



Press Report 30th January 2023



Southern Area Cross Country Championships Beckenham Place Park Saturday 28th January 2023 Ilford AC sent a small team of Juniors and Senior Athletes to this yearly event on a pleasant January Day. Event of the Day for the Club was the boy's u15 race where Ilford put together a team of four. Samuel Crane had his best race of the season coming home in 48th place, beating many competitors who had previously beaten him in the recent county championships. He was backed up by good runs from Aaron Hick (99 th) who had his usual strong finish, Ryder Islam (117th) who ran strongly the whole way and Aron Berhe (156 th) in his first large championships. The Team finished 21 st. Unfortunately in ...[Read more](#)

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Chingford League Cross Country Epping Forest Saturday 21st January On a cold, icy Saturday morning, Ilford AC sent a small team to Epping Forest for the toughest Cross Country fixture in the Chingford League season, a hilly 5 miles in Epping Forest. A race only for the hardcore runners, so much so that Ilford were unable to field a men's team. The ladies however did the club proud with a great team performance from Alison Sale, Pauline Tester and Frieda Keane.. In the ladies 2nd division match Alison Sale was 6th home in 46 mins 56 seconds, followed by Pauline Tester in 12th place in 52 mins 31 secs and the ever reliable Frieda Keane in 21st place in 1 hr 1 minute 22 seconds. The ...[Read more](#)

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REGENTS PARK 10KM Sunday 8th January The Regents Park 10km is held over 3 twisty laps on the paths in the Park. This year the race incorporated selection for the England Masters team to race in Chester later in the year and was of a good standard in all age groups. Ilford Ac had a team of 10 in this event with Joel Denning leading the team home despite taking a fall towards the end of the race. He finished 68th overall in 42 mins 19 secs with Dennis Briggs 91st in 45 mins 06 secs. Jo Reeves was the pick of the ladies team in 97th overall and 33rd female with 45 mins 26 secs, with Hannah Sheikh recording 119th overall and ...[Read more](#)

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Essex Cross Country Championships Gloucester Park January 7th 2023 Ilford AC sent a strong team of runners across all of the age groups to contest this yearly Cross Country event Performance of the day, undoubtedly, came in the men's senior 12 kilometres race where Ahmed Abdulle won his first Essex senior cross-country title. He has had a strong season so far with a previous win at the London Cross Country Championships. He ran alongside second place Gus Withers from Leigh on Sea running club, breaking away on the last lap for a comfortable win and Essex qualification for the inter counties championships later in the year. The team race was six to score and Ahmed was backed up by strong performances from Alex Richards (15th), Malcolm ...[Read more](#)

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Ilford AC Boxing Day Handicap Hainault Forest 26th December 2022 A field of 16 runners brushed off the Turkey and Christmas hangover to toe the line for the 13th annual Ilford AC Boxing day handicap. The route is 3.3 miles through the hills and mud of Hainault Forest and forms one lap of the clubs own 10 mile championships Each runner is given a handicap based on their previous form over the year, as chosen by club President Gary Floate This years



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winner was Danny Holeyman who ran the course in 24:45 off of a 10 minute handicap giving him a Nett time of 34:45, just a second ahead of Neil Crisp and 56 seconds ahead of third place Dennis Briggs, both who also ran off ...[Read more](#)

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Sikh's In The City Running Festival Woodford Green Sunday 11th December The 'Sikh's In The City Running Club' held its 10th Anniversary running festival on a bitterly cold, sub zero temperature, Sunday Morning in Woodford Green. Over 200 competitors took part on a short 2k course around the Woodford area in various distances ranging from 10k right through to the Marathon distance. Ilford's bright young running star Ryder Islam took part in the 5 lap 10k distance race and led the field to take home a Gold Medal in a time of 39 minutes and 30 seconds. Seasoned veteran Ray 'Sparra' Everingham took on the 11 lap Half Marathon challenge and was pleased with his 22nd place in a time of 2 Hours 37 minutes and ...[Read more](#)

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ESSEX VETS CROSS COUNTRY CHAMPIONSHIP Writtle Saturday 3rd December The Essex Cross Country Championship for athletes over 40 was held over a two lap grassland course at Writtle, near Chelmsford. The Ilford team was slightly down on numbers and strength due to injuries and a fixture clash but gave a good performance in the challenging muddy conditions.. In the ladies race Mel Jones led home the Ilford team in 52nd position and placed 12th in the F50 category with 43 mins 31 secs. Close behind was Alison Sale in 55th and Gaye Young came home 63rd with 44 mins 51 secs In 84th spot was Sharon Honey with 48 mins 48 secs, a performance that earned her the silver medal in the F65 grouping. The [...Read more](#)

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ESSEX CROSS-COUNTRY LEAGUE Writtle College Saturday 26th November The third round of the Essex Cross-Country League was held at Writtle College, just outside Chelmsford, on a wet, soft grassland course on a mild morning ideal for Cross Country running. Ilford had good squads out in both the senior mens and ladies races and produced good results. The ladies raced over 6 km and Jordan Hinds led the team home in an excellent 16th place in 27 mins 13 secs. Backing her up were Amy-Louise Bird in 21st with 28 mins 02 secs and Anna Crawley with 29 mins 40 secs for 43th. The team scorers were closed by Alison Sale in 63rd in a time of 31 mins 28 secs. Mel Jones was 3 places back ...[Read more](#)

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London Youth Games Cross Country Parliament Hill Saturday 19th November On an overcast morning at the spiritual home of cross country running Parliament Hill Ilford's young athletes were selected by their home or school boroughs to race in this prestigious event against all the London Boroughs Performance of the day came in the U17s where Joseph Grange again showed his class. He pushed the pace after the first hill and was leading after the first lap and finished strongly to claim second place. He was backed up by strong runs from Ronan Edwards (21st) and Mohammed Zergouat (113th) who earned his first cross country selection. In the U15 girls Anika Sharma ran well in the main pack to finish 120th and beat competitors who had ...[Read more](#)

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