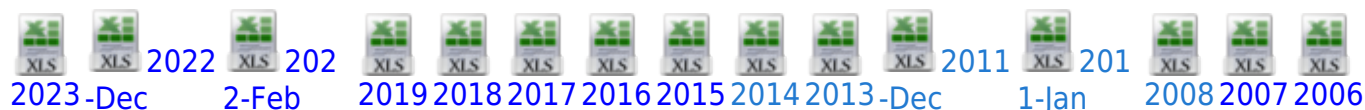




## Club and Open 10 miles XC

### Club and Open 10 miles xc Championships

#### Previous Results



#### Ilford AC 10 Mile Cross Country Championship

Hainault Forest

February 13<sup>th</sup> 2022

On Saturday Ilford AC hosted their winter showcase 10-mile cross country event on a cold February morning.

Runners were treated to the thick mud and hills that characterises most of the 3.3-mile course which is negotiated 3 times.

Ilford's men totally dominated the race providing 5 of the first 8 finishers.

Coming home in first place, by a margin of almost 5 minutes, was Malcolm Muir in a time of 63:48.

In third place was Stephen Philcox in 68:42 who was closely followed by Danny Holeyman in 68:54.

In 6<sup>th</sup> place and first M50 to finish was Diarmuid Mac Donnell in 74:35.

Stephen Crane ran strongly for 8<sup>th</sup> place in 76:58

Making their debuts in the clubs 10 mile champs and running well were Stephen Lacey and Ray 'Sparra' Everingham. Stephen finished in 22<sup>nd</sup> place in a time of 93:02 whilst Sparra was pleased with his time of 124:47 for 45<sup>th</sup>.

Showing great consistency just 2 weeks after finishing last in the Essex League race at the same venue, Billy Green again finished last in a time 141:50

Amy Louise Bird ran a strong race and after almost 10 miles still found the energy for a sprint finish to finish first female overall and 9<sup>th</sup> in the race in a time of 79:04, just 4 seconds ahead of the second female on the day.

3<sup>rd</sup> female on the day and 16<sup>th</sup> in the race was Anna Crawley in a time of 83:02.

3<sup>rd</sup> Ilford female home was Alison Sale, who is having a great season, in a time of 90:21.

Completing the ladies' squad were 2 of Ilford's most consistent and reliable runners Breege Nordin who was 23<sup>rd</sup> in a time of 93:18 and Frieda Keane who was 34<sup>th</sup> in 109:23



## Club and Open 10 miles XC

With the race also doubling as the clubs own 10-mile championships Gold, Silver and Bronze medals were awarded to Malcolm Muir, Stephen Philcox and Danny Holeyman for the men, and Amy Louise Bird, Anna Crawley and Alison Sale for the ladies.

In the clubs vets categories there was Gold Silver and Bronze for Malcolm Muir, Stephen Philcox and Danny Holeyman for the men and Alison Sale, Breege Nordin and Frieda Keane for the ladies

The race, although over 70 years old, is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury five years ago and now requires full-time care.

A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.



## ILFORD CLEAN UP IN THE MUD

### Ilford AC 10 Mile Cross Country Championship



## Club and Open 10 miles XC

Hainault Forest

*December 28th 2019*

On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on a cold December morning.

Over 110 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times. Due to recent rain the mud was thicker this year than in many of the previous years.

Ilfords men totally dominated the race providing the first 7 finishers.

Aaron Samuel continued his great 2009 form with first place for 1:01:52 which also made him the youngest winner in the events 40 year history.

Close behind was Tom Gardner recording 1:02:17 for 2nd, Mungo Prior 1:02:36 for Bronze with Jak Wright closing the team in 4th place in 1:03:26.

The men's team, of course, won 1st place in the team competition.

Ilfords other men, all ran well and included Bradley Deacon 5th 1:03:40, Gary Coombes 6th and 1st V40 in 1:03:46, Malcolm Muir 7th in 1:05:21 and John Crawley 9th in 1:08:48.

Just a few minutes back a father and son battle was taking place with son Ryan Holeyman in 13th place for 1:13:18 just edging in front of Dad Danny Holeyman in 14th place in 1:13:53. Danny was followed in 15th place by Hayden Newland in 1:14:12 with Bradley Brown completing the men's squad in 61st place for 1:34:29

Anna Crawley was the first Ilford female home, and 3rd female on the day in 32nd place for 1:22:27. Following closely was Bree Nordin in 37th place and first FV60 for 1:24:27, Alison Sale in 67th place for 1:42:24 and Julia Galea completing the Ilford ladies team which finished second on the day in 73rd place for 1:47:52.

Also running well on the day was Frieda Keane in 75th place for 1:49:10

With the race also doubling as the clubs own 10 mile championships Gold, Silver and Bronze medals were awarded to Aaron Samuel, Tom Gardner and Mungo Prior for the men, and Anna Crawley, Bree Nordin and Alison Sale for the ladies.

This year, for the second time, the club also opened the race up to relay teams with 3 different runners each running a lap of the tough course.

The Relays were again won by Ilford AC with a team consisting of Farris Patel 20:24, Jordan Hinds 24:50 and Joseph Grange 21:23. The combined time of 1:06:36 gave them the title by nearly a 5 minute margin.





## Club and Open 10 miles XC

Also competing in the relays for Ilford or mixed clubs and doing one 3.3m lap were :- Sam Rahman 22:07, Matthew Hick 23:44, Aaron Hick 24:06, Wayne Hick 26:15, Ernie Forsyth 28:57, Jim Tilbrook 30:10 and Sharon Honey 30:55

The race, although over 40 years old, is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury five years ago and now requires full-time care . A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.



## Club and Open 10 miles XC





## Club and Open 10 miles XC

### **Ilford AC 10 Mile Cross Country Championship**

Hainault Forest

*December 29th 2018*

On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on an unseasonably mild December morning.

Over 90 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times.

Ilford's first 3 runners all finished in the top 10 with Malcolm Muir leading the way in 3rd place with a time of 1:04:49 followed closely by Seb Parris in 6th place with a time of 1:06:24 and Danny Holeyman who rounded off a great year with the club for 10th place in a time of 1:13:14. Danny also took the MV40 prize.

Breege Nordin was 2nd lady home on the day and first Ilford lady with a time of 1:25:24 for 29th place.

Other Ilford athletes to complete the tough course were Tony Young 1:27:07 (35th), Doris Gaga 1:34:13 (53rd), Julia Galea 1:43:43 (71st), Alison Sale 1:44:20 (72nd), Frieda Keane 1:45:07 (74th) and Martin Clarke 1:45:07 (75th)

This year, for the first time, the club also opened the race up to relay teams with 3 different runners each running a lap of the tough course.

The Relays were dominated by Ilford Sprinters who took the first 3 places.

First place went to Bradley Deacon (20.38), Mungo Prior (19.14) Farris Patel (21.09)

Cumulative time 61:01

Second place was Aaron Samuels (19.48), Jak Wright (21.48), Phil Ellul (22.19)

Cumulative time 63:55.

Third place was Matthew Hick (23.30), Ryan Holleyman (24.32), Joseph Grange (22.03)

Cumulative time 70:05

Ilford also had a mixed team of Junior and seniors finish in 5th place

Wayne Hick (25.17), Jordan Hinds (26.15), Cliff Warren (26.47) Cumulative time 78:19.

First place in the senior mixed relays went to the Ilford 'Committee team'

Club Captain and Press Officer Billy Green took the first lap in an impressive 28:01, handing over to Welfare Officer Rachel Halpin with a steady lap of 32:10, before handing over to Club Chairman Ernie Forsyth, who despite giving it his all was unable to be the fastest member of the team by mere seconds, finishing in 28:03.





## Club and Open 10 miles XC

The race is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury four years ago and now requires full-time care. A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.



### Ilford AC 10 mile Cross Country - (Race for Kev)

Hainault Forest

*Saturday 30th December 2017*

#### **SENIORS**

On Saturday Ilford AC hosted their winter showcase 10 mile cross country event on a cold crisp morning.

Over 70 runners were treated to the thick mud and hills that characterises most of the 3.3 mile course which is negotiated 3 times.

Overnight rain ensured the course would be slower than previous years, with just one runner, Thomas Payne, breaking the 1 hour barrier finishing in 58:34 and finishing 6 minutes ahead of his closest rival.

Ilford's first 3 runners finished in 3rd, 4th and 5th places.

First home was **Paul Holloway** in 1:05:20 for 1st VM40, followed by **Stephen Philcox** in 1:08:54 for 1st VM50 and **John Crawley** in 1:10:35 for 3rd Senior Male on the day.



## Club and Open 10 miles XC

With the race also doubling up as the clubs Cross Country Championships the three also picked up Club Gold, Silver and Bronze medals.

Also running in the mens team was **Dennis Briggs** 17th in 1:20:20, **Billy Green** 40th in 1:33:33 and **Satha Alaga** 55th in 1:43:55

**Breege Nordin** was the first Ilford lady home in 24th place 1:23:41 for 1st VF55 and club Gold medal.

Silver went to **Nicola Hopkinson** 31st place in 1:27:20 and 2nd VF55.

A well deserved Bronze went to **Carlie Qirem** competing in this race for the first time and finishing 33rd in 1:29:37 and second Senior female on the day.

Completing the ladies team were **Anna Crawley** 51st in 1:42:12, **Julia Galea** 56th 1:44:08 and **Freida Keane** 59th 1:47:15

The race is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury three years ago and now requires full-time care . A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.

### **Ilford AC 10 mile Cross Country - (Race for Kev)**

Hainault Forest

*Saturday 30th December 2017*

#### **Juniors**

Ilford Juniors had the option of running one lap, 3.3 miles, on Saturday.

Six Juniors took up the challenge.

First home was Aaron Samuel, who was actually in 2nd place over the entire field at the end of lap one. Aarons time was a remarkable 20:12.

Aaron was followed home by Jak Wright 22:04, Bradley Deacon 23:13, Matthew Hick 24:02 and Jordan Hinds 25:23.

Jack Hall, unfortunately, had to pull up with a twisted ankle half way around the course.





### **Ilford AC 10 mile Cross Country - (Race for Kev)**

Tuesday 27th December 2016

Ilford AC enjoyed a wonderful turnout when hosting their winter showcase 10 mile cross country event on a cold crisp Christmas bank holiday Tuesday morning. Near on 150 runners were also treated to some beautiful bright sunshine which was probably better appreciated by volunteers and spectators as it did little to thaw the frosted tracks and rutted mud that characterised most of the 3.3 mile course which the runners had to negotiate 3 times. Nevertheless conditions were ideal for fast times with the leading 3 runners all cracking the magical 1 hour barrier, unusual for this normally extremely challenging course. The stage was therefore set for Woodford Green's John Powell to power away from the start pursued by Ilford's Malcolm Muir and Fairland Valley's Grant Ramsay, a frequent visitor to this event. Apart from the gaps slightly lengthening somewhat there was little change to report over the 3 laps with Powell coming home unchallenged in an impressive time of 57.45 over a minute clear of Muir in 58.48 who in turn enjoyed a similar advantage over Ramsay who finished in 59.56. Ilford's Steve Philcox took the male 50 prize with a performance of 64.50 which earned him 9th place overall. In the ladies race Taryne McPherson of Eton Manor posted the fastest time of the day clocking 75.41. She was chased home by 2 excellent veteran 45 runners,



## Club and Open 10 miles XC

Dagenham's Caroline Tuck who finished with 76.59 and Victoria Park's Naomi Bourne in 78.15.

The event also doubled as the Ilford AC 10 mile cross country club championships and with many potential participants on volunteer duty there was ample opportunity to pick up medals. In the Men's section Malcolm Muir's effort easily won him the club gold with Steve Philcox taking the silver. The bronze went to Neil Crisp, 68.49 and 15th place, who also provided a wonderful family of volunteers. Club captain Billy Green closed the Ilford mens squad to 3rd place in the team competition recording 91.09 for 88th place. Somewhat disappointingly only 2 Ilford ladies ran in the championships with Nicola Hopkinson taking gold clocking 85.54 and Julia Galea the silver with 97.23.

The race is now held annually to commemorate Ilford AC stalwart Kevin Newell who unfortunately suffered a serious brain injury two years ago and now requires full-time care. A donation will be made from the race proceeds to a suitable charity. It is not only supported and promoted by his comrades at Ilford Athletic Club but many of his friends that he has made from the local running community and throughout the county also turn up to either run, volunteer, or just cheer on the runners in tribute to Kevin.

### **Ilford AC 10 Miles Cross Country "Race for Kev"**

Hainault Forest

Monday 28th December

Over 150 runners from all over the county mixed with runners from local clubs to pay tribute to Ilford athlete Kevin Newell as Ilford AC successfully hosted their 10 miles cross country event ("Race for Kev") over a very muddy traditional 3 lap course at Chigwell Row on Bank Holiday Monday. Kevin sustained a serious brain injury when falling from a ladder last January and now requires full time care. Competitors responded in typical fashion to the call with the tribute event raising a substantial donation to Kevin's charity.

With the unseasonal weather continuing the beautiful sunny day that greeted the runners did little to disguise the seriously challenging nature of a boggy and well "churned up" course, it also having been used on Boxing Day.

[shashin type="album" id="161" size="medium" crop="n" columns="max" caption="y" order="date" position="center"]

With the race also doubling as the Club's own 10 mile Club Championships Ilford runners featured highly with Tom Gardner once again demonstrating his current fine form cruising through the mud to win in 61.44. He was chased hard for the first 2 laps by veteran Malcolm



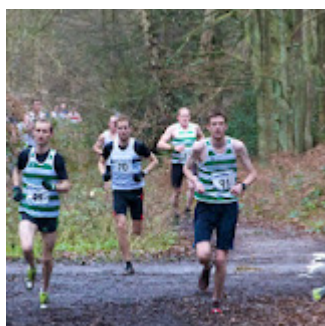
## Club and Open 10 miles XC

Muir who finally had to settle for 2nd in 63.25. Supervet Stephen Philcox was 3rd home for the club in 7th place overall and 66.36. A good run by Paul Holloway brought him 9th place in 67.15 and following him home were Sam Rahman, 13th in 69.07, Kevin Wotton, 16th in 72.23, and Neil Crisp, 17th in 72.24.

In the ladies race 2 unattached runners led from the start, Gemma Hockett and Faye Beechener, with Ilford's experienced over 55 Bree Nordin tracking them closely. By the 2nd lap Hockett had pulled clear but Nordin had superbly eased herself into 2nd, a position she consolidated at the end to record 83.10. Next home for Ilford were Jenni Sheehan and Mel Jones who had run in tandem for the whole of the race and shared identical times of 90.23 at the end.

Other Ilford runners with times and overall positions were Bradley Brown 40th 82.09, Terry Knightley 43rd 83.05, Stephen Parker 66th 88.50, Declan Cullen 69th 89.02, Rachel Halpin 93rd 100.31, Billy Green 94th 100.31, Baldev Singh 111th 109.21, Doris Gaga 125th 124.47,

Race Organiser Martin Clarke was extremely pleased with the success of the event together with the numbers of runners and supporters and was also delighted to accept a cheque for £500 at the presentation afterwards raised separately by Ilford's friends at East London Runners. With the total funds raised likely to be well in excess of £1000 it is now planned to hold the event annually over the Christmas holiday period.



**Ilford AC 10 miles xc - 31st Dec 2011 Club 10 Miles - 2nd January 2011**