

endurance squad was the ladies team completing in an Inter Club Vets match at Loughton. The 5 mile course was soft on the foot after recent rains and proved to be testing to the competitors. Breege Nordin crossed the line as the leading Ilford runner in 6th spot in the ladies division in 38 mins 21 secs followed closely in 8th by Dianne Crisp with 38m 33s, Nicola Hopkinson finished 13th on 41m 13s and Sally Gillam completed the team with 44m 01s. They combined to just pip Loughton and Eton Manor for 2nd by a much younger Victoria Park Harriers team. ...[Read more](#)

[2012 Road Times So far - 04/11/2012](#)



2012.xls [Read more](#)

[Final Standings for VLM 2013 Points](#)



2013_Virgin_London_Qualifying_Points_-_WEB_Master.xls [Read more](#)

[Ilford AC Press Report 30/10/2012](#)



It was a busy weekend for the endurance squad of Ilford AC, with runners in action at 4 different venues. The main events was the Tiptree 10 mile road race, which incorporated the British Masters Championships. The race was held on a chilly morning in light rain over a potentially fast rural course. It was a good day for the club as they brought won 3 individual and 3 team medals. First home for Ilford was Malcolm Muir in 10th, pace in a field of nearly



All News Items

500, in 56 minutes 19 seconds to take silver in the M35 category. Next up was Kevin Newell in a personal best time of 59m 35s for 20th to ...[Read more](#)

[Tiptree 10 mile pictures 18/10/2012](#)



[Read more](#)

[Tiptree 10 Miles pictures 28/10/2012](#)



---Original Message--- Sent: Sun, 28 Oct 2012 18:50 [Read more](#)

[Ilford AC Press Report 16/10/2012 Ashford 10k](#)



British Masters and Southern Counties Medals Galore for Ilford AC Ilford AC won a glittering array of Gold, Silver and Bronze team and individual medals at the Givaudan Ashford 10k on 14th October. This race hosted both the British Masters Athletics Federation (BMAF) and the Southern Counties Vets AC Championships, and started and finished in the magnificent Julie Rose Stadium. On the slightly undulating, fast course Ilford AC ran to success in all three races. In the main race Pam Jones won the V75 Trophy in 53:54, whilst Stephen Philcox raced through a strong field of 914 finishers to lead the Ilford AC men home in a gun time of 35:42 ...[Read more](#)

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



[Read more](#)