



Southern League Match 5

Hemel Hempstead Saturday 15th August 2015

Ilford AC finished their Southern League campaign with an excellent 4th place at Hemel Hempstead on Saturday. This was Ilford's toughest match of the season as three of the four opposing teams were in the top 6 of the division after the first four fixtures.

Ilford were no match for these three teams, but they had an all day battle with Braintree, with Ilford finally prevailing by 4.5 points, after the final event.

Top performer's for Ilford were Vicky Onyeka and Krystle Balogun, who both did four individual events and a leg of the 4x 400 relay. Vicky took 2nd place in the 100m in 13.6 and followed this up with 4th in the 200 in 28.1. Before coming a top class sprinter Vicky was a thrower and returned to these events to win the shot put with 8.31 and take 3rd in the Hammer with 24.86. Krystle once again won the 800m in 2.21.3, this means she was unbeaten over 800m in the League this year. She also took 3rd place in the 400m in 61.5. Having a few hours before the relay Krystle decided to try a few other events and ran a very impressive 200m in 28.6 for second place, before gaining valuable points in the B string shot with a throw of 6.71.

After an injury hit 2014, Kelly Mavididi is going from strength to strength and had a great win in the B string 400m with a time of 63.3, she also ran a great leg in the 4x 400 relay. New member Adaku Okorie gained valuable points in the Long Jump with 2.56 for 4th, 5th in the Javelin with 12.07, her most impressive performance was in the high jump where a jump of 1m 25 gained 4th place, she was also in the 4x 400 team.

The Final member of the ladies team was Naomi Browne who started the day with 4th place in the Long jump with 4m 38 and was in the lead in the 100m, before suffering a hamstring injury around 80m, bravely she finished in 4th place.

With more athletes on the men's side, the workload was able to be shared, however almost everyone ended up doing at least two or more events.

Malachi Harley ran a great 100m gaining second place in a personal best time of 11.7, he followed this up with another personal best in the long jump with a leap of 5m 28 for 3rd, before running the 3rd Leg of the 4x 400. Zehn Ahmed also gained a personal best of 24.6 in taking second place in the 200m, before switching to the shot put where he finished 5th with a throw of 5m 96, before finishing his afternoon with a leg in the 4x 100.



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Kelechie Okorie has his usual busy meeting with 3rd place in the 400m in 50.9, and gained valuable points in High Jump with 2nd place with a jump of 1m 70, before switching his attention to running in both relays. Competing in only his second match Gboldade Ogunyemi had a solid run in the 400m for 5th place in 61.5, but was outstanding in the B string High Jump which he won with a jump of 1m 60.

Jeffrey Nkrumah who is coach to many of the athletes had a busy afternoon, firstly helping organise the team, before putting on his racing spikes and coming 3rd in the B string 800m in a time of 2.11.5 which was only just outside his seasons best. He then switched to the Triple jump to take 4th place in a personal best of 11.56, before running in both relays. Pete Whiting continues to gain valuable points in the field events, originally only coming to officiate Pete ended up doing the shot where he was 5th in 6.39, discus 5th in 17.92, Hammer 4th in 16.56 and finally 4th in the B string Javelin with 25.56. The final member of the field team was Tony Nixon who was 3rd in the B string discus with a throw of 13.56

Ilford have struggled a bit with middle distance races this year, but this fixture, the team mangers SOS call was taken up firstly by new second claim member Lee Johnson who competing in his first match took 4th in the 800m in 2.12.7 before returning later to take 3rd in the 1500m with a time of 4.38.4. Sam Rahman ran a season's best of 4.37.2 in taking 3rd place in the A string 1500m, before following this with 2nd in the B string 5000m with a time of 17.15.4. James Smith who is currently preparing for the Bournemouth and running 70 miles a week, decided to get in some speed work with a 5000m, where he was hoping to run 16.30, James stuck to his schedule until the last few laps where he fell away slightly but still managed a personal best of 16.36.9. After having a short rest and despite a dodgy technique he completed the 2000m steeplechase in 4th place with a time of 7.49.7.

Bradley Brown ran in three non scoring races, running 15.2 in the 100m, 20.43 in 5000m and despite an injury 40.4 in the 200m.

Final match position. Dacorum & Tring 315.5, Medway & Maidstone 313, Colchester & Tendring 312, Ilford 161.5 and Braintree 157

Final League positions are not yet to hand, but Ilford are expected to be in 18th position, which has exceeded expectations in their first season back.

WORLD MASTERS ATHLETICS CHAMPIONSHIPS

Lyon France



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The last day of the 21st World Masters Athletics Championship in Lyon, France dawned overcast, cool and still. Ideal conditions for the full and half marathon races on a wooded twisty turny course in Parilly Park.

Rob Sargent of Ilford AC was on the Great Britain team for the half and he ran a steady race reaching the end of the first lap in 51 minutes in 43rd place in the M60 category. He pushed on the second lap and gained one spot in his age group recording 1hr 46min 12 secs to finish 444th in a field of over 650.