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Press Report 12th March 2024



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Inter Counties Cross Country On the anniversary of his first Ilford AC appearance Sam Horsley made his way to the midlands to represent Essex in the annual cross country competition. Sam qualified for the county by finishing in third place in the county cross championships. On a blustery day on a tough course Sam had a strong start and held on to finish in 22nd in a very strong field. This race includes representation from the whole of British Isles so is a fantastic performance Sam has had a really strong year showing the benefit of consistent training, a positive approach and excellent coaching from the club. We look forward to his progress as he moves up an age group in April. CHINGFORD LEAGUE ...[Read more](#)

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ROAD Tokyo Marathon Sunday 3 March Two runners from Ilford Ac ventured east to take part in the Tokyo Marathon, the first marathon major of the year. The race was a field of over 26000 and was run around the city centre on basically a flat course with a slight downhill in the first 5km. The race was won by Benson Kipruto of Kenyan in a course record of 2 hrs 2 mins 16 secs. Nick West was the first of the Ilford duo to finish in a new personal best of 4 hours 09 mins 41 secs after reaching halfway in 1 hr 59 mins. Stephen Parker passed halfway in 2 hours and 9 mins to finish in 4 hours 56 mins 10 ...[Read more](#)



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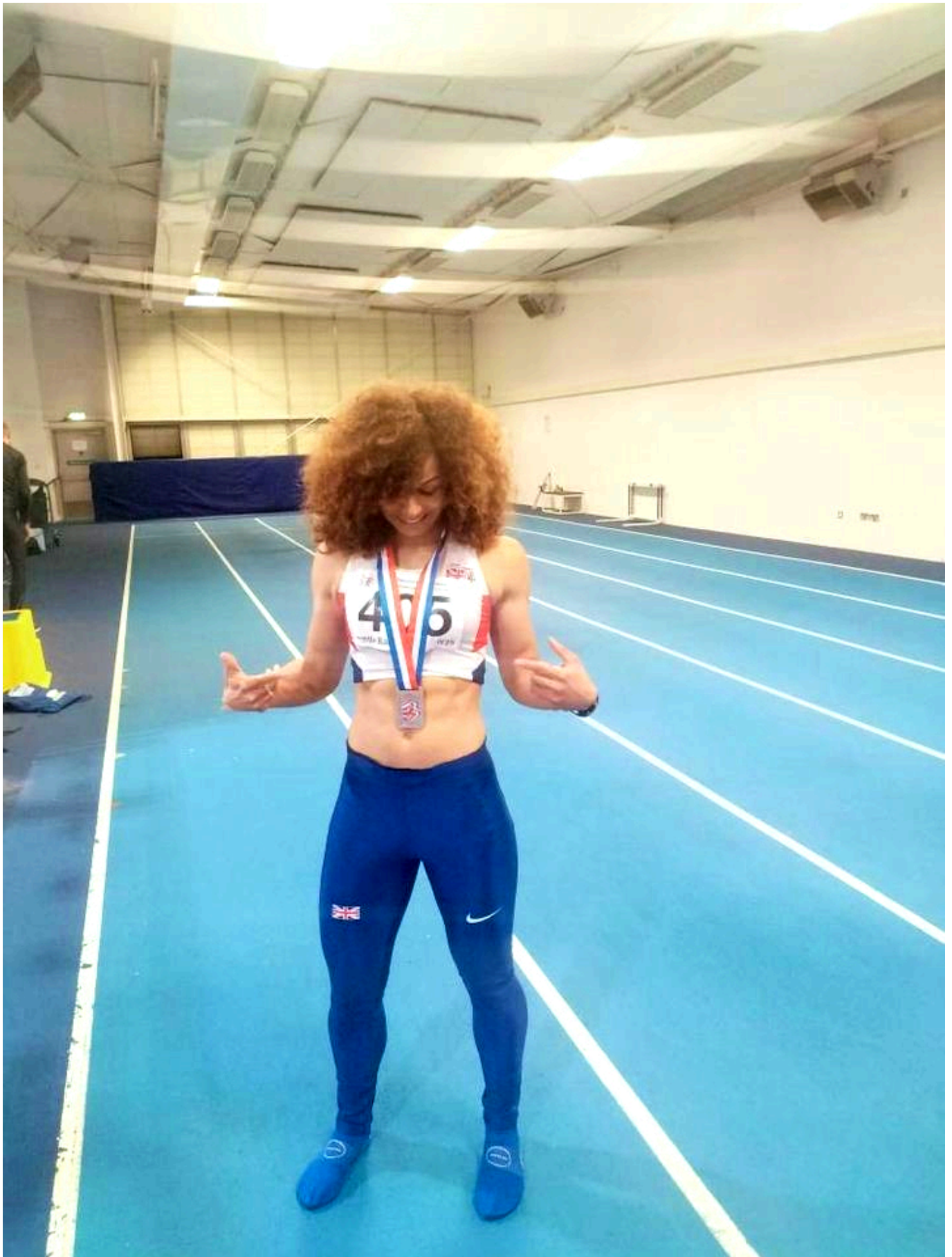
Brighton Half Marathon Sunday 25th February Sunday saw the 34th edition of the Brighton half marathon and in attendance was husband and wife duo Tarik and Carlie Qirem. The 13.1-mile route, mainly along the seafront, takes in some of the city's best-known sights, including Brighton Palace Pier, the Royal Pavilion and the colourful beach huts of Hove. The pair started the race together in almost perfect conditions. Tackling the only major hill in the race during the first two miles saw Tarik split off, demonstrating his London marathon training is paying off. Ticking off the miles and showing that her training is coming back after an eventful 2023, Carlie surprised herself and him by catching him up at mile 9. As always in Brighton, you [...Read more](#)

### [Nicola Hopkinson Tribute](#)



Message from Club Chairman Ernie Forsyth:- It is with great sadness and a heavy heart (broken ) that I pass on this devastating news We have been informed by Robin Davis that Ilford AC stalwart, Nicola Hopkinson, has passed away after a long and brave battle against cancer. This is terribly sad news for everybody who was fortunate enough to have had their lives touched by Nicola. Our love, condolences, thoughts and prayers are with Nicola's family. ☹☹ Tributes to Nicola [Read more](#)

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British Masters Indoor Championships Lee Valley 17/02/2024 After so many issues with injuries over the season, Krystle Balogun went into last weekend's British Masters wanting to race well, but without too many expectations.. Competing in the 200m Krystle made an explosive start to the race, always being in contention of a medal, and not only did she exceed all her expectations but she finished with a silver medal and a personal best time of 26:48. Speaking afterwards Krystle was eager to dedicate her run to former club President and long serving club member NICOLA HOPKINSON who sadly lost her long battle with cancer last week. Krystle said "In the 10 years I've been in the club, she was a lovely kind hearted person, who really dedicated a ...[Read more](#)

### [Centurion 661 Mick Barnbrook R.I.P.](#)



So sad to inform Mick Barnbrook, aged 80, passed away after a long illness. His passing was peaceful, at 9pm on Wednesday 14th February. Mick was born in Romford's Oldchurch Hospital and brought up in Plaistow. His active athletics career spanned 49 years, during which he race walked in 1st claim capacity for Cambridge Harriers, Ilford AC, Sarnia WC, Ilford AC again as well as The Centurions, Metropolitan Police and the British Police Representative teams. He also had a 6 years' unattached spell after leaving Cambridge Harriers and joining Ilford AC. He was one of 6 race walkers (all Centurions) to pass 100 completions of the London Post Office 9 kilometres yacht handicap races at Blackheath Park – he finished 108. His ...[Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Hainault Forest Saturday 12 February The final round of this winter's Essex Cross-Country League was staged by Ilford AC over a very muddy course at Hainault Forest, The club had a very good turnout of runners participating in this round throughout the age groups. First race of the day was the U13 boys and girls race, which was over a distance of approx. 3k. Barney Perkins ran a gutsy 13:26 for 20th place backed up just 12 seconds and 3 places later by Khalif Ali. For the girls, Hawaa Patel ran 17:22 for 24th female place. Next up was the U15 boys on an approx. 4k. Sam Horsley, who last week ran a brilliant 7th place in the South of England Championships, ran another great ...[Read more](#)

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CHINGFORD LEAGUE Victoria Park Saturday 3rd February SENIORS The 6th and penultimate round of this season's Chingford League was held at the traditional February venue of Victoria Park. The race was over 5 miles on a flat, fast figure of eight circuit of the park and Ilford AC had a large squad of 21 in action. The Ilford Ladies race in division 2 of the league and are currently challenging for promotion to the top league. Jordan Hinds ran a new personal best time of 32 mins 09 secs for 4th in the second tier and there was also a new best time for Anna Crawley in 7th spot with 33 mins 47 secs. Carlie Qirem placed 15th in 35 mins 32 secs with Pauline ...[Read more](#)

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SOUTH OF ENGLAND CROSS COUNTRY CHAMPIONSHIPS Beckenham Place Park Saturday 28



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January Ilford AC sent a small team to this yearly championship again held at Beckenham Place Park in South London over a course which featured grassland, trail, mud and hills. The under 15 boys were represented by Sam Horsley and Ryder Islam. This was Sam's first area championship. He started strongly in the front pack and held his position well finishing in a fantastic 7th place. He now looks forward to upcoming competitions where he will compete for the county. Ryder had a strong race taking 5 positions in the last 100m to finish in 95th place, his first top 100 placing in area champs. The club had one competitor in the U17 men's ...[Read more](#)

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