

## Press Report 12th September 2023



PLESHEY HALF MARATHON (Incorporating the Essex Championship) Sunday September 10  
The Essex Half Marathon Championship was held in conjunction with the Pleshey half marathon for the 10th consecutive year. The race from the village green in the picturesque village is held over rural roads on a rolling course and was held in blazing temperatures, in the early 30's, which made the times well down on normal. Ilford AC had 15 runners among the 282 finishers and Sam Rahman led the way for the club in 22nd spot with 1:23:04 to finish 4th in the Essex M40 category. Four places back was Malcolm Muir with 1:25:20 which earned him the Bronze Essex medal in the M45 age grouping. Then followed a batch of [...Read more](#)

## Press Report 5th September 2023



ONE HUNDRED NOT OUT The Essex Way Essex Sunday 3rd September The Essex Way relay is held on the first Sunday in September every year and covers 82 miles of ancient trails, footpaths, and countryside across Essex starting from Epping Station at 8am and finishing after 6pm at the Harwich Old Lighthouse in a 10 stage relay. This is one of the County's premier events with 76 teams from across Essex and beyond competing Ilford's team of 10 not only competed the 82 miles successfully, finishing a very credible 5th, but this year, to celebrate the club's centenary we used the occasion to run a club 100 miles by adding 3 runners to make up the remaining 18 miles. Ilford's lucky 13 runners were Ray Sparra

Everingham, ...[Read more](#)

[Press Report 29th August 2023](#)



Ilford AC gain promotion in Centenary year SOUTHERN ATHLETICS LEAGUE Ilford AC has been competing in the lower leagues of the Southern league athletics competition for nearly 20 years. Ilford have always had many talented individual athletes but never had enough athletes to be able to compete over 4 individual matches during the track season However from the very first match of the 2023 season Ilford were able to compete very well against the other teams in the league and after the first 3 matches ,Ilford were in the top 3, this was after winning their first match for the first time for many years. The last match of the season was held at Ware and promotion was in Ilford's hands. Five of the top six ...[Read more](#)

[Press Report 22nd August 2023](#)



Southern Counties Veterans Athletics Club (SCVAC) Ilford Victorious in the Vets League in their Centenary Season The men's team travelled to the Roger Bannister Stadium on the evening of Monday 14th August holding a 1 point lead over London Heathside into the final match. Cheered on by Club President John Batchelor and cajoled into unfamiliar events by Team Manager, Henry Ricketts the team took to the track and field for the fourth and last time in the season. Sam Malekout competing as V35 finished second in the 800m and first in javelin. Danny Holeyman competed in the 3000m as the V35 athlete and placed sixth. Chris Scott as V40 placed first in the 800m and fourth in the 200m. Fabrizio Stefanoni's sprint finish won the 800m and ...[Read more](#)

[Press Report 15th August 2023](#)



Eastern Young Athletes League (EYAL) Basildon Ilford AC sent a team of 25 young athletes to the last EYAL match of the year in Basildon. Two athletes competed in the under 13 girl's age group. Nayla Mills Ugoh competed in 100m, 200m and long jump and achieved 2 PBs in the 100m (14.7secs) and the 200m (31.8secs). Sofia Crane competed in the shot put and Long jump. In the under 15 girls we had 4 athletes competing in multiple sprints, jumps and throws. They also ran extremely well with excellent changeovers in the 4x100m. Highlights were Nora Nzurike who gained PBs in the 100m (14.6) and 200m (30.2secs). Kenina Nkrumah threw an excellent 19.54m in the Javelin and her team mate Chiara Mullings ...[Read more](#)

[Press Report 8th August 2023](#)



10,000m Essex Championships Braintree The Essex 10000m Championships took place last Friday in Braintree with 4 Ilford Senior males battling for honours. In cool conditions ideal for track racing, all four run well, with 3 bringing home medals. First home for the club was Tom Gardner in 8th place in a time of 34m 41.2s, winning Gold in the V40 Category. Next home, just 2 places behind was Malcolm Muir in 35m 59.6s who gained a Bronze medal in the V40 Category. Richard Woolterton ran a personal best of 39m 52.7s for 14th place, a time that won him a Silver medal in the V50 grouping. Although just outside the medal positions Danny Holeman ran a season's best time of 41m 02.9s for 16th place. ...[Read more](#)

[Press Report 1st August 2023](#)



Southern Counties Veterans Athletics Club (SCVAC) A huge turnout resulted in the Mens Vets finishing first on the evening and now top the league by 1 point going into the last match. The track events started with the 200m hurdles where Chris Scott crossed the line in first. The 100m for all age groups closely followed Sam Malekout placed 3rd V35. Akwasi Nkrumah was also 3rd in V40. Michael Osunsami was 6th in V50. Dave Butler 7th in V60 and Gerald Daniel 3rd in V70. The 2000m walk was for V35 and V50 age groups. Steve Crane was 1st V35 and Steve Uttley 2nd V50. The sole female representative on the evening was Lesley Morris who won the V35 walk. Non-scoring Stuart Bennett was 5th overall. The ...[Read more](#)

[Press Report 24th July 2023](#)







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Essex County Track Relays 14th July – Chelmsford Ilford AC is growing and achieving greater numbers in competition in its Centenary Year. Last year at this annual county event specifically for athletes under seventeen years the club had 4 teams and this year they were able to field 10 teams across the events. The standard of competition was very high meaning that the squad just missed out on gaining any medals but all gave their best and performed to a high standard. The highlights of the day for the club were the U13 boy's 3x800m team of Barney Perkins, Khalif Ali and Ibrahim Khan who came home in fifth place. It was their first relay for the club and first track race for ...[Read more](#)

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## All News Items

Ilford AC Win first Southern League match in many years Ilford AC competed in the 3rd Southern league Track and Field Match at Sandy last weekend. In the first 2 matches Ilford had competed well but just didn't have enough athletes to win the matches. However Ilford sent a very strong team to Sandy, and this proved decisive as for the first time for many years Ilford AC won the overall match. Starting with the Female sprinters, Krystle Balogun, Ayshe and Aleena Lawrence all were first or second in the 100m and 200m and 4x100m. These ladies have been amazing so far this year and always compete to a very high level. Jordan Hinds is always the busiest Female athlete in the Southern league and ...[Read more](#)

### [Press Report 11th July 2023](#)



Newman Hilly 5 (Elvis) Hainault Forest Wednesday 5th July The Annual Ilford Hilly 5-mile cross country race, incorporating round 4 of the Summer Elvis League, was held at Hainault Forest on a warm Wednesday evening. This year's course was a temporary new one whilst works are being carried out on part of the old course and the general consensus was this course was a more challenging one with longer hills to conquer. Ilford were without many runners who gave up their run to marshal on the course Winning the race was Ilford's Tom Gardner in a time of 29:13, The Ilford men's team was completed by Malcolm Muir 5th in 31:53, Stephen Philcox 9th in 32:33 (1st M50), Fabrizio Stefanoni 14th in 33:19, Joshua Adler 22nd in ...[Read more](#)