

Press Report 17th December 2019



ESSEX CROSS-COUNTRY LEAGUE Writtle College Saturday 14 December Jak Wright Storms home to win U17 Essex League title Ilford youngsters were out in force on Saturday in the third Essex league cross country league race. Best performance of the day came from Jak Wright, who ran his best race of the season so far in the U17s race. Wright is keen to win the overall Essex cross country title this season, which is given to the athlete who performs the best over 4 of the 5 races. Jack knew he had to run well and run well he did. He sat with the 3 leaders most of the race, until the last mile, when he picked the pace up and went away from the field. He increased his ...[Read more](#)

Press Report 9th December 2019



Young Athletes Items





Young Athletes Items

South of England inter-counties Cross Country Champs Horspath, Oxford Saturday 7th December Aaron Samuel and Jak Wright of Ilford AC travelled up to Horspath on Saturday 7th December to compete in the South of England Inter-counties Championships. Both athletes battled through a tough course, plagued with mud and hills. Aaron and Jak positioned 2nd and 33rd respectively after being selected to represent Essex for coming top 8 in one of the league races. Aaron stuck with the front pack from the start, where not far into the race a group of 4 athletes, including himself broke away. It was a tough battle with fast uphill and even faster downhill. About halfway through the race, Aaron and a Middlesex athlete broke away from the other ...[Read more](#)

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Young Athletes Items

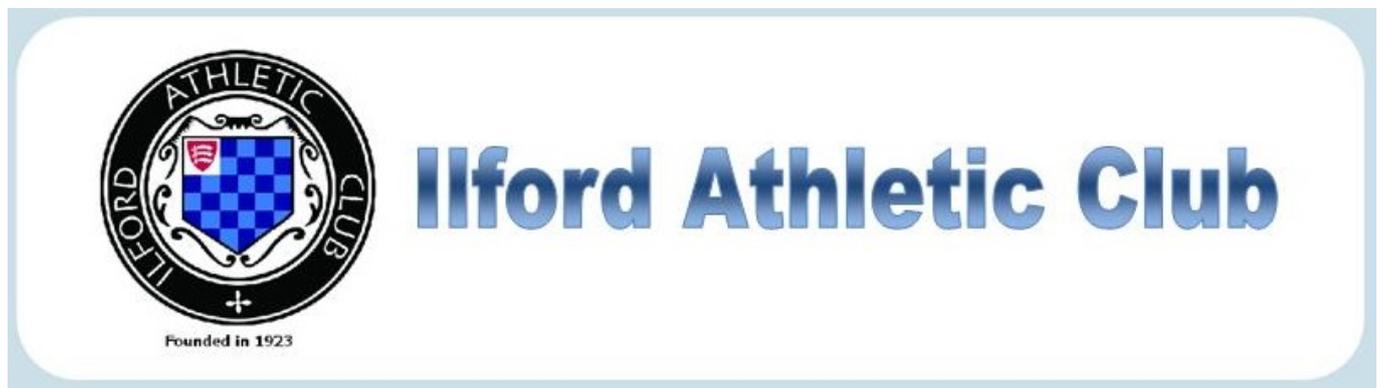




Young Athletes Items

Essex County U13 / U15 / Veterans' Championships Writtle College Saturday 30 November
Grange storms to 4th in Essex Champs The U13s and U15s Essex X Country champs was held at a cold , wet and windy Writtle university on Saturday. For the first time for many years Ilford was in a position to enter a team in the Both Boys events. Three of the U13s Ilford team were making their debut in the Essex X Country champs . The 4th youngster was Joseph Grange, who the previous weekend had run so well in the London Youth Games. In a high quality field, Joseph was in the top 10 for the start of the race and worked his way through the field to come an ...[Read more](#)

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London University Championships Having recently completed her A levels, Jordan Hinds is now attending Queen Mary University, the university has active athletic team and she has recently competed twice in the London Universities Cross Country League. However this weekend she took a break from the mud to compete indoors in the London Universities championships. There was a big field for an indoor race for the ladies 800m championship and in only her second race ever indoors Jordan took the Bronze medal in an indoor pb time of 2.33.69. British Cross Challenge including the European Trials Ilfords Ahmed Abdulle competed at these trials held at Sefton Park Liverpool. Ahmed found the going hard on this muddy and demanding course and had to settle for 70th ...[Read more](#)

[Press Report November 18th 2019](#)





Young Athletes Items

Samuels Wins the London Youth Games A number of Ilford Athletic club athletes represented their London Boroughs on Saturday at a very wet Parliament Hill First up was newly joined u11 athlete Ryder Islam. Ryder started well in the 1.5 k race and used his strength to work through the field to come a very encouraging 57th . In the u13s Joseph Grange ran an outstanding race.Training with the main group at Ilford has helped build Joseph's speed and endurance and this was shown in his performance. He worked through the field and had so much left at the end of the race to come a superb 10th position. In the same race Aaron Hick , struggled at the start of the race but ...[Read more](#)

[Press Report 1st October 2019](#)



Young Athletes Items



Essex Cross Country Champs Writtle College September 28, 2019 Ilford U17 boys went in to Saturday's match with a title to defend, and defend it they did with a brilliant run from all 3 boys to bring back the Essex U17 trophy and Gold medals for the 3 boys. First off in the 3k Cross country boys race was Bradley Deacon who led by example with a fantastic 11m 07 seconds. Jak Wright put in a very solid middle leg in a time of 10m 55 secs before Aaron Samuels went off on a blistering 10m 02 secs lap to seal the honours for Ilford AC with a lead of 18 seconds over second placed Woodford Green Ilford also had a B team in the ...[Read more](#)



Young Athletes Items

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Young Athletes Items





Young Athletes Items

Weald Park 10k 14th September The Essex Cross Country Summer 10k series takes place in 5 spectacular country parks across Essex running from April to September. These races offer an opportunity to get away from the road and experience trail running in the summer. The final race of the Summer was on Saturday at the beautiful Weald Country Park offering runners great scenery to make up for the tough hills the course offers. Ilford's only runner was one of our junior stars Ryan Holeyman who at only 14 years old took on a field made up almost entirely of runners older than himself and finished in a fantastic 8th place out of a field of 260 runners in a time of 39 mins 6 ...[Read more](#)

[Press Report 2nd September 2019](#)



England Athletics U15 / U17 Championships Bedford Sat 31st Aug – Sun 2nd September The UK U15/U17 championships were the climax of the season at Bedford at the weekend. Ilford had two athletes taking part. Mario Dobrescu was running the 400m and Aaron Samuel the 1500m. The best of the weekend weather was on Saturday when the heats took place.



Young Athletes Items

Mario was first up in the U17 men's 400m, there were three heats with only the top two-guaranteed qualification to the final. Mario eased through to the final winning his heat in 50.2. Aaron's heat of the U17 1500m was later in the day and there were thirty plus athletes across two heats going for 12 places in the final. Despite getting boxed early ...[Read more](#)

[Press Report 30th April 2019 London Mini Marathon](#)

Young Athletes Items



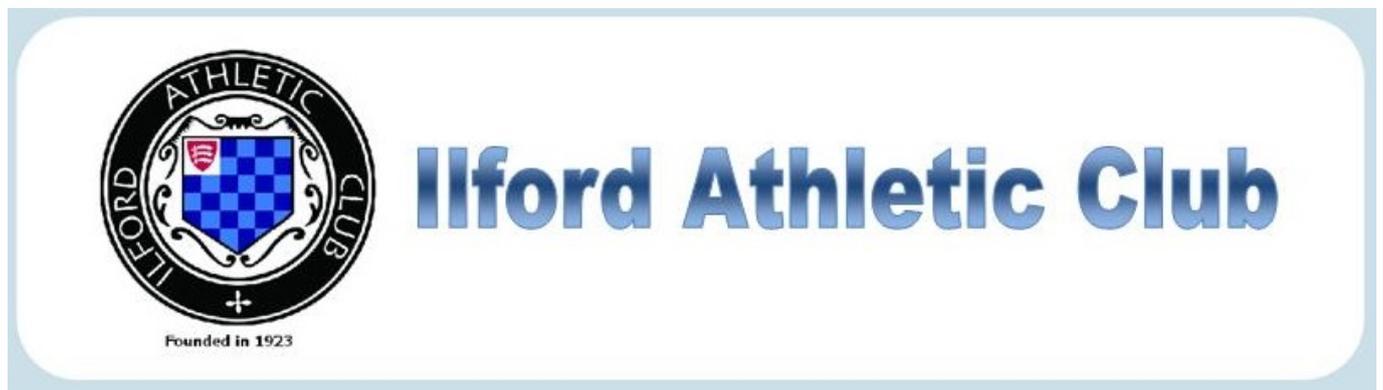


Founded in 1923

Young Athletes Items

Ilfords ACs young middle distance group showed once again how they continue to progress, with some great runs in this years London Mini Marathon over 3 miles. Ilford had 6 Young athletes competing . First up was the Boys U17s with Mungo Prior, Jak Wright, Bradley Deacon and Farris Patel competing. First home for Ilford was Mungo, coming 18th position. Mungo's aim was to break 16 Minutes for the first time and he really pushed himself over the last mile to meet his target and run 15:56 Another great run was from Bradley Deacon , who is benefitting from the consistent training he is doing. Bradley once again smashed his PB and ran 16:45 for 47th Position. Jak wright went off extremely fast over ...[Read more](#)

[Press Report 8th April 2019](#)



As the warm weather slowly begins to appear, several Ilford athletes dusted off their winter clothing and took to the track at recent open meeting. Woodford 30th March 2019 Esmeralda Mengele and Efe Austin started their summer campaign with an outing over 100m. Esmeralda showed that her winter training had gone really well with a PB of 12.70, this was the first time she had ducked under 13 seconds. Efe was close behind in a time of 13.50, before also competing in the 200 in a time of 30.03. Daniel Wheeler also competed in the 100m and had a solid run in a time of 11.65 for 5th place. Ryan Holeyman had a great run in the 1500m not only winning ...[Read more](#)

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