

Press Report 28th June 2016



OLYMPIC PARK 5km (ELVIS) A good team performance from the 28 Ilford AC finishers in this race. the 3rd round of this year's ELVIS league, saw the team produce their best result of the season in the league competition. The race was over 5km on a 2 lap twisty course to the north of the Olympic Park held last Tuesday evening and hosted by East End Road Runners. The team were led home by Sam Rahman, who is returning to top form, in 7th place in 17m 41s, with Steve Philcox close behind in 9th with 17m 42s, a performance that once again won him the M50 category prize. Paul Holloway took the award for 1st in the M40 group finishing 11th ...[Read more](#)

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Essex Schools George Jumps to EssexSchools Gold and top ranking in the country Ilford's young athletes had 4 representatives at the Essex Schools champs , held at Chelmsford on Saturday June 11th All 4 athletes competed to an extraordinary high level and showed how much progress they have all made in their short athletics career to date. All rounder Anthony



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George was chosen to compete in the Triple Jump very late in the day and after a few training sessions, jumped to win Gold in the u15s Age group in 12.38m. To add to Anthony achievements , his jump on the day pushed him to the highest ranked Triple jumper in the country and will be making his way to the English Schools, ...[Read more](#)

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