



### **Pride Run 10km**

Victoria Park

Saturday 12th August

Nearly 1,000 runners ran in the annual 'Pride Run 10k' in Londons Victoria Park. The course is a 3 lap flat run via the parks tarmac roadways, with runners cheered on by a large enthusiastic crowd. Two Ilford AC athletes took part in the event with Steve Parker finishing in 275th place in 46:11 and the evergreen Pam Jones coming in at 908th place in a time of 67:27.

### **South of England AA Championships**

Crystal Palace

19th/20th August

There were two Golds for Ilford AC in the South of England AA Championships last weekend. Mark Culshaw recorded 28:30:98 for 1st place in the 5km Track Walk, whilst Anthony George recorded a PB in the U17 Mens Triple Jump to secure first place with a jump of 13:11

### **Southern Athletics League Division 3N**

Colchester

19th August

In the final Southern league of the season last Saturday Ilford came 4th, but scored 237 points - the best score for the season. This time last year Ilfords highest previous score was 86 points in one match.

Ilford put out 26 athletes out and at one point we were only 2 points behind second. Sam Malekout did 8 events, Ahmed Abdulle 4 races then a relay, Krystle Balogun 3 races and a relay, Usamah Patel threw the Hammer and Jordan and Isabella did the discus. Virtually everyone did at least two events to try and gain points.

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