



Southern Athletics League

Saturday 15th April 2017

Lee Valley

Lea Valley was the venue for the first Southern League fixture of the season. It was a tough start with two of the teams who had finished in the top four last season. Ilford's team was mainly made up of promising youngsters, competing in the league for the first time.

Star performer on the Woman's side was Krystle Balogun who competed in five events. First up was a controlled victory in the 800m. After sitting in for the first lap, Krystle made her move along the back straight before kicking to victory in a time of 2.23.14. Next up Krystle tackled the 400m, which produced another first place in a time of 60.8. Her final individual event was the 200m where she took 4th place in a time of 28.08.

Ellie Wright was making her debut in the League and had a great run in the 200m clocking a personal best of 28.4 for 3rd place in the B string 200m, before taking a valuable 4th in the A string High Jump clearing a height of 1 metre 20. Isabella Hick was also making her League debut and she also did the High Jump clearing 1m 15 for 4th place in the B string, before taking 5th place in the Long Jump with 3metres 47.

Jordan Hinds has missed some training whilst studying for forthcoming exams and so her performance of 65.43 for 2nd place in the 400m was excellent . Zuzana Sinalova was also a debutant and had a great run in the 1500m for 3rd place in a time of 5.39.47.

The women's 4x 100 consisted of Ellie, Isabella, Jordan and Krystle and despite never having run together as a team they produced a fine performance for 5th place. The same quartet also competed in the 4x 400m where they placed one place better in taking 4th.

On the Mens side Daniel Wheeler had a great first match running 11.87 for 3rd in the B string 100m, 4th in the 200m in 23.99, 3rd in the High Jump clearing 1metre 65, before finally running a leg of the 4x 100m relay which came in 3rd. Temi Adeoshun ran the A string 100m and produced a personal best of 11.74 in placing 5th, he also ran a cracking 2nd leg in the 4x 100m



Ilford AC Press Report. 17th April 2017

relay. Uche Egborn ran the B string 200m and again produced a personal best of 24.05 for 3rd place. He again was part of the relay team, running a great opening leg. Anthony George was the final member of the 4x 100 squad and earlier in the afternoon he had placed 3rd in the B string Long Jump with a jump of 5.20 and third in the A string Triple Jump with 12metres 16. Simeon Stuart made a welcome return to Ilford colours and despite carrying a knee injury managed 1metre 50 for 3rd in the B string high jump and 5metres 54 for 5th in the A string Long jump.

Ahmed Abdulle came 3rd in a very physical 800m in 2.02.78, before comfortably winning the 1500m in 4.25.0 Moaad Zaahri was making his debut and had a very good run in the B string 800m placing 3rd in 2.08.51. and then gaining more valuable points by taking 3rd in the B String 5000m in 17.49.6. Sam Rahman was the A string 5000m runner and he ran a well judged race to finish in 4th in a time of 17.17.08.

Ilford struggled in the field events, but Tom King had a great throw of 30 metres 20, in taking 5th place in the Javelin , he also came 6th in the A string Shot. The remaining field events were taken on by Wayne Hick and Gary Floate.

Ilford ended the day 6th with 115 points, which is an encouraging start as its 20 more points scored than in last season's opening league fixture.

Runthrough 10km

Olympic Park

Wednesday 12th April 2017

Carlie Qirem, who this Sunday will be running in the London Marathon, shaved a remarkable 12 seconds off of her PB to finish in 50:20 at the Olympic Park on Wednesday night.

.....



Ilford AC Press Report. 17th April 2017

