



## **Last Friday of the Month 5km**

Hyde Park

Friday 29 August

There were three runners from Ilford AC in the large field of 203 in Serpentine Running Club's Last Friday of the month 5km in London's Hyde Park. On the fast course Steve Philcox came home 9th in 17 mins 22 secs which placed him second in the M45 category. Further down the field there were good runs from Carol Muir in 161st with 26m 11s and Pam Jones with 29m 23s for 185th, her best on the road this year.

## **Essex 10000m Championship**

Garon Park, Southend

Saturday 30 August

The final day of the 2014 Essex County Track Championships were held at the Garon Park Track in Southend in breezy conditions last Saturday. There was good representation from then Ilford endurance squad in the men's' 10000m. Tom Gardner was in dominant form, taking the lead at the end of the first lap and gradually pulling away from the field over the 25 lap race to win the title and the gold medal by almost 2 minutes his winning time was 32 mins 57.1secs. Kevin Newell came home 4th in a new personal best of 35m 43.4s and Sam Rahman finished 5th in 36m 09.1s in his first track 10000m and bettered his road best.

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## **Chelmsford Super Sprint Triathlon**

Saturday 30th August

On Saturday 30th August, Ilford AC's Terry Knightley and club photographer, Kim Baxter, continued there foray into the World of Triathlon by completing he Chelmsford Super Sprint Triathlon, consisting of 160 metre Pool Swim followed by a 9.8 Kilometre Bike Ride and



finishing with a 3 Kilometre Multi-Terrain Run. Terry finished the event in 44th position overall from 106 finishers and 3rd in the Super-Veteran Age Category recording a total time, including transition, of 42 minutes and 45 seconds ( 3.40 Swim, 26.14 Bike, 12.51 Run) - Kim finished in 100th Place in a total time of 57minutes and 29 seconds (4.46 Swim, 31.52 Bike, 20.51 Run).

### **Elsewhere:**

Ilford had 3 athletes competing in the recent South of England Track and Field Championships at Crystal Palace. In the 3000metres Usamah Patel & Ahmed Abdulle had excellent runs, with Yee of Kent ac ranked one in the UK taking the pace out fast over the first half of the race it left the chasing pack racing for 2nd & 3rd places Usamah with 3 laps to go went to the front with Ahmed in pursuit. At the bell Ilford were 2nd & 3rd only for fast finishing Burgess of Herne Hill beating them on the line. Usamah finished 3rd for a Bronze medal in 9-16-28 and Ahmed 4th for a 9-17-12 Pb. There were mixed fortunes for Jack Maher in the 800 metres when after winning his heat on Saturday was very disappointed in the final finishing 7th.

In the recent Woodford Green Open Meeting two younger members of the squad, 10 year olds Arun Manget and Bradley Deacon, both run Pbs in the 1500metres with Arun recording 5-22-12 and Bradley 5-43-61





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