



## **Essex County Track & Field Championships**

Chelmsford

Saturday / Sunday 23rd / 24th May

Iford AC Young Athletes produced some inspired performances in the Essex County Track and Field Championships held at the Chelmsford AC track on the recent bank holiday weekend.

Star of the show was Muhammed Weyli who broke the U17 men's Club record of 50.2, set in 2005 by Gary Smallman, with an excellent time of 49.64, ranking him 5th in the country at U17 level for the distance. Teammate Kelechi Okorie running only his 3rd 400m race placed 2nd with a time of 50.27 just outside the old record.

Another noteworthy performance came from Shane Johnson who competed in three different events earning three medals with three personal bests in the U15 section:-2nd in the long jump with 5.00m, 2nd in the 300m with 39.78s and 3rd in the 200 with 25.15s. The weekend was topped off by Thomas Cooney with his English Schools qualifying time and his National Standard time in the 300m (37.31) and 200m events (23.39 in heat 2), achieving gold in the former. He also ran 5th in in the 100m with 11.72 having done 11.72 in his heat.

Supporting well were Sam Malpass who came 3rd in a strongly contested 400m run (50.38) with Kelly Mavididi also getting 3rd in the under 20s 400m (61.85). Naomi Browne was 2nd in the U17 300m with 42.00. Zehn Ahmed achieved a personal best in his 100m race (12.09 in heat) and his triple jump (3rd in 11.00m). Nathan Meskell earned himself 2 personal bests in the U15 100m (12.37) and triple jump (2nd in 10.57m). He also ran in the 200m clocking 25.74.

On the afternoon of the second day of the same championships Iford AC were represented by Malcolm Muir in the Masters over 35 1500m. Malcolm kept with the main pack during the first half as the leading two runners, Paul Grange of Havering and Nick Sasha of Orion, pulled away. With 700m to go he made his move and secured third place and the bronze medal in 4 mins 24.00 secs.

Less than 30 minutes later Muir was in action in the Senior 500m, which was won by Iford's Tom Gardner in 15m 22.30s, and placed 7th in a quality field in 16m 18.96s with clubmate Sam Rahman 8th in 17m 31.44s.

## **Folkestone Coastal 10k**



## Press Report 2nd June

Sunday 31st May

A Gale Force Wind and driving rain greeted the 553 athletes who lined up on Sunday for the 4th Running of The Folkestone Coastal 10K Road Race in Kent.

On A Flat Promenade Seafront Out and Back Course initially into a Gale Force headwind for 5K that literally stopped you in your tracks, and then returning with the wind behind you for the final 5K on the promenade, Ilford AC Club Super-Veteran, Terry Knightley, came 34th Overall in a time of 41 minutes and 28 seconds.

He was followed in 490th Position by new member and Veteran over 55, Kim Baxter, in 68 Minutes and 30 seconds.

The Race was won by local Athlete, Paul Whittaker of Southend Athletic Club.

Kent Road Runner Marathon

Peter Spelman reports that he was the only Ilford competitor in this unique event although club colleague Carol Muir was there to encourage and cajole him during every one of the 17 laps held on an undulating cycle circuit.

The course was made even tougher by 3 significant inclines on the circuit comprising 51 hills in total but these did not phase the Ilford man who finished in a time of 4.26.46 being rewarded by a finishers medal described by the race organiser as probably the biggest in Europe!

### **SCVAC League Match 2**

Stevenage

18th May

The team of 5 athletes competed admirably to finish a creditable 4th in match 2 of the SCVAC League held at Stevenage & North Herts AC on 18th May.

Henry Ricketts competed in the 35 age group covering the 200m (29.2), 800m (2.45.7), 3000m (13.48.5) and hammer (8m 66cm) with a best placing of 4th ironically in his least favourite distance of the 3000m.

Malcolm Muir covered the 40 age group in the 200m (29.4), 800m (2.17.7) and 3000m (9.35.2) winning the longest track distance on the evening.



## Press Report 2nd June

Peter Whiting in the age 50 category covered the 800m (3.23.7), 3000m (15.53.9) and hammer (19m 38cm) which gave him his best position of 2nd.

Gerald Daniel came down to the 50 age group to compete in the 200m (31.7) for 5th.

Andy Catton showed a return to track form competing over 800m (2.45.8) and 3000m (11.46.4) in the 60 age group finishing 2nd and 1st respectively.

The evening finished with the 4 x 400 relay where the team of Henry, Malcolm, Andy and Gerald finished 5th in 5.07.7 even though Gerald picked up a hamstring strain while catching the 4th placed athlete.

The team now move onto match 3 at Barnet Copthall on 15th June where Peter Whiting will be looking after the team.

### **Other Races**

Meanwhile the Ilford's superveterans have been doing the Club proud on both road and track in the over 60s category. On Tuesday night Tony Nixon ran 19.32.03 in the 2nd of the 5 race Harwich 5k series to record the fastest age graded time of the night equating to an incredible 14.44.88. Not bad for a 67 year old. This was matched by club stalwart Andy Catton who recorded 19.28.9 to take the SCVAC track gold at Ashford on Saturday morning to add to the 10 miler he won earlier in the year.





# Press Report 2nd June

