



Press Report 14th July 2015

Sam Rahman kicked off the week for Ilford AC last Monday evening when he ran the 800m at the Mile End Open Meeting. He reached the bell in 65 seconds and tired a little on the second lap to record 2m 14.59secs for 5th place in a quality race.

The next night there was another open track meeting , this time at Woodford Green. On a breezy night the two Ilford runners in the 1500m were hampered by the wind. Steve Philcox recorded 4m 57s .35s and was almost matched by Tony Hyde in 4m 57.58s.

Sam Rahman was in action again, this time in the 3000m. Sam ran a well judged race and picked up the pace in the last 600m to finish 2nd in 9m 54.15s, just 0.26 seconds off this personal best.

Tuesday night also saw the 4th of the 5 race Harwich 5k series held over a blustery Promenade Course at Dovercourt where Ilford's Tony Nixon once again demonstrated his ageless speed clocking 19.32 to take the best age related time prize for the third consecutive time. No other runner even got near his adjusted time of 14mins 44 seconds.

At the challenging off-road Thorndon Park 10km on Saturday Bill Green placed 83rd in 56m 54s in a field of 152 finishers

At the Yeovilton 5k on yet another windy Wednesday evening Ilford's over 60

Peter Ryan crossed the line in 64th position recording 21-16 to place 6th in his age category .