



Essex Track and Field Championships

18th May 2014 – Chelmsford

5 Ilford athletes competed in day 1 of the Essex Track and Field Championships held at Chelmsford each winning individual medals.

Opening the account was Tom Gardner in the 3000m and although not back to full fitness ran a well controlled race for 2nd place and a silver medal in a seasons best of 9mins 4.7seconds. Usamah Patel was up against 2 highly nationally rated athletes in the under 17 1500m and therefore had to settle for 3rd place running a personal best of 4mins 21secs for his bronze medal.

Sam Malpass although not at full fitness though injuries still put in a gutsy performance in the 400m and was only caught over the last few meters recording 50.13 2nd place and a silver medal.

Jack Maher dropping down in distance to build up his speed for the 800 had a excellent run snatching 3rd place on the line for a bronze medal in the u/17 400m and a pb of 51.71.

Another u/17 snatching 3rd place & bronze medal was sprint specialist Gabriel Yiadom in 11.65 for the 100m.

It was excellent to see how the Ilford athletes each other over the events of the day.

CONGRATULATIONS

Ian Gains

Woodford Green Open Meeting

Tuesday 13 May 2014

There was a good turnout from Ilford AC at the first midweek open track and field meeting at Woodford Green.

Two new members from the under 13 age group made their first appearance on the track in the 800m, Bradley Deacon clocked 2m 49.1s with Arun Manget close behind in 2m 49.2s.

The seniors were led by 16 year old Jack Maher, who recorded the fastest time of the evening with 2m 00.8s . This places him in the top 50 in the rankings for the season in his age group. There were good times for Malcolm Muir of 2m 11.9s and Sam Rahman with 2m 13.3s, equalling his personal best. Kevin Newell recorded 2m 23.9s, Kieran McKenna 2m 24.6 and Mike Horsey 2m 29.1s in his first race at the distance.



Press Report 20/05/2014

Krystle Balogun continued to show improvement with a new best time of 2m 23.7s.

the Ilford challenge in the 3000m was headed by Tom Gardner who took the victory in 9m 7.8s, with Malcom Muir second in 9m 22.7s and Usamah Patel third in a new personal best of 9m 23.3s. This ranks the 15 year old 32nd in the u-17 age group rankings for the summer.

Following behind came Steve Philcox (9m 56.4s) Sam Rahman (10m 06.6s) Kevin Newell (10m 09.0s) and Bradley Brown (11m 28.1s). Bree Nordin finished in 12m 22.2s, which ranks her #6 in the country in the F55 category.

Sam Malpass was the only club member in the sprints finished in 11.3s in the 100m for 4th and 1st in the 200m with 22.8s.

Report by Rob

Great Baddow 10 mile Road Race
Chelmsford - 18th May 2014

Malcolm Muir was Ilford's sole representative in this a field of over 500 runners on Sunday. The Ilford man had to battle the searing heat as well as the demanding course profile to come home in a goodish time for the conditions in 56.37 for 2nd place. Muir was eclipsed only by Paul Whittaker whose time of 53.57 was the best of a field of over 500 runners.

Report by Martin