



## **Ilford AC Press Report, Tuesday 12th September 2017**

### **Woodford Open Meeting**

*Tuesday 5th September*

The last track fixture of the summer was held at Ashton Playing Fields and there were 2 runners and three race walkers from Ilford AC in action.

Sam Rahman was in the faster of the two heats of the mile and ran his usual controlled race reaching half way in 2mins 33 secs. He moved up the field in the second half to record a personal best time of 4 mins 59.56 seconds for 8th place

Seb Parris took part in his first track race and put in an impressive performance to finish 8th in the 3000m in 10 mins 17.45 secs.

With just 5 minutes break between races Seb Parris quickly changed numbers to compete in the 3k race walk. Mark Culshaw of Ilford set the pace leading at the first km before Seb took control to finish with a massive 40 sec pb of 15:24 to take first place. Mark Culshaw came in 3rd place with a time of 16:39, closely followed by Stuart Bennett in 17:50 for 5th place

### **Great North Run**

*Sunday 10th September*

The Great North run is the worlds largest Half marathon with over 55,000 runners taking to the streets from Newcastle to South Shields.

Anthony Young from Ilford AC returned to his native North East to run in club colours and ran a pb to finish in 1 hr 48 and finished in 5,765th place



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