



Messages



- [Ilford AC Membership Renewal for 2025/26 Season](#) Wednesday April 02nd, 2025 4:58 pm
- [Ilford AC Press Report 1st April 2025](#) Tuesday April 01st, 2025 6:38 am
- [Ilford AC Press 25th March 2025](#) Tuesday March 25th, 2025 6:06 am
- [New Kit](#) Thursday March 20th, 2025 1:13 pm
- [Southern Athletics League](#) Wednesday March 19th, 2025 1:18 pm
- [Ilford AC Press Report 18th March 2025](#) Tuesday March 18th, 2025 6:07 am
- [Ilford AC Press Report 11th March 2025](#) Tuesday March 11th, 2025 10:47 am
- [Ilford AC Press Report 4th March 2025](#) Tuesday March 04th, 2025 6:20 am
- [Ilford AC AGM 18th March 2025](#) Friday February 28th, 2025 8:00 am
- [Ilford AC Press Report 25th February 2025](#) Tuesday February 25th, 2025 9:56 am
- [Ilford AC Press Report 11th February 2025](#) Wednesday February 12th, 2025 7:46 am
- [Neringa and IAC Farewell](#) Saturday February 08th, 2025 4:15 pm
- [Graham Williams Funeral arrangements](#) Saturday February 08th, 2025 4:10 pm
- [Ilford AC Press Report 4th February 2025](#) Tuesday February 04th, 2025 8:41 am
- [Ilford AC Press Report 28th January 2025](#) Tuesday January 28th, 2025 7:36 am
- [Ilford AC Press Report 21st January 2025](#) Tuesday January 21st, 2025 11:50 am
- [Ilford AC Press Report 14th January 2025](#) Tuesday January 14th, 2025 8:47 am
- [Ilford AC Press Report 7th January 2025](#) Tuesday January 07th, 2025 11:34 am
- [Ilford AC Press Report. December 31st 2024](#) Tuesday December 31st, 2024 6:10 pm
- [Christmas Press Report](#) Tuesday December 24th, 2024 2:43 pm
- [Ilford AC XC Champs. 28th December - Race day instructions.](#) Monday December 23rd, 2024 10:02 am
- [Ilford AC Press Report 17th December 2024](#) Tuesday December 17th, 2024 10:52 am
- [Ingrebourne Park](#) Friday December 13th, 2024 11:18 am
- [Ilford AC XC 28th December 2024 - Volunteers STILL urgently required](#) Monday December 09th, 2024 5:07 pm
- [Ilford AC Press Report 3rd December 2024](#) Tuesday December 03rd, 2024 10:11 am
- [Ilford AC Press Report 26th November 2024](#) Tuesday November 26th, 2024 11:04 am
- [Ilford AC Press Report 19th November 2024](#) Tuesday November 19th, 2024 11:47 am
- [Ilford AC Annual Curry night. Wednesday 27th November](#) Tuesday November 12th, 2024 4:24 pm
- [Ilford AC Press Report 12th November 2024](#) Tuesday November 12th, 2024 11:09 am
- [London Marathon 2025](#) Monday November 11th, 2024 9:43 am



Messages

- [Ilford AC Press Report 5th November 2024](#) Tuesday November 05th, 2024 7:30 am
- [London Marathon 2025 - Ilford AC Club places](#) Thursday October 31st, 2024 9:50 am
- [Essex Vets XC Saturday 14th December - Reminder](#) Thursday October 31st, 2024 9:36 am
- [Ilford AC Press Report 29th October 2023](#) Wednesday October 30th, 2024 7:42 am
- [Ilford AC Annual Curry night](#) Wednesday October 23rd, 2024 9:47 am
- [Ilford AC Press Report 22nd October 2024](#) Tuesday October 22nd, 2024 8:36 am
- [Winter street orienteering series](#) Friday October 18th, 2024 11:58 am
- [Ilford AC Press Report 14th October 2024](#) Monday October 14th, 2024 4:51 pm
- [Ilford AC Press Report 8th October 2024](#) Thursday October 10th, 2024 7:30 am
- [Ernie's 70th Birthday drinks](#) Friday October 04th, 2024 8:06 am
- [Ilford AC Press Report Tuesday 1st October 2024](#) Tuesday October 01st, 2024 12:16 pm
- [Personal Coaching course](#) Wednesday September 25th, 2024 3:25 pm
- [Press Report 23rd September](#) Monday September 23rd, 2024 12:20 pm
- [Press Report 17th September 2024](#) Tuesday September 17th, 2024 8:17 am
- [Your Club needs you - Saturday 5th October 2024](#) Monday September 16th, 2024 8:43 am
- [Ilford AC Press Report 10th September 2024](#) Tuesday September 10th, 2024 10:23 am
- [Ilford AC Press Report 2nd September 2024](#) Monday September 02nd, 2024 11:00 am
- [Ilford AC Press Report 27th August 2024](#) Tuesday August 27th, 2024 11:25 am
- [IMPORTANT INFO REGARDING ILFORD AC \(Please act\)](#) Friday August 23rd, 2024 3:16 pm
- [Press Report 20th August 2024](#) Tuesday August 20th, 2024 7:56 am
- [Press Report Tuesday 13th August 2024](#) Tuesday August 13th, 2024 11:33 am
- [Ilford AC Press Report / Very occasional Newsletter](#) Monday August 05th, 2024 4:34 pm
- [Ilford AC Press Report 30th July 2024](#) Tuesday July 30th, 2024 12:16 pm
- [Ilford AC Press Report 23rd July 2024](#) Tuesday July 23rd, 2024 10:54 am
- [Ilford AC Press Report 16th July 2024](#) Tuesday July 16th, 2024 7:52 am
- [The Essex Way 2024 - PASSWORD](#) Saturday July 13th, 2024 11:36 am
- [The Essex Way 2024](#) Friday July 12th, 2024 4:29 pm
- [Ilford AC Press Report 9th July 2024](#) Tuesday July 09th, 2024 10:21 am
- [Hilly 5 Marshals / Helpers - Wednesday 10th July 2024](#) Tuesday July 02nd, 2024 10:49 am
- [Ilford AC Press Report 2nd July 2024](#) Tuesday July 02nd, 2024 8:22 am
- [Ilford AC Press Report Tuesday 25th June 2024](#) Tuesday June 25th, 2024 8:50 am
- [Loughton Relays Tuesday 25th June](#) Thursday June 20th, 2024 8:36 am
- [Hilly 5 - Your Club needs you](#) Wednesday June 19th, 2024 2:54 pm
- [Ilford AC Press Report 18th June 2024](#) Tuesday June 18th, 2024 7:49 am



Messages

- [Ilford AC Press Report 10th June 2024](#) Monday June 10th, 2024 10:08 pm
- [Tony Nixon RIP](#) Saturday June 08th, 2024 2:48 pm
- [Southern league match at Peterborough](#) Thursday June 06th, 2024 4:20 pm
- [Ilford AC Press Report 3rd June 2024](#) Monday June 03rd, 2024 11:06 am
- [Ilford AC Press Report 28th May 2024](#) Tuesday May 28th, 2024 12:16 pm
- [Press Report 21st May 2024](#) Tuesday May 21st, 2024 10:04 am
- [Volunteers required - Wednesday 10th July 2024](#) Thursday May 16th, 2024 2:27 pm
- [Ilford AC Press Report 14th May 2024](#) Tuesday May 14th, 2024 11:16 am
- [Ilford AC Press Report May 6th 2024](#) Tuesday May 07th, 2024 3:31 pm
- [An invitation to WGEL Open Graded Meetings](#) Thursday May 02nd, 2024 10:44 am
- [Ilford AC Press Report 30th April 2024](#) Tuesday April 30th, 2024 11:22 am
- [Bluebell wood run in Nicolas memory](#) Friday April 26th, 2024 9:26 pm
- [Press Report ST. GEORGE'S DAY 2024](#) Tuesday April 23rd, 2024 8:55 am
- [London Marathon drinks](#) Friday April 19th, 2024 8:11 pm
- [Ilford AC Press Report 16th April 2024](#) Tuesday April 16th, 2024 1:51 pm
- [Ilford AC Press Report 9th April 2024](#) Tuesday April 09th, 2024 12:00 pm
- [Southern League](#) Monday April 08th, 2024 9:02 am
- [Raising a glass to Nicola Hopkinson](#) Monday April 08th, 2024 8:21 am
- [Press Report, Easter Holidays 2024](#) Tuesday April 02nd, 2024 11:50 am
- [Ilford AC - Stock levels of Technical training shirts](#) Thursday March 28th, 2024 3:34 pm
- [Ilford AC Press Report 26th March 2024](#) Tuesday March 26th, 2024 11:23 am
- [Ilford AC Membership Renewal for 2024/25 Season](#) Saturday March 23rd, 2024 6:07 pm
- [A message of thanks from Robin.](#) Wednesday March 20th, 2024 9:00 pm
- [Ilford AC Press Report 19th March 2024](#) Tuesday March 19th, 2024 8:43 am
- [Ilford AC Press Report 12th March 2024](#) Tuesday March 12th, 2024 11:38 am
- [London Marathon Volunteer information](#) Thursday March 07th, 2024 8:17 am
- [Ilford AC AGM Tuesday 12th March 8pm.](#) Thursday March 07th, 2024 8:09 am
- [Ilford AC Press Report 5th March 2024](#) Tuesday March 05th, 2024 9:51 am
- [Run for Nicola](#) Saturday March 02nd, 2024 5:45 pm
- [Nicolas gatherings](#) Friday March 01st, 2024 3:52 pm
- [Ilford AC Press Report 26th \(just\) February 2024](#) Monday February 26th, 2024 11:38 pm
- [Upcoming races](#) Wednesday February 21st, 2024 4:49 pm
- [TCS London Marathon Volunteer information](#) Wednesday February 21st, 2024 2:15 pm
- [Ilford AC Press Report 20th February 2024](#) Tuesday February 20th, 2024 7:56 am
- [Committee Officers, Team Managers & Captains - nominations for 24/25](#) Thursday February 15th, 2024 10:17 am
- [Nicola](#) Wednesday February 14th, 2024 12:23 pm
- [Press Report 13th February 2024](#) Tuesday February 13th, 2024 8:25 am



Messages

- [Ilford AC Press Report 6th February 2024](#) Tuesday February 06th, 2024 8:38 am
- [Ilford AC Press Report 30th January 2024](#) Tuesday January 30th, 2024 3:24 pm
- [Ilford AC – A.G.M. 12th March 8pm](#) Wednesday January 24th, 2024 4:44 pm
- [Ilford AC Press Report 23rd January 2024](#) Tuesday January 23rd, 2024 10:54 am
- [Ilford AC Press Report 16th January 2024](#) Tuesday January 16th, 2024 8:47 am
- [Ilford AC Press Report 9th January 2024](#) Tuesday January 09th, 2024 9:11 am
- [Ilford AC Newsletter](#) Monday January 08th, 2024 11:17 am
- [SATURDAY FEB 10th – Another call for volunteers](#) Tuesday January 02nd, 2024 11:09 am
- [Ilford AC Press Report 1st January 2024](#) Monday January 01st, 2024 5:22 pm
- [London Marathon 2025 / Technical Training tops](#) Friday December 22nd, 2023 12:03 pm
- [Ilford AC Press Report 19th December 2023](#) Tuesday December 19th, 2023 8:13 am
- [The last 2 events in Ilford AC's centenary year](#) Monday December 18th, 2023 4:13 pm
- [Ilford AC Very occasional Newsletter](#) Tuesday December 12th, 2023 12:46 pm
- [Ilford AC Press Report 11th December 2023](#) Monday December 11th, 2023 4:47 pm
- [London Marathon Club Places 2024](#) Monday December 11th, 2023 4:20 pm
- [Ilford AC Technical Tops – Important notice](#) Wednesday December 06th, 2023 4:23 pm
- [Ilford AC Press Report 5th December 2023](#) Tuesday December 05th, 2023 10:28 am
- [Ilford AC Newsletter](#) Thursday November 30th, 2023 11:37 am
- [Ilford AC Press Report 28th November 2023](#) Tuesday November 28th, 2023 7:41 am
- [Chingford League 25/11 and Ware Cup 9/12](#) Tuesday November 21st, 2023 9:00 am
- [Press Report 21st November 2023](#) Tuesday November 21st, 2023 8:46 am
- [Ilford AC Press Report 14th November 2023](#) Tuesday November 14th, 2023 1:34 pm
- [Loughton Interclub vets Saturday 11th November](#) Thursday November 09th, 2023 4:13 pm
- [Loughton InterClub Vets 11th November 2023](#) Thursday November 09th, 2023 7:57 am
- [Ilford AC Press Report. 7th November 2023](#) Tuesday November 07th, 2023 11:34 am
- [Ilford AC – Club Presentation Night.](#) Wednesday November 01st, 2023 7:44 am
- [Press Report 31st October 2023](#) Tuesday October 31st, 2023 11:23 pm
- [Press Report 24th October 2023](#) Tuesday October 24th, 2023 10:52 am
- [Ilford AC Press Report 17th October 2023](#) Tuesday October 17th, 2023 11:22 am
- [Essex Cross Country League – Roster Athletics](#) Monday October 16th, 2023 8:57 am
- [Essex Cross Country League](#) Sunday October 15th, 2023 8:15 pm
- [Essex Cross Country League R1 14th October – Instructions for tomorrow](#) Friday October 13th, 2023 9:53 am
- [Ilford AC Annual Pre-Christmas Curry Night 2023](#) Wednesday October 11th, 2023 1:33 pm



Messages

- [Essex XC League – Please note important rule changes](#) Tuesday October 10th, 2023 11:55 am
- [Ilford AC Press Report 10th October 2023](#) Tuesday October 10th, 2023 11:50 am
- [100 Lap Relay – Sunday October 15th. Clarification](#) Wednesday October 04th, 2023 11:40 am
- [Ilford AC – Important dates for your diaries](#) Wednesday October 04th, 2023 9:45 am
- [Press Report 3rd October 2023](#) Tuesday October 03rd, 2023 7:25 am
- [Halstead and Essex Marathon 12th May 2024](#) Sunday October 01st, 2023 8:35 pm
- [Chingford League details](#) Thursday September 28th, 2023 4:04 pm
- [Ilford AC Press Report 26th September 2023](#) Tuesday September 26th, 2023 9:48 am
- [Ilford AC Cross Country Championships](#) Wednesday September 20th, 2023 8:55 am
- [Chingford League 2023 / 2024](#) Tuesday September 19th, 2023 2:27 pm
- [Press report \(part 2\)](#) Monday September 18th, 2023 8:01 pm
- [Ilford AC Press Report 18th September 2023](#) Monday September 18th, 2023 6:55 pm
- [Press Report 12th September 2023](#) Tuesday September 12th, 2023 10:17 am
- [Ilford AC Press Report 4th September 2023](#) Monday September 04th, 2023 8:09 pm
- [Ilford AC Press Report 29th August 2023](#) Tuesday August 29th, 2023 6:22 pm
- [Press Report 22nd August 2023](#) Tuesday August 22nd, 2023 8:47 am
- [London Marathon Survey](#) Monday August 21st, 2023 11:37 am
- [London Marathon Volunteer Survey](#) Sunday August 20th, 2023 1:23 pm
- [Ingatestone 5m Race -17th Sept 2023](#) Thursday August 17th, 2023 10:01 am
- [Ilford AC Press Report 15th August](#) Tuesday August 15th, 2023 8:33 am
- [Eastern AA Combined events championships which will include the Essex Championships](#) Tuesday August 08th, 2023 2:36 pm
- [Ilford AC Press Report 8th August 2023](#) Tuesday August 08th, 2023 11:08 am
- [Ilford AC Press Report 1st August 2023](#) Tuesday August 01st, 2023 8:46 am
- [Press Report 24th July 2023](#) Monday July 24th, 2023 2:26 pm
- [Ilford Vets – Your help is needed 14th August](#) Thursday July 20th, 2023 9:40 am
- [To all Ilford athletes](#) Wednesday July 19th, 2023 5:24 pm
- [Masters track and field event – September 9th](#) Tuesday July 18th, 2023 1:20 pm
- [Ilford AC Press Report – 18th July 2023](#) Tuesday July 18th, 2023 8:50 am
- [Enter the Essex Way 2023](#) Tuesday July 11th, 2023 8:28 am
- [Press Report 11th July 2023](#) Tuesday July 11th, 2023 7:33 am
- [Press Report 4th July 2023](#) Tuesday July 04th, 2023 4:47 pm
- [Centenary Celebrations – This Saturday](#) Tuesday July 04th, 2023 11:14 am
- [Press Report 27th June 2023](#) Tuesday June 27th, 2023 8:32 am
- [Press Report 20th June 2023](#) Tuesday June 20th, 2023 8:52 am
- [Centenary Celebrations](#) Wednesday June 14th, 2023 11:23 am



Messages

- [Press Report 13th June 2023](#) Tuesday June 13th, 2023 11:54 am
- [Ilford AC Newsletter / Press Report 6th June 2023](#) Tuesday June 06th, 2023 11:35 am
- [Centenary Picnic. Sunday 11th June](#) Friday June 02nd, 2023 1:57 pm
- [Southern League. Cambridge 18th June](#) Friday June 02nd, 2023 1:55 pm
- [Ilford AC Press Report 31st May 2023](#) Wednesday May 31st, 2023 9:16 am
- [Newman Hilly 5 - Your Club needs you](#) Friday May 26th, 2023 3:57 pm
- [ILFORD AC Club info WhatsApp group](#) Wednesday May 24th, 2023 11:17 am
- [Ilford AC Newsletter / Press Report](#) Tuesday May 23rd, 2023 8:15 am
- [Ilford AC Press Report 16th May 2023](#) Tuesday May 16th, 2023 9:38 am
- [Vets T & F league 22/5](#) Tuesday May 09th, 2023 4:15 pm
- [Helpers urgently needed for County Champs this weekend](#) Tuesday May 09th, 2023 3:59 pm
- [Loughton AC - Unto the Fields 5 Mile XC Tuesday 16th May 2023](#) Wednesday May 03rd, 2023 10:03 am
- [Ilford AC Press Report. 3rd May 2023](#) Wednesday May 03rd, 2023 8:32 am
- [Essex Outdoor Track & field Championships 13th/14th May CAR PARKING INFO](#) Tuesday May 02nd, 2023 12:01 pm
- [Bluebell Run - This Sunday 30th April 2023](#) Friday April 28th, 2023 10:39 am
- [Ilford AC Marathon Press Report](#) Tuesday April 25th, 2023 2:01 pm
- [2023 ESSEX AA TRACK & FIELD OUTDOOR CHAMPIONSHIPS 13/14 MAY](#) Tuesday April 18th, 2023 11:57 am
- [Ilford AC Membership Renewal for 2023/24 Season](#) Tuesday April 18th, 2023 8:14 am
- [Ilford AC Press Report 10th April 2023](#) Monday April 10th, 2023 8:05 pm
- [Ilford AC Current stock of Training T-Shirts / Race vests](#) Sunday April 09th, 2023 8:37 pm
- [Ilford AC Bluebell Wood run - Sunday April 30th](#) Sunday April 09th, 2023 8:25 pm
- [Ilford AC Press Report \(and endurance training news_](#) Tuesday April 04th, 2023 6:06 pm
- [Ilford AC Press Report \(and endurance training news_](#) Tuesday April 04th, 2023 6:06 pm
- [Centenary Celebrations](#) Friday March 31st, 2023 9:31 am
- [Ilford AC Press Report 28th March 2023](#) Tuesday March 28th, 2023 10:29 am
- [Who's Who - Steve Parker](#) Monday March 27th, 2023 3:56 pm
- [Ilford AC Press Report 20th March 2023](#) Monday March 20th, 2023 8:00 pm
- [Ilford AC Membership Renewal for 2023/24 Season](#) Wednesday March 15th, 2023 11:14 am
- [Ilford AC Press Report 14th March 2023](#) Tuesday March 14th, 2023 6:01 pm
- [Woodford Music Quiz 24th March](#) Sunday March 12th, 2023 6:06 pm



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- [London Marathon Volunteer reminder / 2 New race dates](#) Friday March 10th, 2023 4:12 pm
- [Ilford AC Press Report. 7th March 2023](#) Tuesday March 07th, 2023 1:16 pm
- [Southern League](#) Monday March 06th, 2023 8:41 am
- [Fundraising and Fixtures](#) Friday March 03rd, 2023 9:55 am
- [Woodford Music Quiz 24th March](#) Wednesday March 01st, 2023 8:17 pm
- [Chingford Relays 11th March at Wanstead Flats 4x 3000m](#) Wednesday March 01st, 2023 7:43 pm
- [Ilford AC Press Report Feb 28th 2023](#) Tuesday February 28th, 2023 12:14 pm
- [ILFORD AC AGM 14th March - Nomination for positions.](#) Monday February 27th, 2023 5:46 pm
- [London Marathon - Lucozade station - Sun 23 April - Mile 9](#) Monday February 27th, 2023 4:48 pm
- [Ilford AC Centenary Celebrations](#) Thursday February 23rd, 2023 8:25 am
- [London Marathon Update](#) Tuesday February 21st, 2023 7:34 am
- [Ilford AC Press Report 14th February 2023](#) Tuesday February 14th, 2023 3:15 pm
- [Ilford AC AGM. 14th March 2023](#) Tuesday February 14th, 2023 11:55 am
- [Chingford Relays 11th March at Wanstead Flats 4x 300m](#) Sunday February 12th, 2023 7:06 pm
- [Ilford AC Press Report 7th February 2023](#) Tuesday February 07th, 2023 12:20 pm
- [Ilford AC Press Report 30th January 2023](#) Monday January 30th, 2023 5:23 pm
- [Officials and Volunteers day. Sunday 19th March](#) Wednesday January 25th, 2023 2:42 pm
- [Ilford AC Press Report 24th January 2023](#) Tuesday January 24th, 2023 2:04 pm
- [Forthcoming relays](#) Thursday January 19th, 2023 12:23 pm
- [Ilford AC Press Report. 17th January 2023](#) Tuesday January 17th, 2023 11:43 am
- [Chingford League 21st Jan / Ware Cup 28th Jan](#) Monday January 16th, 2023 8:24 am
- [Ilford AC Press Report. Essex XC Champs at Basildon](#) Tuesday January 10th, 2023 10:39 am
- [Chingford League 21st January Epping Forest](#) Tuesday January 10th, 2023 7:32 am
- [Volunteers required for Hainault Forest, Saturday 11th February](#) Monday January 09th, 2023 3:40 pm
- [Your Club needs You - Marshals needed for 11th Feb](#) Wednesday January 04th, 2023 11:09 am
- [Essex XC Champs - marshals required](#) Tuesday January 03rd, 2023 8:03 am
- [LONDON MARATHON 2023](#) Tuesday January 03rd, 2023 7:58 am
- [Ilford AC Press Report. 2nd January 2023](#) Monday January 02nd, 2023 9:24 pm
- [Technical Training shirts have arrived](#) Tuesday December 20th, 2022 2:18 pm



Messages

- [HOWARD WILLIAMS TROPHY](#) Friday December 16th, 2022 8:10 am
- [boxing Day Handicap 2022](#) Wednesday December 14th, 2022 1:42 pm
- [Orion Harriers 100th Mercury - 14th January 2023](#) Monday December 12th, 2022 4:40 pm
- [Essex XC Champs - 7th January 2023](#) Friday December 09th, 2022 2:13 pm
- [Ilford AC Press Report. 6th December 2022](#) Tuesday December 06th, 2022 8:08 am
- [Coaching qualifications and helping the club](#) Sunday December 04th, 2022 1:36 pm
- [Road Time 2022](#) Saturday December 03rd, 2022 6:00 pm
- [boxing Day Handicap 2022](#) Thursday December 01st, 2022 5:50 pm
- [Ilford AC Press Report. 29th November 2022](#) Tuesday November 29th, 2022 4:26 pm
- [Ilford AC Press Report. 22nd November 2022](#) Tuesday November 22nd, 2022 8:26 am
- [Festive Fixtures - Deadlines for pre-entries](#) Monday November 21st, 2022 2:35 pm
- [Ilford AC Press Report 15th November 2022](#) Tuesday November 15th, 2022 11:06 am
- [10m XC CHAMPS. 27th December 2022 - Volunteers required.](#) Wednesday November 09th, 2022 1:52 pm
- [Ilford AC Press Report 8th November 2022](#) Tuesday November 08th, 2022 2:55 pm
- [Centenary Technical Training Tops](#) Monday November 07th, 2022 4:05 pm
- [Track Times](#) Sunday November 06th, 2022 6:03 pm
- [Marathon Drinks 6th Nov / Curry Night 23rd Nov - Reminders](#) Thursday November 03rd, 2022 11:07 am
- [Ilford AC Press Report. Tuesday 1st November 2022](#) Tuesday November 01st, 2022 10:54 am
- [Chingford League \(Tuesday\) / InterClub Vets \(Saturday\)](#) Monday October 31st, 2022 10:45 am
- [London Marathon 2023 Club places \(and the Chingford League\)](#) Thursday October 27th, 2022 11:48 am
- [Essex Vets XC Champs - Saturday 3rd December](#) Thursday October 27th, 2022 11:31 am
- [Ilford AC XC Championships - Centenary launch event](#) Wednesday October 26th, 2022 2:20 pm
- [Ilford AC Press Report - Tuesday 25th October](#) Tuesday October 25th, 2022 11:14 am
- [Road Time 2022](#) Wednesday October 19th, 2022 4:24 pm
- [Ilford AC Press Report 18th October 2022](#) Tuesday October 18th, 2022 8:42 am
- [Level 1 Officials Courses](#) Monday October 17th, 2022 3:24 pm
- [Essex Cross Country League Match 1 this Saturday](#) Thursday October 13th, 2022 6:37 pm
- [EGM to approve new Club Constitution](#) Thursday October 13th, 2022 8:13 am
- [InterClub Vets at Loughton 5th November 2022 11am start](#) Wednesday October 12th,



Messages

2022 7:49 am

- [Ilford AC Press Report 11th October 2022](#) Tuesday October 11th, 2022 12:02 pm
- [Chingford League. Wednesday 12th Velopark. - Final Call](#) Monday October 10th, 2022 9:28 am
- [EA Club Standards - Urgent Communication](#) Monday October 10th, 2022 8:55 am
- [Chingford League Race 2 - VELOPARK WEDS 12th October, Abercrombie Rd E20 3AB](#) Thursday October 06th, 2022 9:03 am
- [Presentation evening Friday 28th October at Dagenham and Redbridge Football Club.](#) Wednesday October 05th, 2022 3:52 pm
- [London Marathon 2023 - Club Places](#) Tuesday October 04th, 2022 10:52 am
- [Press Report - London Marathon Special Edition](#) Monday October 03rd, 2022 8:26 pm
- [Ilford AC Annual Pre-Christmas Curry Night](#) Monday October 03rd, 2022 3:42 pm
- [Marathon Post Run drinks](#) Sunday October 02nd, 2022 4:56 pm
- [Post Marathon Drinks This Sunday](#) Friday September 30th, 2022 4:57 pm
- [ILFORD AC Centenary Technical Shirts - Final Call](#) Friday September 30th, 2022 2:17 pm
- [Chingford League - Final Call](#) Friday September 30th, 2022 1:27 pm
- [Ilford AC Junior Press Report. Sunday 25th September 2022](#) Tuesday September 27th, 2022 11:58 am
- [Ilford AC Press Report 27th September 2022](#) Tuesday September 27th, 2022 8:18 am
- [Essex Cross Country League - One Tree Hill - Sat 15th October](#) Monday September 26th, 2022 4:30 pm
- [Chingford League - Saturday October 1st XC at Eastbrookend Country Park, Dagenham:](#) Friday September 23rd, 2022 4:35 pm
- [Ilford AC Press Report 20th September 2022](#) Tuesday September 20th, 2022 9:46 am
- [Ilford AC Press Report 13th September 2022](#) Tuesday September 13th, 2022 1:03 pm
- [Ingatestone 5](#) Monday September 12th, 2022 9:25 am
- [SEAA Road Relays / Essex Cross Country Relays 24th September](#) Tuesday September 06th, 2022 4:49 pm
- [Ilford AC Press Report 6th September 2022 \(a day early\)](#) Monday September 05th, 2022 8:46 pm
- [Final Call - London Marathon 2022 Water Station Sunday 2nd October](#) Monday September 05th, 2022 3:26 pm
- [Ilford AC Press Report Tuesday 30th September](#) Tuesday August 30th, 2022 1:27 pm
- [Who's WHO - Gaye Youngs follow up](#) Monday August 29th, 2022 10:14 am
- [Who's Who - Sheila Sinclair](#) Monday August 29th, 2022 10:06 am
- [The Essex Way 2022](#) Friday August 26th, 2022 9:23 am
- [Ilford AC - Centenary Training tops](#) Thursday August 25th, 2022 4:34 pm



Messages

- [Who's Who - Pramila Monro](#) Wednesday August 24th, 2022 3:43 pm
- [Ilford AC - Race entries for Free](#) Wednesday August 24th, 2022 1:37 pm
- [London Marathon 2022 Water Station Sunday 2nd October](#) Sunday August 21st, 2022 11:49 am
- [Officials Courses - 24.08.22 to 20.09.22](#) Sunday August 21st, 2022 11:31 am
- [SEAA 6/4/3 Road Event details for 24th September 2022](#) Sunday August 21st, 2022 11:24 am
- [Ingatstone 5 18th Septmber 11am](#) Wednesday August 17th, 2022 8:12 am
- [Frank Heaney RIP](#) Tuesday August 16th, 2022 5:30 pm
- [Ilford AC Press Report 16th August 2022](#) Tuesday August 16th, 2022 5:24 pm
- [Who's Who - Paul Grange](#) Sunday August 14th, 2022 1:45 pm
- [Ilford AC Press Report. 9th August 2022](#) Tuesday August 09th, 2022 4:35 pm
- [Who's Who follow up - NERINGA](#) Friday August 05th, 2022 2:23 pm
- [Ilford AC Press Report 2nd August 2022](#) Tuesday August 02nd, 2022 1:21 pm
- [Who's Who - GAYE YOUNG](#) Sunday July 31st, 2022 11:53 am
- [Ilford AC Press Report 26th July 2022](#) Tuesday July 26th, 2022 3:27 pm
- [Who's Who - Neringa Masilioniene](#) Saturday July 23rd, 2022 6:39 pm
- [Ilford AC Press Report 18th July 2022](#) Monday July 18th, 2022 9:25 pm
- [SCVAC Match 3](#) Monday July 18th, 2022 8:08 am
- [SCVAC match 3 - Message from team manager](#) Friday July 15th, 2022 1:22 pm
- [Ilford AC Press Report 12th July 2022](#) Tuesday July 12th, 2022 1:37 pm
- [The Essex Way 2022](#) Tuesday July 12th, 2022 8:30 am
- [Ilford Hilly 5 tomorrow. Please read](#) Tuesday July 05th, 2022 5:16 pm
- [Ilford AC Press Report 5th July 2022](#) Tuesday July 05th, 2022 3:21 pm
- [Southern League](#) Tuesday July 05th, 2022 8:43 am
- [7th August club 5k Handicap champs](#) Wednesday June 29th, 2022 8:21 pm
- [Ilford AC Hilly 5. Wed. 6th July Final Instructions](#) Wednesday June 29th, 2022 4:48 pm
- [Ilford AC Press Report 28th June 2022](#) Tuesday June 28th, 2022 2:39 pm
- [Track times 2022](#) Monday June 27th, 2022 5:53 pm
- [Southern League 13th August Volunteers still urgently needed](#) Monday June 27th, 2022 9:34 am
- [Road Time 2022](#) Sunday June 26th, 2022 8:11 pm
- [London Marathon 2022 - Ballot winners](#) Saturday June 25th, 2022 10:25 am
- [Social Events](#) Saturday June 25th, 2022 10:17 am
- [Ilford AC Press Report 21st June 2022](#) Tuesday June 21st, 2022 3:31 pm
- [Midsummer relays Loughton AC - Tuesday 28th June](#) Monday June 20th, 2022 12:35 pm
- [EERR's Midsummer Elvis Race tomorrow](#) Monday June 20th, 2022 11:33 am
- [Essex 5k Road Running Championship "Test Event" - Colchester Sports Park, Friday](#)



Messages

12th August Saturday June 18th, 2022 10:34 am

- [Volunteer's for Valentines parkrun \(Ilford AC Take over and fill the entire volunteer roles & Carol Muir's 500th parkrun achievement\) on Saturday 2nd July 2022](#) Friday June 17th, 2022 12:11 pm
- [SCVAC match 2](#) Thursday June 16th, 2022 5:22 pm
- [Essex AA Relay Championships](#) Thursday June 16th, 2022 4:33 pm
- [Ilford AC Press Report. Tuesday 14th June 2022](#) Tuesday June 14th, 2022 11:10 am
- [Midsummer relays Loughton AC - Tuesday 28th June](#) Monday June 13th, 2022 6:35 pm
- [Southern Athletics League - Sunday 12th June. ATHLETES NEEDED](#) Thursday June 09th, 2022 4:15 pm
- [Press Report. 7th June 2022](#) Tuesday June 07th, 2022 8:07 am
- [Volunteer Request No 2 - Southern League 13th August](#) Monday June 06th, 2022 9:04 pm
- [Volunteer Request No 1 Hilly 5 Wednesday 6th July](#) Monday June 06th, 2022 9:01 pm
- [Platinum Jubilee Picnic / BBQ change of venue](#) Wednesday June 01st, 2022 5:35 pm
- [Elvis Race 1 - Press Report](#) Tuesday May 31st, 2022 8:28 am
- [SAL - Match 1 Press Report](#) Monday May 30th, 2022 8:59 pm
- [Jubilee Picnic - Sunday 5th June](#) Monday May 30th, 2022 3:58 pm
- [Club London Marathon Place 2022](#) Thursday May 26th, 2022 6:43 am
- [Race T SHIRTS](#) Tuesday May 24th, 2022 12:35 pm
- [Press Report 22nd May 2022](#) Tuesday May 24th, 2022 12:31 pm
- [Newman Hilly 5. Wed 6th July - YOUR CLUB NEEDS YOU](#) Wednesday May 18th, 2022 12:04 pm
- [Ilford AC Press Report. 17th May 2022](#) Tuesday May 17th, 2022 10:10 am
- [Ware Cup. Loughton. 19th May](#) Thursday May 12th, 2022 7:12 am
- [Ilford AC Press Report. 9th May 2022](#) Monday May 09th, 2022 8:44 pm
- [Unto the fields 5m XC and junior races - Loughton AC 19th May \(THE WARE CUP\)](#) Monday May 09th, 2022 4:46 pm
- [Cricklefields Track Season Ticket](#) Saturday May 07th, 2022 5:33 pm
- [Southern Athletics League 22nd May](#) Thursday May 05th, 2022 6:54 pm
- [Ilford AC Press Report. 3rd May 2022](#) Tuesday May 03rd, 2022 12:22 pm
- [SCVAC Details Plus a reminder on ESSEX AA champs entries](#) Thursday April 28th, 2022 1:44 pm
- [Women's 5000m Essex Champs Trophy](#) Thursday April 28th, 2022 9:39 am
- [Ilford AC Press Report 26th April 2022](#) Tuesday April 26th, 2022 11:08 am
- [Essex Track and Field Championships](#) Monday April 25th, 2022 10:05 am
- [Essex 5K and 10k track championships - entries open plus details of an event being held at Colchester on Friday 12th August](#) Sunday April 24th, 2022 4:25 pm



Messages

- [Tommorows run – Bluebell Woods](#) Saturday April 23rd, 2022 8:27 am
- [May Day 10 \(Miles\) and name the Ilford Runners](#) Thursday April 21st, 2022 8:36 am
- [Essex Outdoor Track and Field Champs](#) Wednesday April 20th, 2022 2:35 pm
- [Ilford AC Press Report. 19th April 2022](#) Tuesday April 19th, 2022 1:34 pm
- [SEAA 2022-23 Championship Dates](#) Tuesday April 19th, 2022 11:31 am
- [Cricklefields Track Closure TONIGHT 19th April 2022](#) Tuesday April 19th, 2022 8:32 am
- [Ilford AC Press Report. 12th April 2022](#) Tuesday April 12th, 2022 11:05 am
- [Eggstravaganza good Friday](#) Monday April 11th, 2022 8:07 am
- [Ilford AC Membership Renewal for 2022/23 Season – Reminder](#) Thursday April 07th, 2022 1:59 pm
- [Ilford AC Press Report 4th April 2022](#) Tuesday April 05th, 2022 1:03 pm
- [Essex Outdoor Track & Field Champs Entry form- update on grand prix events & possible Coaching Forum](#) Monday April 04th, 2022 4:03 pm
- [British Masters Open Road Relays](#) Sunday April 03rd, 2022 7:40 pm
- [SCVAC](#) Sunday April 03rd, 2022 7:36 pm
- [Ilford AC Press Report 29th March 2022](#) Tuesday March 29th, 2022 11:29 am
- [2022 road times so far](#) Monday March 28th, 2022 7:08 pm
- [Vets Athletics fixtures update](#) Tuesday March 22nd, 2022 4:23 pm
- [Ilford AC Press Report 21st March 2022](#) Monday March 21st, 2022 8:56 pm
- [Ilford AC Press Report 14th March 2022](#) Monday March 14th, 2022 6:57 pm
- [Volunteer at RideLondon-Essex 100](#) Monday March 14th, 2022 4:47 pm
- [Ilford AC Membership Renewal for 2022/23 Season](#) Friday March 11th, 2022 6:07 pm
- [Ilford AC Membership Renewal for 2021/22 Season](#) Friday March 11th, 2022 3:48 pm
- [Endurance Training Session and Essex 5 mile championship](#) Friday March 11th, 2022 2:40 pm
- [Track Season](#) Wednesday March 09th, 2022 5:33 pm
- [Ilford AC Press Report 8th March 2022](#) Tuesday March 08th, 2022 11:45 am
- [Ilford AC XC Champs / Essex Road Relays](#) Monday March 07th, 2022 5:20 pm
- [Chingford League 6th March. Cross Country Masters 12th March](#) Thursday March 03rd, 2022 2:47 pm
- [Officials and Volunteers Training Day](#) Wednesday March 02nd, 2022 10:51 am
- [Chingford League / Masters XC / Essex Road Relays](#) Tuesday March 01st, 2022 6:02 pm
- [Ilford AC Press Report. 1st March 2022](#) Tuesday March 01st, 2022 11:14 am
- [Ilford AC – 100 Year Anniversary 2023](#) Tuesday February 22nd, 2022 4:08 pm
- [Ilford AC Press Report. 22/2/22](#) Tuesday February 22nd, 2022 9:39 am
- [Marshals sought – National Cross Country Championships – Saturday, 26 February](#) Thursday February 17th, 2022 9:19 am
- [SCVAC 2022](#) Thursday February 17th, 2022 8:13 am



Messages

- [Ilford AC AGM Wednesday February 16th, 2022 4:09 pm](#)
- [Ilford AC Newsletter / Fixture List Tuesday February 15th, 2022 11:27 am](#)
- [Ilford AC Press Report.15th February 2022 Tuesday February 15th, 2022 10:29 am](#)
- [Chingford League Relays / BMAF Masters - Appeal for Runners Monday February 14th, 2022 4:48 pm](#)
- [Ilford AC Press Report. 8th February 2022 Tuesday February 08th, 2022 11:59 am](#)
- [Ilford AC A.G.M. Tuesday 8th March 2022 Tuesday February 08th, 2022 11:51 am](#)
- [Ilford AC Newsletter Monday February 07th, 2022 8:12 pm](#)
- [Ilford AC XC Champs - Last shout-out for help Monday February 07th, 2022 8:57 am](#)
- [Ilford AC Next Social Gathering. Friday 11th February Friday February 04th, 2022 3:01 pm](#)
- [Brighton Marathon 2022 Wednesday February 02nd, 2022 4:42 pm](#)
- [Ilford AC Cross Country Champs Sunday 13th Feb - YOUR CLUB NEEDS YOU Wednesday February 02nd, 2022 11:06 am](#)
- [Chingford League, Saturday 5th February. Wednesday February 02nd, 2022 10:40 am](#)
- [Ilford AC Press Report Saturday 29th January 2022 Tuesday February 01st, 2022 11:13 am](#)
- [British Masters Cross Country Championships Saturday January 29th, 2022 3:59 pm](#)
- [Chingford League - Saturday 5th February Friday January 28th, 2022 9:18 am](#)
- [Ilford AC Press Report 25th January 2022 Tuesday January 25th, 2022 12:04 pm](#)
- [Great Baddow and Tiptree Races 2022 Thursday January 20th, 2022 3:17 pm](#)
- [Essex League Sat 22nd - FINAL INSTRUCTIONS FOR MARSHALS Wednesday January 19th, 2022 5:35 pm](#)
- [Ilford AC Press Report 17th January 2022 Monday January 17th, 2022 9:19 pm](#)
- [IAC NEWSLETTER 15th January 2022 Saturday January 15th, 2022 6:58 pm](#)
- [Ilford AC Press Report. 11th January 2022 Tuesday January 11th, 2022 1:38 pm](#)
- [Who's Who - TOM GARDNER FOLLOW UP Monday January 10th, 2022 10:25 am](#)
- [Essex Cross Country League - Fixture 4 at Hainault Forest on Saturday 22nd January 2022 Friday January 07th, 2022 9:49 am](#)
- [Essex League at Hainault Forest 22nd Jan. Important info for all volunteers Wednesday January 05th, 2022 11:59 am](#)
- [Level 1 Officials Courses \(Virtual\) Wednesday January 05th, 2022 9:35 am](#)
- [Mens All Time Road Lists Tuesday January 04th, 2022 9:38 am](#)
- [Ilford AC News Monday January 03rd, 2022 7:16 pm](#)
- [Ladies all Time Road lists updated Saturday January 01st, 2022 2:51 pm](#)
- [All time park Run list Thursday December 30th, 2021 4:56 pm](#)
- [Ilford AC Boxing Day 2021 Press Report Tuesday December 28th, 2021 9:28 am](#)
- [SOUTHERN COUNTIES CROSS COUNTRY CHAMPIONSHIPS SATURDAY 29TH JANUARY](#)



Messages

[2022 Monday December 27th, 2021 7:29 pm](#)

- [Boxing Day Handicap2021 Sunday December 26th, 2021 4:39 pm](#)
- [Ilford AC Press Report 21st December 2021 Tuesday December 21st, 2021 8:49 am](#)
- [Who's Who Christmas Special - CARLIE QIREM Monday December 20th, 2021 10:51 am](#)
- [Essex and Southern Counties XC Champs. Please check your entries Monday December 20th, 2021 9:26 am](#)
- [Boxing Day Handicap 2021 Sunday December 19th, 2021 6:23 pm](#)
- [SOUTHERN COUNTIES - CROSS COUNTRY CHAMPIONSHIPS SATURDAY 29TH JANUARY 2022 Wednesday December 15th, 2021 2:30 pm](#)
- [Ilford AC Press Report. Tuesday 14th December 2021 Tuesday December 14th, 2021 12:03 pm](#)
- [The Ware Cup. Loughton - Saturday 11th December Thursday December 09th, 2021 8:02 am](#)
- [Essex Cross Country League - Saturday 18th December 2021 Thursday December 09th, 2021 7:55 am](#)
- [Boxing Day Handicap 2020 Tuesday December 07th, 2021 1:46 pm](#)
- [The Ware Cup, Loughton. Saturday 11th December Tuesday December 07th, 2021 11:38 am](#)
- [Ilford AC Press Report 6th December 2021 Monday December 06th, 2021 7:56 pm](#)
- [ESSEX COUNTY CROSS COUNTRY CHAMPIONSHIPS - SAT 8th JANUARY 2022 Thursday December 02nd, 2021 5:15 pm](#)
- [U13/U15 and Vets XC Champs. Times and Entry List Wednesday December 01st, 2021 8:11 am](#)
- [Ilford AC Press Report. 30th November 2021 Tuesday November 30th, 2021 11:29 am](#)
- [Essex AA AGM 6.12.21 Monday November 29th, 2021 8:10 am](#)
- [Ilford AC Social dates - A message from Sharon Thursday November 25th, 2021 7:23 am](#)
- [Chingford League this weekend Tuesday November 23rd, 2021 12:59 pm](#)
- [Ilford AC Press Report. 23rd November 2021 Monday November 22nd, 2021 9:09 pm](#)
- [Chingford League - Saturday 27th November Monday November 22nd, 2021 8:28 pm](#)
- [Club News and events Sunday November 21st, 2021 5:05 pm](#)
- [Essex Champs Vets , U13 and U15 XC - FINAL CHANCE Friday November 19th, 2021 9:28 am](#)
- [Important message for all Ilford AC Members Wednesday November 17th, 2021 9:08 pm](#)
- [Club short sleeve race tops Wednesday November 17th, 2021 2:53 pm](#)
- [Ilford AC Press Report 17th November 2021 Wednesday November 17th, 2021 1:36 pm](#)
- [Essex Champs Vets , U13 and U15 XC Tuesday November 16th, 2021 11:03 am](#)



Messages

- [ESSEX AND EASTERN INDOOR CHAMPIONSHIPS 2022](#) Tuesday November 16th, 2021 10:50 am
- [Ilford AC – Your club needs your support](#) Thursday November 11th, 2021 9:45 am
- [Ilford AC Press Report 9th November 2021](#) Tuesday November 09th, 2021 9:54 am
- [England Athletics – Club Support Update](#) Monday November 08th, 2021 7:34 pm
- [Ilford AC Newsletter / Interclub Vets this Saturday on Loughton](#) Wednesday November 03rd, 2021 4:40 pm
- [Road Times 2021](#) Wednesday November 03rd, 2021 4:23 pm
- [Ilford AC Press Report. 2nd November 21](#) Tuesday November 02nd, 2021 11:55 am
- [Presentation evening and Sunday Run](#) Monday November 01st, 2021 8:16 pm
- [Club Support Update](#) Wednesday October 27th, 2021 11:01 am
- [Ilford AC Press Report Tuesday 26th October](#) Tuesday October 26th, 2021 11:21 am
- [Ilford AC Weekly roundup](#) Tuesday October 26th, 2021 8:12 am
- [Who's Who – KEVIN NEWELL](#) Saturday October 23rd, 2021 8:30 pm
- [Ilford AC Press Report / Newsletter – 19th October 2021](#) Tuesday October 19th, 2021 11:42 am
- [Chingford League. Wednesday 20th October](#) Monday October 18th, 2021 7:14 am
- [Mens all Time list](#) Friday October 15th, 2021 8:20 pm
- [Ilford AC Press Report AND Newsletter](#) Monday October 11th, 2021 9:05 pm
- [Essex Vets XC Championships inc. U13 & U15. SATURDAY 4th DECEMBER](#) Monday October 11th, 2021 8:34 am
- [Womens Track All Time top 50 list](#) Saturday October 09th, 2021 8:43 pm
- [Chingford League. Wednesday 20th October](#) Saturday October 09th, 2021 3:35 pm
- [Ilford AC Press Report. 5th October 2021](#) Tuesday October 05th, 2021 12:11 pm
- [Ilford AC Newsletter](#) Monday October 04th, 2021 8:16 pm
- [SOE Cross Country Championships](#) Monday October 04th, 2021 2:21 pm
- [Road Lists 2021](#) Friday October 01st, 2021 6:04 pm
- [London Marathon Travel Passes](#) Thursday September 30th, 2021 2:49 pm
- [Chingford League / Essex League / Club 10M XC / London Marathon](#) Thursday September 30th, 2021 10:51 am
- [Ilford AC Press Report. Tuesday 28th September 2021](#) Tuesday September 28th, 2021 11:06 am
- [Ilford AC Newsletter](#) Monday September 27th, 2021 8:58 pm
- [Correction – Chingford League Saturday 2nd October](#) Monday September 27th, 2021 2:18 pm
- [Chingford League – Saturday 27th September](#) Monday September 27th, 2021 1:58 pm
- [Track times 2021](#) Friday September 24th, 2021 7:17 pm
- [Ilford AC Press Report – 21st September 2021](#) Tuesday September 21st, 2021 12:20 pm



Messages

- [Ilford AC Newsletter](#) Monday September 20th, 2021 8:38 pm
- [Chingford League. 18th September](#) Wednesday September 15th, 2021 6:10 pm
- [Essex Cross Country League - Round 1](#) Tuesday September 14th, 2021 1:36 pm
- [Ilford AC Press Report](#) Tuesday September 14th, 2021 12:29 pm
- [Press Report. 14th September 2021](#) Tuesday September 14th, 2021 11:29 am
- [Ilford AC Newsletter returns by popular \(??\) demand](#) Monday September 13th, 2021 8:17 pm
- [Call for Volunteers - Essex XC Relays](#) Monday September 13th, 2021 5:20 pm
- [Message for all London Marathon volunteers](#) Thursday September 09th, 2021 8:55 am
- [Who's Who - DANNY HOLEYMAN answers back](#) Tuesday September 07th, 2021 3:49 pm
- [Ilford AC Press Report - Tuesday 7th September 2021](#) Tuesday September 07th, 2021 12:06 pm
- [RACE ENTRIES - A reminder](#) Monday September 06th, 2021 4:21 pm
- [Chingford League details and important info](#) Sunday September 05th, 2021 9:47 am
- [ELVIS MENS TROPHY](#) Friday September 03rd, 2021 7:21 pm
- [London Marathon 3rd October - Your Club Needs You](#) Wednesday September 01st, 2021 8:18 am
- [Cricklefields Track](#) Tuesday August 31st, 2021 6:28 pm
- [Press Report 31st August 2021](#) Tuesday August 31st, 2021 12:05 pm
- [Blue training shirts - Remaining stock.](#) Monday August 30th, 2021 6:49 pm
- [Dates for your diaries - The Essex XC Championship Fixtures](#) Friday August 27th, 2021 9:42 am
- [Harwich Runners Wix 5](#) Friday August 27th, 2021 9:37 am
- [Ilford AC Presentation Evening](#) Thursday August 26th, 2021 10:48 am
- [SCVAC Monday 6th September](#) Thursday August 26th, 2021 10:08 am
- [Ilford AC Press Report 24th August 2021](#) Tuesday August 24th, 2021 3:19 pm
- [Essex XC Relays. Saturday 2nd October](#) Friday August 20th, 2021 9:44 pm
- [Hot off the Press](#) Wednesday August 18th, 2021 7:58 am
- [UK Athletics Code of Conduct](#) Tuesday August 17th, 2021 4:13 pm
- [Ilford AC Press Report 17th August 2021](#) Tuesday August 17th, 2021 10:43 am
- [SOUTHERN ATHLETICS LEAGUE THIS SATURDAY](#) Thursday August 12th, 2021 1:30 pm
- [Ingatestone 5 - Call for Volunteers](#) Thursday August 12th, 2021 8:30 am
- [Ilford AC Press Report. Tuesday 10th August 2021](#) Tuesday August 10th, 2021 10:44 am
- [SAL Woodford Saturday 14 August](#) Saturday August 07th, 2021 9:25 am
- [Ilford AC General Race news](#) Tuesday August 03rd, 2021 8:41 pm
- [Ilford AC Press Report. 3rd August 2021](#) Tuesday August 03rd, 2021 11:25 am
- [club Handicap 5k champs](#) Sunday August 01st, 2021 7:14 pm



Messages

- [Ilford AC Track round-up 27th July 2021](#) Tuesday July 27th, 2021 10:38 am
- [Ilford AC Press Report 27th July 2021](#) Tuesday July 27th, 2021 8:15 am
- [Handicap 7th August](#) Monday July 26th, 2021 5:39 pm
- [Hilly 5 - FINAL INSTRUCTIONS](#) Monday July 26th, 2021 9:57 am
- [Who's Who - TOM GARDNER](#) Monday July 26th, 2021 8:22 am
- [Road 2021](#) Sunday July 25th, 2021 6:12 pm
- [Track 2021](#) Sunday July 25th, 2021 2:38 pm
- [Carol Muir - 50 years young](#) Saturday July 24th, 2021 4:32 pm
- [Thank you Tom Gardner](#) Thursday July 22nd, 2021 1:51 pm
- [Ilford AC Press Report 20th July 2021](#) Tuesday July 20th, 2021 11:04 am
- [SCVAC match Monday 26th July](#) Tuesday July 20th, 2021 8:13 am
- [SCVAC match Monday 26th July](#) Tuesday July 20th, 2021 8:10 am
- [Ilford AC Press Report. Tuesday 13th July 2021](#) Tuesday July 13th, 2021 12:05 pm
- [Newman Hilly 5 - 28th July.](#) Monday July 12th, 2021 12:20 pm
- [INGATESTONE '5' MILE ROAD RACE](#) Friday July 09th, 2021 8:17 am
- [Ilford AC Press Report 6th July 2021](#) Tuesday July 06th, 2021 8:46 am
- [Ilford AC - Events update](#) Monday July 05th, 2021 4:02 pm
- [Ilford AC Press Report 29th June 2021](#) Tuesday June 29th, 2021 10:33 am
- [Ilford Vets Track and Field](#) Monday June 28th, 2021 9:21 am
- [Club 5k handicap champs 7th August.](#) Sunday June 27th, 2021 7:10 pm
- [Who's Who - Danny Holeyman](#) Sunday June 27th, 2021 4:50 pm
- [Ilford AC Press Report 22nd June 2021](#) Tuesday June 22nd, 2021 11:23 am
- [Who's Who - Gary Coombes follow up](#) Friday June 18th, 2021 3:00 pm
- [Ilford AC. Newman Hilly 5 race - Important update](#) Tuesday June 15th, 2021 4:22 pm
- [Ilford AC Press Report 15th June 2021](#) Tuesday June 15th, 2021 11:27 am
- [Orion Forest 5 \(Elvis\)](#) Saturday June 12th, 2021 1:19 pm
- [ILFORD AC HILLY 5 - Your club needs you](#) Wednesday June 09th, 2021 2:56 pm
- [Stop Press - Ilford Press Report Part 2](#) Tuesday June 08th, 2021 10:37 am
- [Ilford AC Press Report 7th June 2021](#) Monday June 07th, 2021 8:03 pm
- [Who' Who - Frieda Keane answers your questions](#) Friday June 04th, 2021 2:09 pm
- [Sundays Summer Picnic](#) Thursday June 03rd, 2021 9:18 pm
- [Ilford AC Press Report 1st June 2021](#) Tuesday June 01st, 2021 11:20 am
- [Share your thoughts on Cricklefields](#) Wednesday May 26th, 2021 9:30 pm
- [Club Records and Best Performances](#) Wednesday May 26th, 2021 12:13 pm
- [Ilford AC Press Report. 25th May 2021](#) Tuesday May 25th, 2021 11:58 am
- [Club Support update and Havering Half Marathon](#) Monday May 24th, 2021 8:51 pm
- [Track and Road lists 2021](#) Monday May 24th, 2021 5:54 pm
- [Who's Who Follow up - ALISON SALE](#) Monday May 24th, 2021 3:42 pm



Messages

- [Who's Who - GARY COOMBES](#) Saturday May 22nd, 2021 4:29 pm
- [Essex 5m Champs - Pleshey 5](#) Wednesday May 19th, 2021 12:43 pm
- [Ilford AC Press Report 18th May 2021](#) Tuesday May 18th, 2021 10:52 am
- [Southern League Track Matches - A reminder.](#) Friday May 14th, 2021 4:29 pm
- [Shoe Rules](#) Friday May 14th, 2021 2:38 pm
- [Track and Field - Level one officials courses](#) Thursday May 13th, 2021 9:37 am
- [VLM. Confirmation of 2021 / 2022 places](#) Tuesday May 11th, 2021 3:53 pm
- [Ilford AC Hilly 5 - Details](#) Monday May 10th, 2021 10:00 pm
- [Ilford AC Press Report. May 4th 2021](#) Tuesday May 04th, 2021 10:25 am
- [Newham & Essex Beagles Open Meet on Sunday 13th June 2021](#) Monday May 03rd, 2021 8:04 pm
- [Who's Who - FRIEDA KEANE](#) Saturday May 01st, 2021 4:48 pm
- [Essex AA County Champs](#) Thursday April 29th, 2021 5:58 pm
- [THE ESSEX WAY 2021](#) Wednesday April 28th, 2021 3:27 pm
- [Ilford AC Press Report 27th April 2021](#) Tuesday April 27th, 2021 11:22 am
- [Who's Who - SAM RAHMAN answers back](#) Saturday April 24th, 2021 6:08 pm
- [SCAV Match details](#) Wednesday April 21st, 2021 11:55 am
- [ILFORD AC PRESS REPORT - Tuesday April 20th 2021](#) Tuesday April 20th, 2021 8:49 am
- [Bluebell Run on Sunday 25th April](#) Tuesday April 20th, 2021 8:12 am
- [Who's Who - ALISON SALE](#) Sunday April 18th, 2021 7:22 pm
- [Essex County T & F Championships 2021](#) Thursday April 15th, 2021 4:33 pm
- [Chingford League Relays - Saturday 17th April 11am. Final Instructions.](#) Thursday April 15th, 2021 11:27 am
- [Ilford AC Press Report 12th April 2021](#) Monday April 12th, 2021 8:51 pm
- [SCAV](#) Sunday April 11th, 2021 9:34 pm
- [Who's Who DENNIS BRIGGS answers back](#) Saturday April 10th, 2021 6:53 pm
- [Clarification of age limits for relays on the 17th: Seniors only.](#) Thursday April 08th, 2021 10:58 am
- [CL XC Relays at Dagenham Central Park Sat 17th April](#) Wednesday April 07th, 2021 9:30 pm
- [Ilford AC Press Report - Tuesday 6th April 2021](#) Tuesday April 06th, 2021 1:14 pm
- [SAL Update](#) Saturday April 03rd, 2021 8:27 pm
- [Southern Counties Veterans Athletics Club](#) Friday April 02nd, 2021 9:39 pm
- [SEAA Track & Field Outdoor 2021 Champs \(plus Hog Hill entries\)](#) Wednesday March 31st, 2021 11:56 am
- [SCVAC and General Ilford AC News](#) Monday March 29th, 2021 12:14 pm
- [Easter Handicaps and Chingford League reminders](#) Tuesday March 23rd, 2021 8:59 pm
- [Who's Who - DENNIS BRIGGS](#) Sunday March 21st, 2021 6:40 pm



Messages

- [Chingford League, Hog Hill Monday April 5th - Details](#) Saturday March 20th, 2021 6:46 pm
- [Ilford AC Zoom Quiz - Link](#) Thursday March 18th, 2021 5:12 pm
- [SCVAC \(Vets athletics\)](#) Tuesday March 16th, 2021 10:10 am
- [Ilford AC Zoom Quiz - This Friday 7:30pm](#) Tuesday March 16th, 2021 10:08 am
- [SOUTHERN LEAGUE](#) Monday March 15th, 2021 2:18 pm
- [Who's Who - SAM RAHMAN](#) Sunday March 14th, 2021 6:20 pm
- [Ilford AC - Easter Handicaps](#) Monday March 08th, 2021 8:34 pm
- [Ilford AC Zoom Quiz](#) Thursday March 04th, 2021 8:18 pm
- [Ilford AC 2021 AGM 22 March](#) Wednesday February 24th, 2021 8:09 pm
- [Who's Who BILLY GREEN answers back](#) Monday February 15th, 2021 7:25 pm
- [Level 1 Officials Courses](#) Saturday February 13th, 2021 7:51 pm
- [Who's Who Follow up - JULIE GILLENDER](#) Monday February 08th, 2021 2:31 pm
- [England Athletics - Club Support Update](#) Saturday February 06th, 2021 6:06 pm
- [ILFORD AC - New club shop Items](#) Monday February 01st, 2021 6:19 pm
- [Online Coach Workshops](#) Monday February 01st, 2021 6:04 pm
- [Who's Who follow-up KIM BAXTER](#) Saturday January 30th, 2021 5:53 pm
- [Happy Birthday John Batchelor](#) Tuesday January 26th, 2021 10:52 am
- [Last one out, please turn off the lights](#) Monday January 25th, 2021 2:40 pm
- [Who's Who - JULIE GILLENDER](#) Saturday January 23rd, 2021 7:19 pm
- [Whos' Who - CAROL MUIR answers your questions](#) Wednesday January 20th, 2021 3:47 pm
- [Open Forum for London based Athletics and Running Clubs - Wed 27 January, 7pm](#) Saturday January 16th, 2021 6:15 pm
- [Remote Running Study](#) Monday January 11th, 2021 1:55 pm
- [General Club news](#) Sunday January 10th, 2021 7:34 pm
- [Who's Who - STEPHEN PHILCOX](#) Saturday January 09th, 2021 6:25 pm
- [Who's Who - KIM BAXTER](#) Wednesday January 06th, 2021 5:03 pm
- [Who's Who - Mel Jones answers your questions](#) Monday January 04th, 2021 1:33 pm
- [Virtual Road Relay Competition 2020/21](#) Friday January 01st, 2021 4:12 pm
- [Mens All Time Road Lists](#) Thursday December 31st, 2020 1:00 pm
- [Who's Who - BILLY GREEN](#) Tuesday December 29th, 2020 3:46 pm
- [Womens All time road lists](#) Tuesday December 29th, 2020 12:56 pm
- [Happy Festive Season/Happy New year](#) Thursday December 24th, 2020 2:15 pm
- [Who's Who - Carol Muir](#) Tuesday December 22nd, 2020 11:43 am
- [Track and Road lists 2020](#) Monday December 21st, 2020 8:21 pm
- [Who's Who - Robin Answers plus Tier 4 update.](#) Monday December 21st, 2020 3:50 pm
- [Boxing Day Handicap Cancelled](#) Saturday December 19th, 2020 12:47 pm



Messages

- [Run Leader days and Virtual Road Relay Competition](#). Friday December 18th, 2020 3:10 pm
- [Ilford AC Press Report and EA Initiative](#) Wednesday December 16th, 2020 4:34 pm
- [ILORD AC Press Report and England Athletics initiative](#) Tuesday December 15th, 2020 9:12 pm
- [Continued training in Tier 3](#) Tuesday December 15th, 2020 5:55 pm
- [Ilford AC Mini Newsletter](#) Tuesday December 08th, 2020 12:13 pm
- [Boxing Day Handicap](#) Monday December 07th, 2020 8:52 pm
- [Chingford League - December 6th \(Sunday afternoon\) Hog Hill](#) Wednesday December 02nd, 2020 7:28 pm
- [Who's Who - Robin Davis](#) Friday November 27th, 2020 4:30 pm
- [Chingford League - December 6th \(Sunday afternoon\) Hog Hill](#) Thursday November 26th, 2020 8:28 pm
- [Chingford League - December 6th \(Sunday afternoon\) Hog Hill](#) Thursday November 26th, 2020 5:33 pm
- [Chingford League - December 6th \(Sunday afternoon\) Hog Hill](#) Monday November 23rd, 2020 10:32 pm
- [Who's Who - Jimmy Huddart](#) Monday November 23rd, 2020 5:17 pm
- [Pete Ryan funeral details](#) Monday November 23rd, 2020 3:29 pm
- [Zoom Quiz](#) Friday November 20th, 2020 9:27 am
- [Zoom Quiz - This Friday, 20th March](#). Monday November 16th, 2020 1:28 pm
- [Chingford League - December 6th \(Sunday afternoon\) Hog Hill](#) Monday November 16th, 2020 9:23 am
- [EAA 3k Senior Track Championships 2020](#) Sunday November 15th, 2020 12:00 am
- [Pete Ryan R.I.P](#) Saturday November 14th, 2020 3:27 pm
- [Who's Who - Featuring MEL JONES](#) Friday November 13th, 2020 4:31 pm
- [Chingford League update](#) Wednesday November 11th, 2020 8:07 pm
- [Peter \(Pete\) Ryan - Sad News](#) Tuesday November 10th, 2020 3:22 pm
- [Ilford AC Press Report 9th November 2020](#) Monday November 09th, 2020 10:28 pm
- [Who's Who - Robert 'Bob' Dobson answers your questions](#) Thursday November 05th, 2020 11:56 am
- [Ilford AC Press Report Tuesday 3rd November 2020](#) Tuesday November 03rd, 2020 11:47 am
- [One Mile Handicap goes virtual](#) Monday November 02nd, 2020 10:33 am
- [1 Mile Handicap Postponed](#) Monday November 02nd, 2020 9:08 am
- [Who's Who - LES HISLOP](#) Sunday November 01st, 2020 2:34 pm
- [Who's Who - NEIL CRISP answers your questions](#). Friday October 30th, 2020 3:01 pm
- [Essex XC League 20/21](#) Thursday October 29th, 2020 9:18 am



Messages

- [Who's Who - Dave Kates answers your questions](#) Wednesday October 28th, 2020 9:22 pm
- [Ilford AC Press Report 27th October 2020](#) Tuesday October 27th, 2020 9:02 am
- [Important information regarding use of Social Media](#) Sunday October 25th, 2020 5:51 pm
- [1 Mile Handicap 7th November](#) Sunday October 25th, 2020 1:10 pm
- [South Weald run on Sunday](#) Friday October 23rd, 2020 8:49 pm
- [Chingford League 24/10/2020](#) Friday October 23rd, 2020 9:27 am
- [Chingford League 24/10/2020](#) Tuesday October 20th, 2020 5:33 pm
- [Chingford League 24/10/2020](#) Tuesday October 20th, 2020 2:10 pm
- [Ilford AC Press Report 20th October 2020](#) Tuesday October 20th, 2020 8:22 am
- [South Weald Run on Sunday](#) Monday October 19th, 2020 4:18 pm
- [South Weald Run on Sunday](#) Monday October 19th, 2020 4:18 pm
- [Chingford League 24/10/2020](#) Monday October 19th, 2020 1:54 pm
- [Chingford League 24/10/2020](#) Monday October 19th, 2020 1:31 pm
- [Chingford League notes plus England Athletics update](#) Friday October 16th, 2020 11:31 am
- [Next Handicap](#) Wednesday October 14th, 2020 7:17 pm
- [Chingford League 24/10/2020](#) Tuesday October 13th, 2020 9:42 pm
- [Ilford AC Press roundup](#) Sunday October 11th, 2020 7:28 pm
- [Virgin London Marathon October 2021](#) Thursday October 08th, 2020 11:43 am
- [Ilford AC Press Report. Tuesday 6th October 2020](#) Tuesday October 06th, 2020 9:59 am
- [WHO'S WHO - BOB DOBSON](#) Monday October 05th, 2020 2:27 pm
- [Chingford League - An actual race!](#) Sunday October 04th, 2020 9:21 pm
- [Martin Clarke answers your questions](#) Thursday October 01st, 2020 3:01 pm
- [Ilford AC Press Reports. Tuesday 29th September 2020](#) Tuesday September 29th, 2020 11:09 am
- [Who's Who - Neil Crisp](#) Monday September 28th, 2020 3:27 pm
- [Who's Who - Jill Plater answers your questions](#) Tuesday September 22nd, 2020 10:53 am
- [Race 2 Chelmsford Relays](#) Saturday September 19th, 2020 2:31 pm
- [Race 1 3rd October 2 mile Handicap](#) Saturday September 19th, 2020 2:13 pm
- [Ilford AC Press Report 14th September 2020](#) Monday September 14th, 2020 12:16 pm
- [Who's Who - DAVID KATES](#) Friday September 11th, 2020 3:08 pm
- [Who's Who - DAVID KATES](#) Friday September 11th, 2020 1:00 pm
- [Awards night - Friday 11th September](#) Wednesday September 09th, 2020 12:50 pm
- [Ilford AC Press Report - 7th September 2020](#) Monday September 07th, 2020 8:47 pm
- [Chingford League - Your club needs you](#) Monday September 07th, 2020 8:46 am



Messages

- [Who's Who featuring...MARTIN CLARKE](#) Sunday September 06th, 2020 3:44 pm
- [Who's Who - Henry Ricketts answers the follow up questions](#) Friday September 04th, 2020 11:33 am
- [Ilford AC awards night. Friday 11th September 8pm](#) Tuesday September 01st, 2020 9:12 am
- [Handicap 5k 5th September](#) Saturday August 29th, 2020 4:44 pm
- [Who's Who - Featuring JILL PLATER](#) Friday August 28th, 2020 3:47 pm
- [Ilford AC face coverings](#) Wednesday August 26th, 2020 9:00 pm
- [Ilford AC occasional newsletter](#) Monday August 24th, 2020 8:57 pm
- [Who's Who - NICOLA HOPKINSON](#) Sunday August 23rd, 2020 6:38 pm
- [Who's Who - John Mackenzie answers your questions](#) Friday August 21st, 2020 9:51 am
- [Chigwell Row clubhouse](#) Tuesday August 18th, 2020 5:38 pm
- [Next Handicap 5k Saturday](#) Sunday August 16th, 2020 7:03 pm
- [Who's Who - Henry Ricketts](#) Sunday August 16th, 2020 6:30 pm
- [Who's Who - You asked, Seb Parris answers](#) Saturday August 15th, 2020 4:12 pm
- [Ilford AC Press Report - 11th August 2020](#) Tuesday August 11th, 2020 10:59 am
- [Ilford AC - Club news.](#) Monday August 10th, 2020 7:24 pm
- [Who's Who - JOHN MACKENZIE](#) Sunday August 09th, 2020 7:46 pm
- [More Handicaps part 2](#) Tuesday August 04th, 2020 8:34 pm
- [More Handicaps](#) Tuesday August 04th, 2020 8:28 pm
- [Ilford AC Press Report. Tuesday 4th August 2020](#) Tuesday August 04th, 2020 9:21 am
- [Who's Who - Ernest Answers](#) Monday August 03rd, 2020 10:48 am
- [Wot another handicap race](#) Monday August 03rd, 2020 9:26 am
- [5k Club champs Saturday 1st August](#) Saturday August 01st, 2020 1:13 pm
- [Who's Who - Featuring Seb 'Beardy' Parris.](#) Friday July 31st, 2020 3:25 pm
- [Chelmsford Half Marathon 7th March 2021](#) Wednesday July 29th, 2020 9:31 pm
- [5k Club champs Saturday 1st August](#) Wednesday July 29th, 2020 7:29 pm
- [Whos Who - Jordan Hinds answers your questions](#) Tuesday July 28th, 2020 9:25 am
- [Last call 5k Handicap Saturday 1st August Barking Park 10am](#) Saturday July 25th, 2020 4:02 pm
- [Who's Who - ERNIE FORSYTH](#) Friday July 24th, 2020 9:16 pm
- [Tuesday and Thursday Young Athletes Training](#) Thursday July 23rd, 2020 8:37 pm
- [Who's Who - Kim and Gary Webb answer your questions](#) Monday July 20th, 2020 10:40 am
- [Who's Who - Featuring JORDAN HINDS](#) Saturday July 18th, 2020 2:20 pm
- [5k Club champs Saturday 1st August](#) Friday July 17th, 2020 5:57 pm
- [Ilford AC Press Report. Friday 17th July 2020](#) Friday July 17th, 2020 11:37 am
- [Who's Who - Andy Catton answers all your questions](#) Thursday July 16th, 2020 1:06 pm



Messages

- [Who's who - GARY AND KIM WEBB](#) Sunday July 12th, 2020 7:51 pm
- [5k Club champs Saturday 1st August](#) Thursday July 09th, 2020 10:15 am
- [Ilford AC Press Report 6th July 2020 \(Yes....It's back\)](#) Monday July 06th, 2020 4:43 pm
- [Who's Who - ANDY CATTON](#) Friday July 03rd, 2020 4:41 pm
- [Ilford AC Seniors Winter 2019/2020 XC Race results](#) Thursday July 02nd, 2020 9:07 pm
- [Chelmsford AC Mile of Miles](#) Thursday July 02nd, 2020 9:03 pm
- [Weekly communication from UKA](#) Wednesday July 01st, 2020 1:55 pm
- [Who's Who.....a 7 year update on one of Ilfords Olympians](#) Monday June 29th, 2020 3:30 pm
- [Who's Who - EFE AUSTINZ](#) Sunday June 28th, 2020 6:01 pm
- [Who's Who - Terry Knightley answers.....and a little weekend quiz.](#) Friday June 26th, 2020 4:58 pm
- [Who's Who - Pauline Tester answers your questions](#) Tuesday June 23rd, 2020 2:59 pm
- [Who's Who - TERRY KNIGHTLEY](#) Friday June 19th, 2020 8:50 am
- [Who's Who - You asked and JOHN BATCHELOR answers](#) Thursday June 18th, 2020 11:16 am
- [Who's Who - PAULINE TESTER](#) Saturday June 13th, 2020 6:00 pm
- [Message re Cricklefields / Ashton Playing fields](#) Thursday June 11th, 2020 4:00 pm
- [Essex 6/12-stage virtual relays - Follow up](#) Tuesday June 09th, 2020 9:54 am
- [Essex 6-12 Stage virtual relays](#) Monday June 08th, 2020 4:17 pm
- [Who's Who - You asked, Tony Nixon answers](#) Monday June 08th, 2020 2:33 pm
- [Note re clubhouse at Chigwell Row](#) Sunday June 07th, 2020 1:42 pm
- [Who's Who - JOHN BATCHELOR](#) Friday June 05th, 2020 10:18 am
- [Who's Who. You asked the Questions - PAM JONES answered](#) Wednesday June 03rd, 2020 12:10 pm
- [Ilford Updates](#) Tuesday June 02nd, 2020 9:14 pm
- [IAC News Report](#) Tuesday June 02nd, 2020 11:08 am
- [Ilford AC - Statement](#) Monday June 01st, 2020 8:16 am
- [Who's Who - TONY NIXON](#) Friday May 29th, 2020 11:22 am
- [Who's Who - Krystle Balogun answers your questions.](#) Thursday May 28th, 2020 2:13 pm
- [Essex Running Clubs virtual one mile challenge.](#) Wednesday May 27th, 2020 12:12 pm
- [Lew Mockett R.I.P](#) Tuesday May 26th, 2020 9:14 am
- [Who's Who - PAM JONES](#) Saturday May 23rd, 2020 6:37 pm
- [Who's Who - You asked, Jak Wright answered.](#) Friday May 22nd, 2020 8:49 am
- [England Athletics - Weekly club update](#) Tuesday May 19th, 2020 11:21 am
- [Who's Who - KRISTLE BALOGUN](#) Sunday May 17th, 2020 10:20 am
- [The Essex Running Clubs Virtual Mile Team Challenge](#) Tuesday May 12th, 2020 11:34



Messages

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- [Ilford AC - Membership fees 2020/21](#) Tuesday May 12th, 2020 11:24 am
- [Who's Who - JAK WRIGHT](#) Saturday May 09th, 2020 10:19 pm
- [Who's Who. You asked and Ian Gains answers.](#) Thursday May 07th, 2020 3:49 pm
- [Latest Essex / Ilford athletics news](#) Wednesday May 06th, 2020 8:37 am
- [EA Updates and Happy Birthdays](#) Tuesday May 05th, 2020 8:28 am
- [Sam Malekout - You asked, he answers](#) Monday May 04th, 2020 9:06 am
- [SUSPENSION OF ATHLETICS COMPETITION EXTENDED TO 30 JUNE 2020](#) Friday May 01st, 2020 2:45 pm
- [Who's Who - Ian Gains](#) Friday May 01st, 2020 10:29 am
- [England Athletics - Weekly update](#) Wednesday April 29th, 2020 10:44 am
- [Ilford Recorder - Athlete profiles](#) Monday April 27th, 2020 1:09 pm
- [Sharon Honey - You asked, she answers.](#) Sunday April 26th, 2020 12:31 pm
- [New email system](#) Sunday April 26th, 2020 12:10 pm
- [Who's Who - Sam Malekout](#) Friday April 24th, 2020 7:39 pm
- [England Athletics - Virtual Club nights](#) Tuesday April 21st, 2020 9:21 am
- [Who's Who - Dave Ainsworth answers your questions](#) Tuesday April 21st, 2020 8:55 am
- [Ilford AC - Update from Andy Catton](#) Monday April 20th, 2020 2:33 pm
- [England Athletics Weekly update](#) Monday April 20th, 2020 11:37 am
- [Who's Who - Featuring SHARON HONEY](#) Monday April 20th, 2020 9:35 am