

## Woodford graded open meeting

*Ashford playing fields*

3rd September 2019

Ideal conditions greeted the team at the final graded track meet in Woodford.

A large number of athletes took to the track over the course of the evening with Ilford AC being well represented, especially in the 3000m where they took 7,8,9 and 14th place.

Sam Rahman was happy to run the mile race in 4.57 (3rd place) doubling up and running 10.04 in the 3,000 metres for 7th place.

Seb Parris also doubled up race walking 3000m in 16 minutes flat for 4th place and then gaining a new pb of 10.11 in the 3000m for 9th. Seb chased Steve Philcox most of the way pushing him to a seasons best of 10.08 (8th place) getting in front of him with 2 laps to go and forcing Steve to sprint the last 600 metres to just pip him to 8th!

Diarmuid Mac Donnell also ran in the 3,000 metres finishing strong in 10.43 for 14th place.

Stuart Bennett also competed on the night in the 3000m race walk finishing in a very good 18.39. He also received the Woodford walking series team winners trophy for Ilford on a very successful athletic evening.





### **Victoria Park 10k**

7th September 2019

Anna Crawley continued her magnificent form this season, continuing going from strength to strength, with a stunning PB at Victoria Park last Saturday.

Going in to the race Anna's previous 10k PB of 51:02 was always going to be under threat, judging on recent performances.

Not only did Anna beat this, she took over 8 minutes off of it to finish in a time of 42:50, which placed her second female on the day.







## **Great north run**

Newcastle

8th Sept 2019

43,000 runners attempted the 13.1 mile event, which stretches from Newcastle to South Shields. Among the celebrities taking part were footballer Michael Carrick, and eventual winner Mo Farah.

Ilford AC put forward its own celebrity, Great north run regular Anthony Young, racing in his native Newcastle

On an unusually warm day (for the north!) Anthony recorded a time of 1 hr 48 mins 37 secs which he was very pleased with.









## **European Masters athletics champs**

Venice

*5th – 15th September 2019*

The 21st European masters athletics championships are being held in lido near Jesolo, next to Venice on the Adriatic coast.

Rob Sargent of Ilford AC took part in his first event on Sunday 8th September at Fisherman's park in Caorle further along the coast. The 4km cross-country race was over 2 lap twisty grassland course and Rob was pleased to finish in 19 mins 58 secs for 29th in the M65 category, the 4th British runner home.