



Southern League Match 2 - Mile End Stadium

22nd May 2016

Golden girls win Again and Again

A small team of just seven athletes competed for Ilford in the latest round of the Southern League at Mile end last Sunday. Despite finishing in 5th place in the overall standings there were some superb individual performances and wins.

On the ladies side Ilford's Dynamic duo of Krystle Balogun and Jordan Hinds continued their dominance of the 400m and 800m, with both A and B string victories in both events. Since returning to the southern League last year Ilford have had seven matches and Krystle has won every 800m race. At Mile End she won the 800m in a time of 2.25.3, with Jordan second in a time of 2.31.4, which won her the B string. One hour later they were back on the track in the 400m with the same result Krystle 1st in 61.4 to win the A string and Jordan a PB of 65.0 to win the B string. Not content with her afternoon's work Krystle then dropped down to the 200m where she recorded a personal best time of 27.28 in placing 3rd.

On the men's side Ahmed Abdulle was the star performer, running away from the field in the 3000m to win in a personal best time of 8.44.5. Ahmed's training partner Tom Gardner also ran the 3000m, but was showing the effects of running a 10,000m the night before and this time could not stay with Ahmed. However he did manage to gain valuable point by placing 2nd in the B string with a time of 9.31.4.

New member Simeon Balson who only joined the club the previous week was straight into league action in a fast 800m. The pace was quick from the start, but Simeon pushed the pace further at the half way point. He was still leading with 200m to go, but faded slightly to end up 3rd in an excellent time of 2.02.4

Usamah Patel found the going tough in the 1500m, but still ran a season's best time of 4.33.20 for 7th place in the 1500m.

Club stalwart Pete Whiting was Ilford's sole representative in the field events placing 4th in the Discus with 17.23 and 5th place in both the hammer and Javelin, with throws of 18.30 and 24.61.

Sam Malekout who is not yet eligible to score for Ilford competed in two events, jumping 5.42 in the Long jump and a great throw of 43.39 in the Javelin.

Hatfield Broad Oak 10km

Monday 30 May

Two of the Ilford AC ladies travelled into the Essex countryside for the Hatfield Broad Oak 10km which is staged in conjunction with the annual village festival. On a blustery morning 1216 finished the race held over a rural course around the village, Carol Muir came home in 59 mins 16 secs in 912th spot, while Pam Jones finished 1090th with 65mins 10 secs, 35th in the grand masters category



Vitality London 10k

Monday 30 May

On a cool Bank Holiday Monday morning, 11,000 runners set out on the Vitality London 10k, including 12 athletes from Ilford AC.

The conditions probably suited the runners far more than the crowd, many of whom adorned unseasonal jumpers and jackets along the route.

The 10k starts on The Mall and takes in some Iconic London landmarks including Trafalgar Square, Guildhall, St. Pauls Cathedral and The Houses of Parliament before finishing outside Buckingham Palace.

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Leading the Ilford Athletes home was Steve Philcox who finished 27th in his age group with a time of 36:37, followed by Bradley Brown with a time of 40:14.

Leading the ladies home, with a very impressive 42:41 was Breege Nordin who was 4th in her age group.

Another athlete worthy of mention was Zuzana Sinalova who completed her very first run at this distance in a time of 47:56

Other Ilford participants with times were Gary Floate 43.09, Ernie Forsyth 48.15, Billy Green 49.25, Julia Galea 53.54, Pathrose Louis 54.09, Sukhbindar Jandu 56.46, Julie Gillender 59.41, and Doris Gaga 64.21.

Folkestone Coastal 10k Road Race

9th May 2016

On Sunday Two Ilford Athletic Club members travelled to the very windy seafront on the Kent Coast along with almost 500 other runners for the 5th Annual Folkestone Coastal 10K Road Race.

On a recent return to form, Terry Knightley battled the conditions well to finish in 13th Overall position in 38 Minutes and 14 Seconds and win the First Male Veteran Over 55 Trophy and also finish over a minute ahead of the the first over 50 Male Veteran.



The day before he had won the Thurrock Park Run in 18 minutes and 43 seconds and break the Male Veteran Over 55 Course Record.

Kim Baxter ran strongly to finish in 426th place for 68 minutes and 17 seconds and better her time from last year.

All finishers received a medal and goody bag and free cup of tea and cake for their efforts !

Kent Road Runner Marathon

28th May 2016

Ilford's ultra man Peter Spelman ran the Kent Road Runner marathon last Saturday which



to place the multi-million pound Cyclopark venue in Gravesend Kent. Peter took advantage of a course that makes use of a perfectly smooth 1.29 mile private tarmac circuit – absolutely no traffic, no pedestrians and no dogs, recording a gun time of 4.30.32 for 5th male vet 60 .

250 Up

Ilford AC's Carol Muir completed her 250th parkrun covering 139 destinations when crossing the line in the Stevenage Park Run last Saturday.

Westminster Mile

Personal bests galore for Ilford youngsters

Ilford AC's Young middle distance group competed in the Vitality Junior British Champs this weekend, with all athletes achieving a personal best. It was great to see so many Ilford youngsters competing in the various Boys and Girls events.

Some of the best junior athletes from all over the country travelled to St James Park for this prestigious event and the Ilford athletes delivered strong performances in perfect weather conditions.

First up was the under 11s Boys where Matthew Hick battled through the field to come 12th position, in a time of 5.49. Euan Johnstone was not far behind in 29th in a very encouraging



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Aaron Hick, who competed in his first athletics race. Aaron is only 8 years old and sprinted the last 200 of the race, taking over many athletes in his way and ran a superb time of 6.58 Next up was the u13s Boys where Farris Patel was with the leading group the whole race and once again used his speed at the end to out sprint a number of athletes to come an outstanding 6th place, in a time of 5.06

Bradley Deacon improves with every race and backed Farris up with a solid 43rd position in 5.45.

In the u15s Boys, Mungo Prior, competed against some really quality athletes and broke his personal best by over 10 seconds to run 4.55 and come 29th

Last but not least was the U15 Girls where Ilford had 2 youngsters compete. First home was Jordan Hinds who came 18th in 5.51 and Isabella Hick ,21st in 6.35.