



World masters indoor championships

* Daegu south Korea Thursday 23 march*

World championship week continues in Daegu, South Korea and on Thursday the men's 3000m was staged.

Ilford AC's Rob Sargent ran in the M60 category. He ran a steady 15 laps on the 200m track to come home in 12th in 14mins 16.21 secs.

***World Masters Indoor Championship**

**Daegu south Korea

**Saturday 25 March*

The last day of the world masters indoor championship dawned overcast and drizzled but dried out by the start at 8am of one of the outdoor events staged at the games - The Half Marathon.

Ilford AC's Rob Sargent was among the Brits entered in a field made up of mostly Koreans.

The course was over 2 laps around the Daegu stadium where the 2011 IAAF world athletics championships were staged.

Rob was running in the M60 age category where Poland were the favourites for the team title from South Korea with Spain and GB battling it out for the minor medal.

Rob started steadily aiming at 5 minute kilometres. He reached 8km in 39 minutes and halfway in 53. The second lap was tougher but he stuck to the task finishing in 1hr 49 mins. 51 seconds for 28th in the age grouping.

South Korea surprisingly beat Poland for the team title and the Brits took the bronze medal lead by Paul Thompson of Cambuslang AC in Glasgow who won the M60 individual title with Dulwich Runners Andy Murray next home and Ilford's Rob Sargent closing the team.

Rob was pleased with his run and to have helped GB to the place on the

rostrum

Lee Valley Half Marathon Queen Elizabeth Olympic Park Saturday 25th March 2017

Closer to home Carlie Qirem competed in the 'Lee Valley Half Marathon' set in Lee Valley's Velo park, a normal home for cycling.

On this Moto GP styled one mile race circuit, nearly 200 athletes completed just over 13 laps of short sharp hills.

Carlie was very pleased with her time of 1:49:36 which put her in 66th place and placed her as the 6th fastest female on the day





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