



World Masters track and field championships

Lyon France

The 21st edition of the world masters track and field championships is currently taking place in Lyon, France and is the first staging of the games in Europe since 2009 and the first time in France.

The first week has notable for strong sunshine and high temperatures of 35C plus. The first day featured the cross-country where there were 2 runners from Ilford AC on the British team for these events. Pam Jones ran an excellent race and was up in the leading group on the first of the 4 laps. Despite a tumble on the second lap she pushed on to finish second in 47 mins 33 secs for the 7.5km course to win the silver medal in the F75 category and lead the British team to the world title in the same age group. Club endurance coach Rob Sargent ran in the M60 race and finish 50th and 5th Britain in 40m 12s.

The 5000m track races followed two days later when. Pam Jones again ran a well judged race. She kept an even pace for most of the race, only slipping a few seconds a lap in the last mile to come home 5th, and 1st GB runner, in 30m 09.00s in the F75 race. Rob Sargent started strongly in the M60 event but tired in the heat to record 24m 46.91s and was placed 57th in the overall result.

Ilford's Peter Ryan also travelled to the championships but was unable to compete due to a foot injury

Woodford Green Open Graded meeting

Tuesday 4th August 2015

Ilfords junior middle distance squad put in some fine performances at this graded meet, with 2 athletes making their debut on the track, junior girl Jordan Hinds coming 2nd in the 800 in 2-44-03 and Jack Halil 1st in the 800 in 2-36-22. Usamah Patel's younger brother Farris Patel ran a Pb in the 800m in 2-33-52 with Bradley Deacon back from holidays clocking 2-45-00. Keshan Beckett Edwards Pb'd in the 800m posting 2-48-54 .Ellie Wright ran 2-50-27 in the 800 and Tom King on his break from University recorded 2-13-44 also in the 800.

In the seniors Ilford had 5 athletes competing at distances 100m, 800m and 3000m. In the 100m races Sam Rahman, Bradley Brown and Julie Gillender posted times of 13.25, 14.70 and 19.88 respectively. The 800's saw Sam Rahman 6th in his race in 2.16.96 just ahead of Krystle Balogun who ran a personal best of 2.18.15. Kevin Wotton won his race in 2.31.76. In



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a top quality 3000 metres Steve Philcox recorded 10.16.07 for 9th place ahead of Kevin Wotton 12th in 10.55.94.