

Press Report May 6th 2024



WITHAM MAY DAY 5 The annual May day Bank Holiday 5 mile road race attracted over 250 entrants and was run on the usual undulating but fast rural course from Witham Rugby Club on a dry cool morning. There were five Ilford AC runners on the day and in a very close finish, with just 90 seconds separating the front 4 runners, the team was led home by Tom Gardner in 3rd place in a time of 26 mins 12 secs. Next home was Alison Sale running well for 114th place in 40 mins 10 secs. Alison was closely followed home by Billy Green in 40 mins 44 secs

to claim 123rd place. The team were completed by Rachel Halpin, securing 164th ...[Read more](#)

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Colchester Zoo Stampede 10k Sunday 28th April On Sunday Two Ilford AC athletes braved torrential rain and wind and an undulating course with their usual 'Eye Of The Tiger' spirit in the Annual Colchester Stampede 10K Road Race. The race had to be delayed by 40 minutes



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due to other pandemonium getting people parked in time, which wasn't ideal in the wet conditions. The race started and finished within the grounds of Colchester Zoo between the Elephant and Rhino enclosures and the route took in parts of the zoo before heading out onto the country lanes of Colchester before finishing back in the zoo grounds for the last kilometre. First home for the club in a huge field of approximately 2000 runners was club stalwart, ...[Read more](#)

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London Mini Marathon 20/04/2024 Ten of Ilford AC young athletes were selected to represent their boroughs in the mini marathon borough challenge. The event is held the day before the main marathon and the course is roughly similar to the last 2 miles of the marathon finishing at the same place. Breakthrough performance of the day was from Leila Lauder who finished an excellent 31st in the u17 women. Leila's continued improved form follows a period of very consistent training and the club looks forward to her continued development. Teammates Hawaa Patel (66th in u13 girls) and Diya Boparai (116th in u15 girls) also ran really well for



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Redbridge. Two developing youngsters ran in the u13 boys. Barney Perkins was 51st and Elias ...[Read more](#)

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JUNIORS Orion Pentathlon and Quad Kids Waltham Forest 12 of Ilford ACs Junior athletes took part in the Annual Orion Pentathlon and Quad Kids competition held at Waltham Forest. In the Quad Kids competition Darsh Kainth, Maat Mullings Smith, Georgia and Ruby Merchant, Daniel Okereke, Elijah Muirhead, Andre Mullings Roache and D.L. Majen-Akande took part in multiple events including 75m sprints. Long jump, Vortex throw and 600m run. In difficult windy conditions all of the athletes produced great performances with Ilford athletes claiming the first 3 overall positions in the U11 category:- 3rd Elijah Muirhead, 2nd A.J Mullings Roache and 1st Daniel Okereke A brilliant introduction to competitive athletics enjoyed by all. In the Junior /Senior pentathlon competition, comprising 100m, long jump, high jump, shot-put and 800m ...[Read more](#)

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Essex AA and Suffolk AA County Road Relay Championships Sunday 7th April Colchester Four men's teams and two women's teams were in action, representing the club, in the prestigious County Championships on a very windy and blustery but sunny afternoon in Colchester The Veterans race was the first of the day with teams competing in the V40, V50 and V60 categories. Ilfords men's V40 team, consisting of Sam Rahman, Berekhet Berekhy and Malcolm Muir, found the competition fierce and finished just seconds outside of the medals in 4th place with a combined time of 51 Mins 49 seconds over the 3 x 3 mile course The V50 team consisted of club 5k specialist Steve Philcox, club captain Danny Holeyman and Fabrizio Stefanoni. The trio battled admiralty ...[Read more](#)

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Writtle 5 (Mile) Friday 29th March Good Friday saw the Ilford 5 take on the Writtle 5 Mile Road race, starting and finishing at Writtle College in the Essex Countryside. A tough, undulating course was made trickier by the conditions on the day. Starting in bright sunshine, conditions soon became blustery before a heavy downfall settled in for the duration. Leading the way for Ilford AC, by some margin, was Malcolm Muir who put in his usual gutsy performance to finish in 8th place in a time of 29 minutes 32 seconds. Making a rare race appearance for the club, Billy Green had an impressive sprint finish to overtake 2 Springfield Strider runners in the last 100m to take 64th place in a time of ...[Read more](#)

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BRENTWOOD HALF MARATHON Sunday 24 March The 42nd Brentwood Half Marathon was held in good conditions over a gently undulating course through the Essex Countryside starting and finishing at Becket Keys School in the town centre. Ilford AC had 14 runners in the field of over 1800 starters and were headed by three runners running their first half marathon. Alex Richards had an excellent debut finishing 3rd overall in 1 hr 09 mins 06



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secs, less than a minute behind the winner. Tom Gardner came in 15th with 1 hr 14 mins 26 secs and was the second M40 to finish while Josh Adler finished 34th in 1hr 20mins 51 secs. Richard Woolterton just broke the 90 minute barrier with 1 hr 29mins ...[Read more](#)

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BMAF CROSS COUNTRY CHAMPIONSHIP Corwen Wales Saturday 16 March The British Masters Cross Country Championship was held on a muddy course in Corwen in North Wales. Ilford AC stalwart Andy Catton was Ilford ACs sole entrant running in the 6km M70 age category event. Andy finished in 33 mins 08 secs to finish 3rd and win the bronze medal, only losing out on second spot on the run into the finish.

ESSEX 20 MILE CHAMPIONSHIP Carver Barracks, Saffron Walden Sunday 17 March The Essex 20 mile Championship was held on a flat fast 4 mile lap in light rain around the former World War II airfield next to the Carver Barracks in North Essex. The race is over 5 laps and also features an inter-county match and ...[Read more](#)

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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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