

## Press Report 14th November 2023



CHINGFORD LEAGUE Redbridge Cycle Circuit, Hainault The latest round of the Chingford League was a 5km road race at the Redbridge Cycle Centre at Hog Hill Hainault. It is a hilly course, and another interesting feature of the race is that it is run in the dark in the evening. The Juniors were the first to run over a shorter 2k course and our 4 runners all performed well. In the U11 race, Arnav Rathi was 9th in 7:51 and in the U13 race Barney Perkins was 2nd in 6:47, Khalif Ali 3rd in 6:49 and Elias Furreedan 16th in 8:37. The U15/17 race was run over the longer 5k course and again there were good performances by our runners. Sam Horsley finished in 1st ...[Read more](#)

## Press Report 7th November 2023



ESSEX CROSS-COUNTRY LEAGUE Writtle College, Chelmsford Saturday 4 November The third round of the Essex League was held on a muddy, slippery course at Writtle College near Chelmsford. Ilford AC had 33 athletes competing, including an impressive eleven number from our expanding junior ranks. The day started with the U13's race over 3k. For the boys Barney Perkins came in 16th and Khalif Ali 25th. Hawaa Patel came in 27th in the girls race. Unfortunately, due to an admin error, no times were recorded. Next up was the U15 race, and Ilford AC had 5 boys running over the 4k distance. Sam Horsley continues his excellent season, coming in 2nd place in 13:40. Next up was Ryder Islam in 17th 15:27 followed closely by Aron Berhe in 16:05 ...[Read more](#)

[Press Report 31st October 2023](#)



ESSEX CROSS-COUNTRY LEAGUE Gloucester Park, Basildon Round 2 of the Essex League was held over a challenging course in Gloucester Park, Basildon featuring a tough series of climbs on the hills in the Park. Ilford Ac fielded full teams in both the senior men and ladies races. The men raced over 9km and ran the hill complex 3 times with Tom Gardner leading the way in 18th spot in a large field in 31 mins 40 secs, followed home by Malcolm Muir in 45th with 34 mins 09 secs. Josh Alder is improving race by race and finished 63rd with 35 mins 31 secs and Steve Philcox was one place behind and was the first in the M55 age category. Dylan Harrod ran 35 ...[Read more](#)

[Press Report 24th October 2023](#)



CHINGFORD LEAGUE EastbrookEnd Country Park Saturday 21 October The second round of this winter's Chingford League was held on Saturday over a new 2 lap twisty hilly course around the EastbrookEnd Country Park in Dagenham. The event attracted 285 entrants which was split into 2 divisions for both men and ladies. Ilford AC impressed in division 2 despite only fielding small squads. The ladies team were in great form finishing first, second and third and having four runners in the top ten in their division 2 match. Gemma Ellender led the way with victory in 34 mins 12 secs for the approx 8km race with Carlie Qirem just 7 seconds behind and Joanne Reeves in 3rd with 35 mins 03 secs. Joanne was also ...[Read more](#)

[Press Report 17th October 2023](#)



ESSEX CROSS-COUNTRY LEAGUE One Tree Hill The Essex Cross-Country League opened this winter's fixtures on a warm sunny day at One Tree Hill in Basildon last Saturday. The races were held over the trials in the country park with the course featuring a couple of stiff climbs on each lap. Ilford AC were very well represented across all age groups. We had 10 athletes in our Junior races, which is a testament to our Coaches Ernie, Gary and Wayne, and the hard work they put in to ensure the future of the club is in safe hands. In the year 5 and 6 grouping the 1st Ilford athlete with a very impressive debut in a high class field was Khalif Ali followed by Arnav Rathi ...[Read more](#)

[Press Report 10th October 2023](#)





## All News Items

Chicago Marathon On a sunny cold day in Chicago two runners from Ilford AC tackled the Chicago Marathon. The course around the Windy City is fast and flat and very popular with over 40,000 runners. This year was a special one for all competing as the World Record was broken on the day by Kelvin Kiptum from Kenya in a time of 2 hours 35 seconds. Husband and wife team Carlie and Tarik Qirem both ran excellent races finishing together in 3:32:27, which was a Personal best for Tarik by over 14 minutes. Essex 10k Road Championships Southend The Essex 10k Road Championships were held this year in Southend The course is a flat, out and back, traffic- free course along Southend seafront, also incorporating a section ...[Read more](#)

### Press Report 3rd October



ILFORD AC MAKE CAPITAL GAINS IN BERLIN, LONDON AND CARDIFF Ilford AC Athletes Shine at 2023 Berlin Marathon. Five Ilford AC athletes travelled to Berlin for the 49th edition of the annual Berlin marathon, one of the Six Marathon Majors, along with London, Tokyo, Boston, Chicago and New York City. In a field of 48,000 runners, from 156 different countries, all 5 of our athletes had outstanding performances on what is a notoriously flat and fast course In near perfect conditions the first athlete back was Sam Rahman running a personal best of 2:47:26 placing 225th in the M40 age category. Running together for most of the 26.2 miles Richard Woolterton and Danny Holeyman pushed each other to personal bests, 3:07:20 (265th M50) and 3:07:47 ...[Read more](#)

## Press Report 26th September 2023



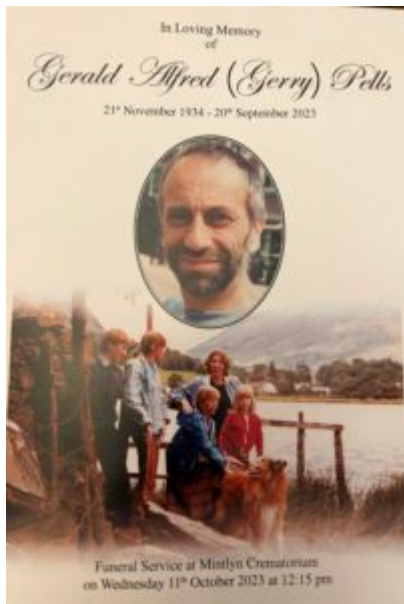
Essex Cross Country Championships Ilford AC had a very impressive squad of 9 teams, and 27 runners, enter the prestigious Essex Cross Country Relay championships last weekend. The teams consisted of 5 men's veteran teams, One Senior and one Veteran ladies' teams and 2 male junior teams. The day started with the U15 boys with Aron Berhe, Ryder Islam and Sam Horsley finishing in 5th place followed by our U17 boys with Aaron Hick, Samuel Crane and James Thake running well for 7th. The Seniors ran a 2-lap course over difficult terrain. Kicking off for the ladies were our Senior team of Carlie Qirem, Joanne Reeves, and Jordan Hinds. First off was Carlie Qirem in a time of 29.51 handing over to Joanne Reeves to run ...[Read more](#)

Gerry Pells - RIP





## All News Items



It is with sadness that we announce the passing of Gerry Pells:- If you would like to leave a tribute please email: [tributes@ilfordathleticclub.co.uk](mailto:tributes@ilfordathleticclub.co.uk) Eulogy I am really not quite sure when was the first time I met Gerry at our club. At Ilford AC he was just always there, part of the club fabric. I know I am just a few years younger but, meant in the nicest way, Gerry had always looked old. But that had the huge advantage that he never seemed to age. And of course he was always young at heart and was at every club event, competition and definitely every social function and enjoyed the company of younger club members. Actually we started as rivals within the club. Gerry got ...[Read more](#)

[Press Report 18th September 2023](#)



Ingatestone 5 There were 5 Ilford AC runners in this long established race. The race takes place on a challenging course starting from the Anglo-European school in Willow Green, taking in Fryerning and a challenging Beggar Hill before heading back to the finish at the back of the school. First home for the team was Steve Philcox in 16th spot with 31 mins 07 secs which placed him third in the M50 category title. Next home, and first for our ladies was Alison Sale in 68th with 39 mins 58 secs. Mandy Reid was next for the ladies in 95th overall with 43 mins 49 secs. Mandy was followed home by Frieda Keane in 138th place in 54 mins 45 secs, and Julie Gillender closing the ...[Read more](#)

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