

Press Report 2nd July 2024



Orion Fell Race Chingford The Orion fell race is the only official Category 'A' fell race within the M25. Held in Chingford at Epping Forest on an impossibly hilly course that includes over 880 ft of climb in just 3.5 miles, this is definitely a race for the more hardcore runners.



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Amongst the 180 entrants were four Ilford AC runners. Ryder Islam led the team home in 46th place in a time of 28 mins 50 secs. It was enough to secure him 1st place in the U16 category. Next home, and third Senior female, in 99th place was Anna Crawley in a time of 34 mins 19 secs. Billy Green was next home for the club in 122nd place in 37 mins 57 secs, with ...[Read more](#)

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Southern Athletics League 2 Peterborough Ilford sent another willing team to the second league match of the season. The team was slightly depleted in comparison to the first match due to exams, injury and distance but the willingness of members to turn out and compete in multiple events allowed us to finish in 4th place on the day and maintain our position in the league overall. Highlight of the day in regards to position came in the men's sprints where returning member Thomas Cooney won the A string 100 and 200m. He was well backed up in the B string by Ian Johnson who won the 100m and Nat Senior who was second in the 200m and third in the shot. Four members ...[Read more](#)

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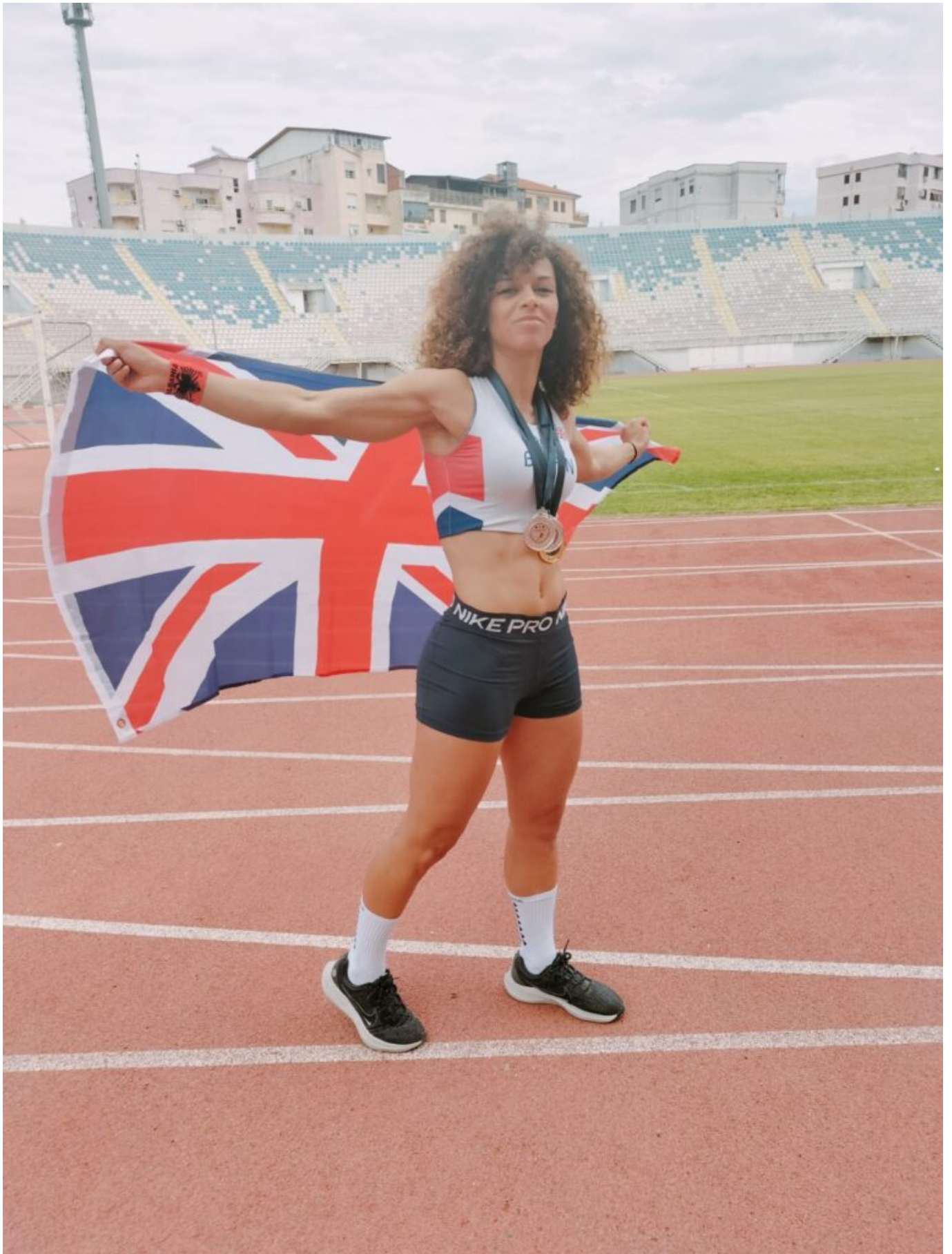


High Easter 10k (Road) ESSEX CHAMPS Sunday 16th June Ilford AC sent a large squad of 12 runners to High Easter in Chelmsford at the weekend to compete in the 10k race, which this year incorporated the Essex 10k Road Championships. The race is a one lap, fast and flat course, through the High Easter village. It turned out to be a very successful meet for the club 7 Essex medals won including 2 Gold medals, a Silver and 4 Bronze medals. Leading the team home in third place and gaining a Bronze medal was Jack Nixon in 31m 10 secs. Next home was Malcolm Muir in 40th place with 36m 48 secs, closely followed in 43rd place by Steven Philcox in 37m 06 secs, a ...[Read more](#)

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SENIORS Speed Masters Athletics Challenge 23-26 May 2024 Shkodra (Albania) Krystle Balogun had a very successful few days representing Great Britain in the W35 category at the 'Speed Masters' in Albania. On day one of the four day tournament Krystle competed in the 100m and was 2nd in a time of 13.62 seconds. Day 4 saw Krystel competing in the 200m in the morning, where she again came second in a time of 26.80. The best however was yet to come. In the afternoon Krystle was part of a Great Britain Mixed 800m-400m-200m-100m relay team. Taking the harder 800m start, Krystle was placed in 2nd place for much of the run, but with 140m to go she sprinted into first place, handing over the baton ...[Read more](#)

[Tony Nixon 1947 - 2024 RIP](#)



We are all devastated at the sad news of the passing of Tony Nixon. Andy's tribute to his friend follows:- Quite simply Tony was the nicest, kindest, most continually cheerful person I have ever met. A hugely warranted life member of Ilford AC and immensely popular club President in 2003/04. I pretty much spoke to Tony every couple of weeks for the last 50 years and not once did he ever fail to grill me on how everything at the club was going, who was racing well and and doing what and wanting to support whenever possible. He didn't get off to the best start in life being a premature, small and rather sickly child. But he always had huge determination and despite periods in a special open ...[Read more](#)

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ROAD AND CROSS COUNTRY Sudbury Friday Night 5 Friday 31st May. Two Ilford athletes



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travelled up to Sudbury in Suffolk for the annual Friday night 5 mile race. Held predominantly on the road, the course is one lap, featuring a long hill on mile 2 and attracts over 400 runners. Finishing in 9th place, and 2nd in his age category was Malcolm Muir in a time of 29:02. Just 196 places later was Billy Green in 205th place in a time of 40:54. The race also featured Jack Nixon, who runs 2nd claim for the club, who finished in 2nd place with a time of 26:01 Orion Forest 5 Saturday 3rd June The Forest 5 is a series of 3 races in Epping Forest, held on the first ...[Read more](#)

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DAGENHAM 88 RUNNERS ELVIS 5 MILES Eastbrook End Country Park Wednesday 22 May 2024 The opening fixture of the 2024 ELVIS series took place in torrential rain and bleak conditions in the Eastbrook End Country Park which made conditions tricky for the 241 runners in the 5 mile race. Ilford AC had 22 entrants in the events and were led home by Steve Philcox in 11th place in 31 mins 45 secs taking the award for the 1st over 50 to finish. Next home for the club was Richard Morris, who was making his club debut, in 13th spot with 32 minutes 09 seconds and Josh Adler was 13th with 32 mins 12 secs. Berekhet Berakhy came in 28th in 34 mins 08 secs ...[Read more](#)

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Southern Counties Masters League 13th May 2024 Ilford AC Vets team travelled to Lee Valley for the first match of the Herts and Middlesex Masters League on the evening of Monday 13th May. Consistent performances across all the groups resulted in a team score of 134 points to finish first on the evening with the highlight being a club record in the V50 1500m. Team Manager Henry Ricketts competed in the V35 100m finishing fourth in 14.16s and in the V50 shot finished third with a distance of 8m 32. Sam Malekout finished third in the V40 100m in a time of 12.85s, second in the V35 shot with 8m 82 and sixth in the V35 hammer with 15m 28. Michael Osunsami covered the V50 100m ...[Read more](#)

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Essex Track And Field Championships 11th and 12th May - Chelmsford Ilford had a team of 18 athletes competing in the annual Essex Championships in Chelmsford. It proved to be a very successful weekend for the club with nine medals won. The club was well supported by officials, coaches, parents and new presidents Diane and Neil Crisp who came to show their support on both days. Gold medals were won by Oliver Blainey and Jordan Hinds. Oliver had a

superb race to win the U20 men's 400m in a season's best time of 50.44. Jordan followed this on Sunday to win the 800m senior women's race again in a season best time. Ellie Wright had a fantastic weekend picking up silver medals in ...[Read more](#)

[George Nibre RIP](#)



Ilford AC are mourning a sad loss of former International race walker George Nibre who died suddenly aged 67 He was a key figure in Club successes and, on hanging up his racing shoes became a respected coach and mentor. Hailing from the north east he came to the Capital for enlistment in the Metropolitan Police. After retiring he had a second career as a Security Investigator with Ford Motor Company. His best effort in Club racing was when a member of Ilford's 1978 winning team in the National 10 Miles Championship in Crystal Palace, along with Steve Gower, Geoff Hunwicks and Brian Armstrong. He was an established International at 50 kilometres. On retirement he settled in Frinton-on-Sea and kept ...[Read more](#)

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