



Woodford Green Open Graded Meeting

Tuesday 16th August

The 4th open graded meeting this season was held at Woodford Green's Ashton playing fields last Tuesday evening and involved 6 Ilford athletes in the middle distance events. The youngsters contested the 800 metre races with Jordan Hinds in the U17F category posting the fastest time for the Club coming home 8th in her race in 2.26.40. In the same race Bradley Deacon clocked 2.37.40 in the U15M category finishing 11th. Keshan Beckett-Edwards finished 6th in his race recording a time of 2.44.30 in the U13M category.

In the 3000m Ilford had 3 athletes packing together finishing in 4th, 5th and 6th places. Leading them home was senior male Sam Rahman who just missed out on cracking 10 minutes being given a time of 10.00.02 with V50M Steve Philcox just behind in 10.02.70. Just another couple of seconds behind him young Mungo Prior had a superb run clocking 10.04.90 in the U15M category.

Isle Of Wight Half Marathon

Sunday 21st August

Ilford AC's Malcolm Muir was back in action following injury when running on a tough course in the Isle of Wight half marathon at Ryde last Sunday. The Ilford man finished 8th in a time of 80.23 and was happy with his run considering that he is not yet fully fit.

