



\*ILFORD A.C PRESS REPORT. TUESDAY 9th May 2017\*

\*Tuesday 2nd May\*

\*Woodford Green Open Track meeting \*

In the 3000m at the Woodford Green Open Track Meeting last week, Sam Rahman of Ilford ran his usual steady race to come home 5th in 10 mins 05.89 secs on a chilly breezy evening.

\*Wednesday 3rd May\*

\*WATFORD OPEN MEET\*

On a cold and windy evening Ilford athlete Ahmed Abdulle run his first 3000m of the season.

Although he has been off form of late AHMED put in a excellent performance finishing in 4th place, where the first 8 home were within 4 seconds of one another.

He was rewarded with a Pb of 8-43-87 which currently puts him 18th in the UK ranking for his age group

\*Sunday 7th May Halstead Marathon (Incorporating Essex Championships)\*

Last Sunday two members of the Ilford AC Endurance Squad made their way to the 23rd running of the Halstead Marathon.

As in previous years this also doubled as the Essex County Championships. The conditions were cool and a little breezy to begin, with temperatures slowly increasing throughout the morning.

Held over a two lap figure of 8 course the route was undulating with a few steep climbs and an uphill off road section just prior to the finish!!

Both Neil Crisp and Steve Parker started off cautiously. Steve, just recently back from a small niggle, ran a fine race coming though the field to finish in 96th overall [3:42:32] which was good enough for him to be crowned Essex V60 Champion.

Neil tried to maintain his first half form, only being passed once in the 2nd half to finish in 45th [6th V50] in a time of 3:20:34.

They were both indebted to their support team of Dianne Crisp who was

cheering and providing gels from various points as she cycled around the course.

The race had just under 390 finishers. A well organised and supported race with an excellent goodie bag!!

