



## ESSEX TRACK & FIELD CHAMPS DAY 2

Chelmsford

Saturday May 24th

After the success on day 1 5 Ilford AC athletes kept the good run going. Usamah Patel opened the account with a excellent run leading from the start & crossing the line in 1st place & gold medal in the u/17 3000m in 9-13-60 Pb.Tom Gardner improving with every race took 2nd place and a silver medal in the Senior 1500m recording a season's best of 4-12-51. The race of the day was surely the u/17 800 with the first 3 home being ranked in the top 6 in the country and a winning time of 1-53. Ilford's Jack Maher was a bit off the pace and had to settle for 5th place in 2-03-23. The Club's sprint specialists Sam Malpass and Gabriel Yiadom put in some solid performances with Sam 3rd & bronze medal in the u/20 200m in 22-78 (season's best) and .Gabriel Yiadom 3rd and bronze medal in the u/17 200m in a personal best 23-28. The 5 Ilford athletes over the 2 days of the championships have amassed 9 medals 1 GOLD 3 SILVER 5 BRONZE.. The Club also took yet another Gold in the Vets section with prolific racer Malcolm Muir winning the Vets 40 1500m in a close finish with Matthew.Bland of Havering in 4-18-86. Muir was also 4th in the senior 5000m recording a seasons best of 16.12.81 and Wes Clarke threw a distance of 39.53m for 4th place in the senior hammer.

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Report by Gainsy (with some Mr C extra input)

Dagenham 5km (ELVIS Round1)

Eastbrook End Country Park Dagenham

Wednesday 21 May

The first round of the 2014 East London Interclub five Series (ELVIS) was held on an off road course in the Eastbrook End Country Park in Dagenham and Ilford AC put in a fine set of results and made a good start to the league with a fine set of results.

The ladies were in excellent form with Krystle Balogun dominating the race from start to finishing winning in 19min 43secs. She was backed up by Mel Jones in 5th spot and 2nd F45 in 21m 35 and Jenni Sheehan who gave her best performance of the year in 6th with 21m 39s. Bree Nordin took the F55 honours in 10th with 22m 04s. This quartet won the team race. Also in action for the ladies were Dianne Crisp 917th 23.12) Nicola Hopkinson (23m 24s)



## Press Report 2/06/2014

Rachel Allen (31st 25m03s) Carol Muir (45th 26m 39s) And Pam Jones who was the 1st F65 in 29m 35s.

The men were led home by Steve Philcox in 7th place and 2nd in the M40 group with a time of 17m 23s, closely followed by Sam Rahman taking 9th with 17m 29s.

Kevin Newell was the next across the line in 17m 50s and 13th. Kevin Wooton came home 18th with 18m 25s , Neil Crisp 24th in 18m 55s and Rohan Alexander closed the scorers in spot 36 in 19m 34s. In the team competition the team were a close second to East London Runners.

There were plenty more Ilford men in the event led by Declan Cullen 76th (22.06) and Rob Sargent 92nd (22.59). Others in action were Billy Green (95th 23.03) Satha Alagandasundaram (100th 23.18) Peter Spelman (142 25.47) and Suki Jandu (26.42 159th)

The next match is the Havering Midweek 5 miles in Raphaels Park on Tuesday June 10th

### Veterans AC Track and Field Championship

Ewell

Sunday June 1

There was more success for the endurance squad at Ilford AC on Sunday in the Veterans AC Track and Field Championship held in warm, muggy conditions at the Ewell track in Surrey. This year the Championships were combined with the Surrey and Sussex Veterans Championships making for larger fields in this Masters only met.

Kevin Newell took part in 2 events, starting with the 1500m where he took silver in the M35 grouping in 4mins 55.88 secs. He had more success later in the day in the 5000m winning the gold in the same category in 17m46.79s. Rob Sargent also ran in the 5000m finishing in 22m 29.77s for 2nd in the M60 age category

### Iron Horse 5km

Hartford, Connecticut, USA

Sunday June 1

Mike Horsey took the opportunity to take part in a road race while on a trip to the USA. The Iron Horse road races are held on a flat scenic course on the outskirts of Hartford, the capital of Connecticut and feature a half-marathon, 10km and 5km. Mike took part in the 5km and ran a seasons best of 19m 36s to finished 6th in a field of 462 and place 2nd in the M35 category.



Reports by H I T B





# Press Report 2/06/2014





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