



**Lee Valley Indoors Centre
Essex and Eastern Counties combined champs
8th - 9th February 2014**

Ilford AC's small team of middle distance athletes excelled at these champs. Krystle Bologun got the squad off to a good start in the 800 metres setting a fast pace from the start coming home 1st in 2-22, a Pb for indoors & both titles. Next was Jack Maher who has been out of form lately but not to day with 150m in the 800 to go he made his move to come home 1st in 2-01 for a Pb indoors & both titles. Reining champion Usamah Patel faced his training partner Ahmed Abdulle in the 1500m,. The pace was fast from the start with Ahmed coming home 1st with a new Pb & Championship Best record of 4-13 & both titles with Usamah settling for 2nd place in both titles. Tom Gardner in the senior 1500 was among 3 athletes breaking away from the pack and heading for a tight finish with Tom just missing out on the dip for the line in 4-12 Pb indoors and 1st Essex 2nd Eastern Counties. 13 year old Isabella Hick in her first ever 800 ran a creditable 7th 2-56.



The Championships also proved to be a very successful weekend for the Ilford Sprints squad.

Muhammed Weyli (U17) making an impressive comeback by winning Gold in Eastern Counties and in Essex with a winning time of 7.25s for the 60m. In the semi finals he managed to run a PB of 7.22 and was expected to run sub 7.20 in the finals. However due to never using blocks before and deciding to use it in the finals resulted in a stumble which he



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managed to courageously recover from and therefore win the race.

Training partners, Thomas Cooney (U15) and Shane Johnson (U15), both medalled in the 300m which was also an exciting race from start to finish. Thomas rapidly accelerating into first place but Shane battles hard to keep in the race, the fight from both athletes allowed both the training partners to come first and second. Thomas with a winning time of 40.18s, and Shane just a second behind.

Thomas Cooney also medalled in two other events, the 200m and 60m. Therefore gaining a total of 6 medals in under 24 hours. For a first championship that is very impressive. In the 200m despite winning his heat officials managed to mix up the lanes resulting in Thomas being in lane 1 (worst lane in indoors tracks). Regardless of his lane he still managed to come 3 rd with a time of 24.42 a new indoor PB. And in the 60m sprint he also came 3 rd with a time of 7.50.

Many other Ilford athletes competed including Zehn Ahmed (U17) who's been out of training and not in the best condition yet still managed to run 7.62s in the 60m.

Amazigh Laoudi (U20) who's been suffering an ongoing back injury for over 4 months still managed to win his 400m heats with ease at a time of 52.09s (close to a PB) but unfortunately coming 4 th in the Finals, still medalled for Essex however.

Victoria Onyeka (U23) competed in the 60m, 200m, and 400m all in one weekend, very difficult to do but still managed to PB in the 200m with a time of 27.93s and the 400m with a time of 61.90s.

Imani Looby (U17W) had a strong performance this weekend, although it was her first ever race she managed to make it into the semi finals for the 200m with a heat time of 28.87s, not bad for a first 200m and then in the semi's she managed to keep consistent with a time of 28.89s.

Other Races

Meanwhile Club Captain and prolific racer Malcolm Muir ran the Chichester priory 10km last Sunday on a perfect crisp morning!

With the usual class field of some 1500 runners the race was won by Toby Lambert in 30.03. Muir topped the Male 40 vet section with an excellent 32.50 which gave him 24th position overall. The Ilford man was happy with his performance despite confessing to a poor 1st half



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in 16.45 but picked up later finishing strongly and coming back in 16,.05.

In North Essex Ilford stalwart Ian Wilson made a rare appearance at the fast Great Bentley half marathon running a very respectable 92.21 which gave him 138th place out of 724 finishers.