



## Press Report 16th June 2015

Woodford Green Open Meeting  
Ashton Playing Fields  
Tuesday 9 June

The first Tuesday Open Meeting staged by Woodford Green was held on a blustery chilly evening and a handful of Ilford endurance runners in action.

In the 800m Sam Rahman placed 3rd in heat 2 with 2 Mins 18.17 secs with Krystle Balogun giving her usual determined performance in 4th with 2m 20.23s

Sam Rahman was back in action in heat 1 of a fast 3000m recording 10m 18.10s for 12th. In heat 2 Steve Philcox placed 2nd with 10m 33.57s and Kevin Wooton next home in 10m 41.51s while Bradley Brown finished in 12m 18.01s in 11th

City of London Mile  
St Pauls London  
Sunday 14 June

The City of London road mile was held on a drizzly cool morning starting from outside the entrance to St Pauls Cathedral and running past the Bank of England and Guildhall to finish on the North side of Wren's baroque church.

The race was run in waves and Sam Rahman led the Ilford challenge in 57th spot in a total field of 2470 in a new personal best time of 4m 54.03s. Next home was Tony Hyde in 5m 20.94s with Krystle Balogun recording 5m 31.55s. Neil Crisp finished in 5m 50.70 s and Bradley Brown with 6m 05.33. Jenni Sheehan, the ladies team captain, ran a time of 6m 13.02s and Bree Nordin 6m 24.05. Rob Sargent was next over the line in 6m 53.23s with Dianne Crisp recorded 7m.17.23 s with Doris Gaga 7m 48.35s.

Ilford club junior Arun Manget had a fine run recording 5m 43.52s

Southend Half Marathon

Sunday 14 June

In the Southend half marathon, run on a fast seafront course, Rohan Alexander placed 156th in 1h 35m 20s, a time he was pleased with as he was coming back from injury while Peter Spelman finished in 1h 59m 20s.



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### Havering 25th Anniversary 10k Sunday 14 June

On an overcast but ideal day for runners, 175 people toed the line for the 'Havering 25th Anniversary 10k' held at Thames chase country park in Upminster.

Ilford were led home by Billy Green in a PB time of 49:28, the first time this athlete has achieved a sub 50min 10k

### Watford Open 3rd June

The two Ilford athletes competing at this Open graded meet both returned Pbs. Tom Gardner with 8-40 & Ahmed Abdulle 8-55 in the 3000m.

### Essex Schools Track Champs June 13th Chelmsford.

Ahmed Abdulle representing Redbridge Schools controlled the race from the start to run out a comfortable winner in the 3000m in 9-03. Later he was informed that he has been selected to represent Essex Schools in the English Schools Track & Field Champs at Gateshead.

### South of England champs June 13th Lee-Valley

Krystle Bologun did not have the best start with her preparation for this race, but still put in solid 2-19 for the 800 in the heats



