



**\*ILFORD AC PRESS REPORT 15th MAY 2017\***

**\*Veterans AC 5 Mile Road Race and Walk. Battersea Park Tuesday 9th May\***

On Tuesday evening Ilford athlete Steve Philcox was a comfortable winner of the Vets AC Road race at Battersea Park in a time of 28.40, his fastest 5 mile time for 2 years.

In the 5 mile race walk event Ilford ac member Mark Culshaw, finished 2nd in a time of 48.02, just losing his race by 1 second.

**\*Essex Track Championships. Chelmsford Saturday 13th May and Sunday 14th May\***

**\*Aaron Samuels smashes 2 Ilford AC Club Records\***

Aaron Samuels was Ilford's star performer at the Essex Track championship at Chelmsford over the weekend. The Under 15's 1500m was a straight final, and from the gun Aaron took total control creating a ten metre gap after the first lap, which he stretched to almost 80 metres by the finish. His time was an impressive 4.13. This was a personal best by almost 7 seconds

and also beat his own Ilford AC club record by the same amount.

Aaron was back the following day to compete in a quality 800m U 15's Heat and Final. Aaron comfortably made the final and in the final set off really well and sat on the Favourite from Woodford. With 300m to go both athletes kicked for the finish and both were neck and neck, with the Woodford guy just beating Aaron to the finish line. Consolation for Aaron was a personal best by over 3 second and another club record, which had stood for over 30 years, of 2.04.

This was one of the best Track performances by an Ilford athlete for many years.

Mungo Prior also competed in the 1500m, but in the Under 17 age group.

There were a few more athletes in this age group, so two heats were required. Mungo was in heat two and was up with the leaders until about 800m to go, when he missed the break. He managed to finish in 6th place in a season best 4.33.0, which was not quite good enough to make the final.

Mungo however came back the following day to come 2nd in the U17s 200m Steeplechase. This was the first time Mungo had run the steeplechase but he showed his flexibility to compete very well and earn his Essex medal



## Ilford AC Press Report. Monday 15th May 2017

Farris Patel has been concentrating on the shorter distances early season, and therefore competed in the under 15's 300m, this also was a straight final. Farris made a great start and was lying in second place coming off the final bend. However he paid for his fast start down the home straight and faded to 4th place, agonisingly missing a medal by 0.01 seconds. However he ran a personal best of 39.3 and bodes well for his return to 800meters later in the season.

Mario Dobrescu looked good in coming in second place in the heats of the under 15's 100m and eventually came 4th in the final

Matthew Hick competed in a high quality U13s 1500m final , finishing 5th in a new personal best of 5.07. Jack Halil ran an even lapped 800m in the u17s and ran 2.23 but missed out on the final, despite being very close to his personal best.

Alex Richards ran the senior mens 800m and came an impressive 4th in 1:58pb. Alex led at 600m but lack of training meant he got passed in the home straight.

Krystle Bologun ran her normal solid run in the ladies 800m finishing in 3rd place in 2:18 pb

Nearly all the Ilford athletes ran Personal bests so overall a great weekend for the Clubs youngsters

### **\*Tynedale Half Marathon\***

#### **\*Sunday 14 May\***

Ilford AC's Tony Young returned to his native Northumberland at the weekend to take on the Tynedale Half Marathon. The rolling course starts and finishes in Tynedale Country Park and runs along the banks of the River Tyne. Tony showed that his training at the club is producing results as he improved his personal best to 1 hour 54 mins 42 secs as he finished in 75th place

### **\*RunThrough 10K. Queen Elizabeth Olympic Park Sunday 14th May \***

550 runners competed in this monthly event held on a warm morning at The Queen Elizabeth Olympic Park. Dennis ran an even pace to finish in 58th position, with a time of 44:54

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