



## Ilford AC Press Report Week Ending Sunday 4th August 2013

### Orion Forest Five Saturday 3rd August

Ilford AC had 3 runners in the last of the Orion Forest 5 mile races series held at Chingford on Saturday. Steve Philcox battled the tough undulating course to come home an excellent 7th place overall in 29.21 and win both the top male vet 40 on the day and the series. Another double category winner was super vet Martin Clarke who knocked off over a minute from his last outing over the course to blast home in 37.31 for 61st to take the male 60 prize. Also showing good form was Billy Green who broke the tape in an excellent 40.13 for 85th spot. Crispian Bloomfield of Billericay once again headed a field of 163 runners recording 27.51 to win the series prize.

Report and Pictures courtesy of Mr C.

### Woodford Green Open 30th July

At the latest open track meeting staged by Woodford Green AC there were a number from the endurance squad at Ilford AC and it was a busy evening for them, particularly Sam Rahman who took part in three events.

The meet opened with the 200m where Sam posted a quick time of 27.58 seconds. Bradley Brown was also running put in a good run recording 29.58 seconds.

Next up was the 800m and Rahman was again to the fore finishing 2nd in his heat in 2m 13.98s, a new personal best time. Kevin Newell showed he is regaining fitness after a recent injury finishing in 2m 26.20s, just 3 seconds off his best. Krystle Balogun, who is in her first season with the squad, once again showed her potential with 2m 31.82s.

The last race of the evening was the 3000m, which was the most popular with the group. Steve Philcox was the pick of the bunch with 9m 53.19s, while Sam Rahman set his second personal best of the night with 10m 27.53s with Kevin Newell close behind in 10m 29.62s. Breege Nordin put in a typical battling performance and she was rewarded with a new best time for the distance of 12m 15.21s.

Report by Hank in the Bushes



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PS Hank also reported that the following from Ian Gaines group ran : Usamah Patel (2:12:00) Harry Martin (2.15.84) Omar Sharef (2.15.86) and Alex Richards (2.02.48) but gave no further details

### Candlelight 5km Greenville South Carolina Saturday August 3rd

Rob Sargent, the Ilford endurance coach took part in the Candlelight 5km in Greenville, south Carolina while there on his annual trip for training, He also coaches the local club while there. The race started at 8.30pm and the course was lit by candlelight. The downhill start suited Rob and he was well up the field at 1 mile but struggled a bit on some of the climbs. He finished strongly to claim 51st place overall in a field of 545 finishers and take the 3rd place trophy in the M55 age group. His time of 19 mins 40 secs reflects that the course was short due to a misplaced cone and was about 2.7 miles in length.

Report by Carolina Chuck

