



## Community Champions

Ilford coach Rob Sargent was recently honoured by being selected as one of 30 Community Champions in East London by the London Legacy Development Corporation. Rob was selected for his voluntary work within athletics where he has set up a course for beginner runners and his continued coaching of masters athletes. The awards were presented at a ceremony in the Olympic Park attended by London Mayor Boris Johnson and paralympian Tanni Grey-Thompson and the winners also presented with tickets for the Paralympics Opening Ceremony. Rob has delighted to be selected as one of the winners and humbled by the excellent work carried out by the other winners. Hank in the bushes Rob far left with Boris Johnson, Tanni Grey-Thompson and other award winners

