



## Ilford AC Press Report

European Veterans Track & Field Championship Rob Sargent continued his stay at the European Veterans Track & Field Championship with the M55 5000m. The Ilford coach was in a field of 29 on a cooler but breezy day at the track in Zgorzelec in Poland. He ran a steady race throughout to finish 23rd in a respectable time of 22mins 33,68 secs. Report Courtesy of Rob Pawek (still in the bushes) Sargent