



## Essex County Track & Field Championships

Three Ilford athletes Krystle Bologun, Tom Gardner, Ahmed Abdulle, amassed 3 gold 1 silver and 1 bronze medal at these championships held at Chelmsford.

On day 1 the 3000m saw the Senior men and U/20 race combined with Ahmed winning the overall race in 8-51 together with the U/20 title, with Tom coming 2nd in 8-57 and thereby taking the Senior men's title. In the 800m Krystle battled all the way for her bronze in 2-23. On day 2 it was the same format again with the 1500m U/20 combined with the Senior men. Although Ahmed came 4th overall he took the U/20 title in 4-06-6. In the 5000m Tom lost out in a sprint finish in the home straight narrowly beaten into 2nd place in a time of 15-26.

### Ilford Young Athletes go Fourth

Further down the age groups the Ilford young athletes produced some impressive performances but unfortunately were unable to bring home a county medal. Three of Ilford's young stars just missed out by taking 4th place.

First up was Mungo Prior in the Under 15 boys 1500m, in his first ever 1500m race running a great race to finish 4th in a time of 4.40.8. On the Next day Farris Patel claimed the same position in a very fast under 15 boys 800m, with a time of 2.14.0, which was just 2 tenths outside his personal best.

Best performance of the weekend was from Jordan Hinds in the U17 girls 800m, having recently missed a few training sessions due to studying, she defied expectations. In a fast race Jordan let the leaders get away early but was always moving through the field and put in an excellent finish to come 4th in a time of 2.28.7, her third PB of the season.

Three other squad members set personal best times including Isabella Hick who set a personal best running 46.90 in the U15 girls 300m and also ran 2.44.5 in the 800m. Bradley Deacon knocked 5 seconds off his best in the U15 boys 1500m in a time of 5.25.1. Despite being disappointed with his run Jack Halil ran a personal best of 44.5 in the U15 boys 300m, before returning the next day to run 2.38 in the 800m for 9th place.

The squad's two youngest members Euan Johnstone and Matthew Hick, both ran well. Euan ran in the worst of the conditions on Saturday, but managed to equal his personal best in the under 13 boys 800m with a time of 2.56. Next day Matthew came 7th in the 1500m in a time of 5.31.

### On the Road and trails

Elsewhere Ilford's Declan Cullen took part in the Oxford Town & Gown 10k reporting a very crowded start and warm and sunny conditions. Despite this he was delighted to run well and lower his pb for the distance to 44.56



## Press Report 17th May 2016

Meanwhile stalwart Andy Catton had one of his best runs in the last 6 months when competing in the brilliantly organised Haldon Heartbeat 8.5 miles trail race on Saturday morning. On a tough hilly course, all off road in Haldon Forest near Exeter, Devon, Catton prevailed over a monster of a hill at 5 miles to come home as the 35th finisher and first M60 in 62.02.