



BRAINTREE 5miles

Braintree

Sunday 26 April

There were 6 athletes from Ilford AC taking part in this annual 5 mile road race on a rolling rural route at Braintree. Held over the normal out and back course conditions were dry and windy.

First in for the club was Steve Philcox in 29:01 which was good enough for 11th place and 2nd in the M40 category. Neil Crisp, making a welcome return to fitness was 27th [30:07] and 4th in the M50 group.

The Ladies were represented by Jenni Sheehan who ran well to record a new PB, breaking the 36:00 barrier with 35:59 for 112th. She was closely followed by Mel Jones showing good form in 129th [36:45], 4th FV45, and Dianne Crisp 162nd [38:16]. Pam Jones completed the quartet in 319th improving her time from last weeks run at Victoria Park [47:06]. The Ladies team were 2nd team on the day and there were 402 finishers.

London Interclub Challenge Monday 21st April 2014 - Lee Valley Stadium

4 Ilford athletes started their outdoor season with a bang - the highlight of today truly was Mr. Amazigh Laoudi.

The young man attained a new personal best in the 800m of 2.03 and in the 400m - which he saw as average performances in his eyes.

Young Gabriel Yiadom dominated the track yet again with a PB in the 100m of 11.39 and in the 200m of 23.5s.

Nikee also achieved a personal best in the 200m of 27.43s.

Sam bravely opened up his outdoor season with a time of 11.35s in the 100m and 50.3s in the 400m, after 6 weeks off training from an unexpected hamstring injury.

Truly but surely, our young prodigees are aiming for track stardom in the upcoming county and National championships.

Gabriel Yiadom - U17 boys

200m - 23.5s (PB)



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100m - 11.39s (PB)

Amazigh Laoudi - U20 men

800m - 2.03

400m - 54.17

Sam Malpass - U20 men

400m - 50.3s

100m - 11.35s

Victoria Onyeka - U23 women

200m - 27.43s

