

Press Report 20th June 2023



ESSEX 5000m CHAMPIONSHIP Ilford Friday 16 June Last Friday Ilford AC, in its centenary year, hosted the Essex 5000m Championships at its home track of Cricklefields, It was a successful event with 6 medals including two individual County Golds. For both men and women three titles were contested, the open, and the two masters categories of V40 and V50. The ladies all ran in one heat; Neringa Masilioniene was first home for the club and first overall in the FV40 category: her time of 18:06.1 is a club all-time best over the distance for a V40 and second best all time time over the distance in Ilford's 100 year history. Next up was Jordan Hinds, fourth in the open category, with 18:26.8, a 44-second improvement over the ...[Read more](#)

Press Report 13th June 2023



All News Items



HAVERING 5 Raphael Park Romford Tuesday 6 June There was a large turn out of 35 runners from Ilford AC in the Havering 5 mile, the second race of this summer's Elvis competition, held on a fast 2 lap course in Raphael Park Romford. Ilford were led home by Malcolm Muir in his usual all action style in 7th place and second in the M40 age category with a time of 28 mins 38 secs. Backing him up in 14th with a new personal best of 29 mins 51 secs for 14th was Berekhet Berakhy and Steve Philcox in 19th with 30 mins 07 secs for 2nd in the M50 grouping. Dan Holeyman came home 23rd with 31 mins 22 secs, while Richard Woolterton ...[Read more](#)

[Press Report 6th June 2023](#)



DAGENHAM ELVIS Eastbrook End Country Park Wednesday 24 May Ilford AC fielded an impressive squad of 31, in a field of 270 runners in the opening match of this summer's Elvis series and the team produced encouraging results. Steve Horsley and Josh Adler made their debuts for the club and Dave and Beverley Thomas returned to the club after an absence of over 20 years. The race was of a multi lap course of around 5 miles on the trials in Eastbrook End Country Park and Ilford's Neringa Masilioniene was the clear winner of the lady's section by almost 3 minutes in 30 mins 59 secs, finishing 12th overall. Backing her up in the ladies' team were Anna Crawley 84th, Alison Sale 111th, Carlie Qirem who ...[Read more](#)

[Press Report 31st May 2023](#)



All News Items



Southern Counties VAC League The first match in the Vets season was held at Lee Valley on Monday. The men's team finished 3rd and the ladies team of three athletes did well to finish 5th. The first track event was the 2000m walk where Neringa Aidietyte debuted as a Vet and comfortably won the V35 age group in 10.04.94. Lesley Morris backed this up with another win in the V50 age group in 14.29.59. Stuart Bennett also won the V50 age group in 12.09.98. Unfortunately Steve Crane was disqualified. In the 100m, Sam Malekout returned to Vets competition and placed 3rd in 12.65 running as a V35. Henry Ricketts placed 5th in V50 with a time of 13.68. James Lambden placed 3rd in V60 ...[Read more](#)

[Press Report 23rd May 2023](#)





All News Items

Southern League 20 May 2023 Braintree Ilford produced a great performance in their opening Southern League Match at Braintree at the weekend, having an all day battle with Harlow, and narrowly missing out on their first league victory in nearly 20 years. Ilford's team had a mixture of young athletes making their debut, experienced veterans and athletes running from injury. Star performer of the day was Jordan Hinds. She started off the day, with a comfortable front running win in the 800m, followed an hour later with winning the 400m, less than 1/10th of a second outside pb. Not finished for the day, she ran a perfect tactical 1500m, not only winning, but reducing her pb by 5 seconds with a time of 4.53.1. ...[Read more](#)

[Press Report 16th May](#)





All News Items

Essex Track and Field Championships Thurrock 13th / 14th May 2023 Ilford produced some impressive performances, in gaining 10 (2 gold 5 silver and 3 Bronze) medals at the Essex County Championships held over two days at Thurrock this weekend. The weather, although dry, was windy which affected a few of the recorded times. Ellie Wright who has come through the Ilford junior ranks, won Ilford's first medal of the weekend, in the senior women's 100m, a reward for all her hard training this winter. She finished 3rd in a time of 12.48, which would have been a pb, but unfortunately the wind was over the legal limit. Toyin Olufemi also had a good run in the final finishing 6th in a time of ...[Read more](#)

[Press Report 3rd May 2022](#)



Eastern Young Athletes League (EYAL) Ilford AC sent a team of 18 young athletes to the first EYAL match of the year in Ware, Hertfordshire. Each event had two selected runners scoring



All News Items

points for the team along with races with non-scorers hoping to gain experience. Two runners competed for in the under 13 girl's age group. Ruby Moffat Virak came 5th in the 100m and 6th in the 200m and Long Jump. She was backed up by B string runner Nayla Mills Ugoh who performed well coming 6th in the 100m and 5th in the 200m and the long jump. In the under 15 girls we had newcomer Kenina Nkurumah and returning Stacey Amaniampong. Stacey was 5th in the 100m, 4th in the ...[Read more](#)

[Press Report 25th April 2023](#)



LONDON MARATHON Sunday 23 April Among the almost 48600 finishers in this year's London Marathon were 11 runners from Ilford AC. Leading the way for the club was Paul Holloway who cruised to halfway in 1 hour 24 minutes and kept his pace steady in the second half to finish in an excellent 2 hrs 52 mins 50 secs which placed him 15th in the M55 age group. Double Olympic walker Neringa Masilioniene has successfully changed code to running over the last few years for the club and ran an excellent 2 hrs 53 mins 10 secs for 75th in the female race, which also placed her as the 3rd fastest ever female athlete over the distance for Ilford AC. Richard Woolterton and Danny Holeyman ...[Read more](#)



All News Items

Press Report 17th April 2023





All News Items

Manchester Marathon Sunday 16th April 2023 The Manchester marathon was held last weekend. The race was held over the usual fast flat course from the Old Trafford cricket ground running into the city for a short loop before heading out to Altrincham and back to the finish at the cricket stadium. Ilford Ac had three members running with Dennis Briggs being the first of the team home, coming in at 3 hrs 24 mins 04 secs. Dennis ran a good even paced race, going through half way in 1 hr 41 mins and set a new personal best for the distance by over 18 minutes. Craig Livermore, who was next home, ran through halfway in a faster 1 hr 34 mins but found the last ...[Read more](#)

[Press Report 10th April 2023](#)



All News Items





All News Items

SEAA Relay Championships Stratford 2nd April 2023 Ilford AC saw 23 of their athletes travel to the Olympic Park in Stratford last weekend to compete in the Southern & Eastern Athletic Association (SEAA) relay Championships. It was the first time in the club's history that they had fielded both a male and female team at the event, quite fitting in the club's centenary year. Furthermore, it had been twenty years since the club had last fielded a team. The day commenced with the U15 boys 5K race at 11am. The club had three representatives in the race - Samuel Crane, Aron Berhe and James Thake. This triplet run their socks off with Samuel finishing in 9th place (17.49), Aron in 14th place (18.55) and ...[Read more](#)

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