



## Press Report Ilford AC 12th August 2014

### British Masters Track & Field Championships

Alexander Stadium Birmingham

Saturday/Sunday 9/10 August

Ilford ACs Kevin Newell took part in the British Masters Track & Field Championships at Alexander Stadium in Birmingham over the weekend. On Saturday morning he ran in the M35 category 1500m recording 4 mins 54.26secs for 5th place. On Sunday Newell returned to the track the next afternoon for the 5000m. The worst of the Sunday storm had passed by race time but there was a strong wind on the back straight. He ran a well controlled race moving up the field as it progressed to recorded 17m 31.32 s for 6th spot in his age group.

Club endurance coach Rob Sargent also had a run out over 5000m finishing 5th in the M60 category in 23m 18.53s

Mile End Open Meeting

Mile End Stadium

Monday 4 August

Two members from the Ilford AC Endurance Squad took to the track at Mile End to compete in middle distance events in the latest open meeting at the Mile End Stadium

Sam Rahman ran in heat 2 of the 800m and took the bell at 65 seconds and pushed on over the last lap to cross the line 2nd in 2mins 14.58secs.

Rahman was joined later in the mile by teammate Kevin Newell. Both runners were in the leading group in a field of 10 and as the race unfolded Rahman shadowed the leader and kicked in a fast last lap to finish second once again, with a new personal best of 5mins 00.54 secs. Newell ran hard throughout the race and came home 5th in a new best time for the distance which he had only run on the road previously of 5m 12.14s.