

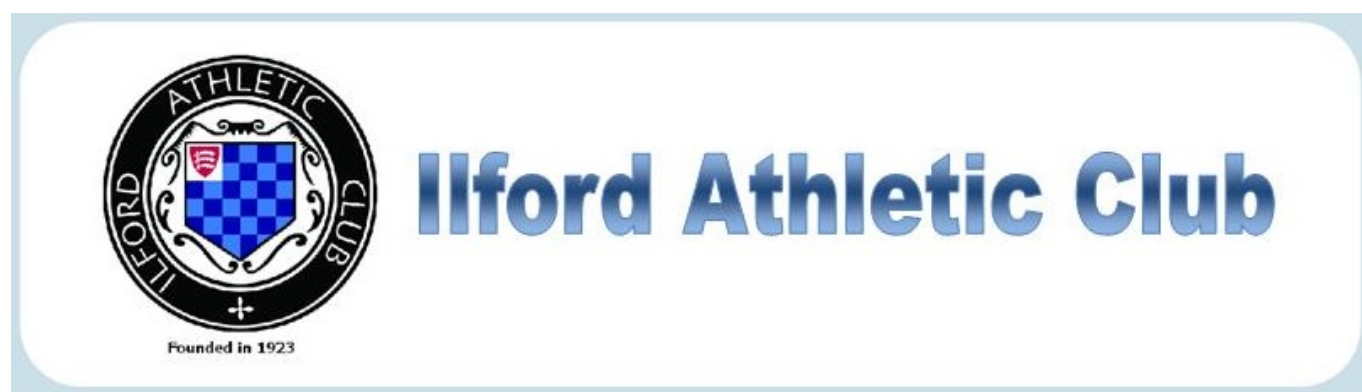


## SCVAC Report for match 4



SCVAC Report for match 4 Ilford Vets team travelled to Lee Valley for the final match of the league season on Monday 16 July. The evening started with fine victories in the 2000m walk with Francisco Reis and Steve Allen winning the A string and over 50 age group in 9.19.8 and 10.47.5 respectively. Malcolm Muir put in his usual gritty performances placing second in the 800m B string with 2.12.9 and winning the 3000m A string in 9.35.2. Neil Crisp also completed the 3000m in 10.55.7 as the B string athlete putting in a spirited finish to snatch 2nd position in the last 50 metres. Tony Hyde debuting for the ...[Read more](#)

## South of England Track and Field Championships



Two of Ilford Athletic Clubs young talented athletes, 14 year old Jack Maher & 16 year old Sam Malpass competed in the U/15 & U/17 South of England Track & Field Championships at Watford last weekend. Both athletes successfully negotiated the heats, with Jack once again lowering his PB with an excellent run in the 1500m final for 9th place in 4:29.22. Sam, the current Essex Schools Champion at 400m, dropping down in distance, competed in two Finals placing 6th in the 100m in 11.47 & 7th in the 200m in 23.63 Report courtesy of Ian Gains [Read more](#)



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