



Woodford Open Graded Meeting

Ilford Youngsters Make the Grade

Ilford's young athletes had a great night at the recent open graded meeting at Woodford. The late afternoon thunderstorms had finished and it was a perfect night for running, with for the first time in living memory, no gale force wind at a Woodford Open meeting.

First up was new member Temi Adeosun, who despite getting lost on route and only turning up 15 minutes before the start, ran a great 100m in a time of 12.12. Next up in 100m was Ellie Wright who achieved a personal best time of 13.98 in placing 2nd in the 100m, followed up less than an hour later with another personal best of 29.23 for 3rd place in the 200m.

Ayeshah Lawrence was competing in her first ever race and although she was nervous before the race, she ran really well in the 200 to place 5th in a time of 31.27.

All the other athletes competed in the 800m. In the first race Isabella Hick pre race intention was to run 2.40 as she set off exactly on schedule and was even leading the race, but between 400m and 600m, she began to tire and fell 2 seconds off schedule. With 200m to go, she suddenly picked up and produced a great finish to cross the line in 2.40.17 an improvement of 4 seconds. Also in this race was Keshan Beckett Edwards, who was returning to racing after a knee injury, he looked good the whole way and finished strongly to record a personal best of 2.48.51.

Jordan Hinds continued her assault on her 800m personal best knocking another 2 seconds off her best in taking 3rd place in a time of 2.26.70, she has already improved by 18 seconds already this season, and is ranked in the top 200 in the country for her age group.

The final race of the night involved both Mungo Prior and Farris Patel, the pace was fast from the start and both the Ilford athletes were up with the pace. Farris made a move along the back straight, before kicking off the final bend to not only win the race, but set another personal best of 2.09.78. Mungo also knocked 5 seconds off his best in setting a time of 2.12.78

Gary Floate had a night off from coaching to take part in the Self Transcendence 5K at Battersea Park last Monday and clocked 20.38 for 74th place.

Havering 90 Midweek 5 Miles

Tuesday 7th June

The second round of this summer's Elvis series took place on a muggy evening last Tuesday in Romford's Raphael's Park.

24 Ilford athletes lined up for The 5 mile course for the pleasant scenic 2 lap course, slightly undulating, with a nice run along the lake to take in.

The Ilford squad equipped themselves very well in the race being led home by Steve Philcox in 10th spot with 29mins 54 secs taking the M50 category prize. He was followed home by



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team mates in the next 3 positions: Paul Holloway in a personal best time of 30m 04s, Sam Rahman in 30m 24s and Kevin Wotton with 30m 25s. Neil Crisp was second in the M50 group with 30mins 43 secs for 16th followed in by Terry Knightley who closed the scoring team in 20th with 31m 19s to finish second to the strong East London side in the match.

Robin Mcnelis came home in 21st with 31m 29s while Andy Catton once again headed the M60 category in 49th with 34m 48s with Declan Cullen second in the same group recording 36m 14s

Nicola Hopkinson led home the under strength Ilford ladies team as 16th female finisher in 38m 56s and supporting her as the scorers for the club were Dianne Crisp with 41m 29s placing 136th overall, Rachel Halpin in 43m 36s and Julia Galea as 4th F55 category b with 43m 37s.

On the night the ladies team finished 4th but maintain 3rd spot in the league.

Also running were Bradley Brown (72nd 36.33) Billy Green (100th 38.58) Ernie Forysth (109th 39.36) John MacKenzie (118th 40.00)

Pathrose Louis (147th 42.36pb) Peter Spelman (163th 44.42) Carol Muir (174th 46.28)

Nichola Fairbairn (175th 46.33)

Nicola Chester (184th 47.44) Doris Gaga (190th 49.39) Pam Jones (206th 52.54).

Southend Half marathon

Conditions were good for running with low temperatures and the rain held off until the finish. Ilford AC's Peter Spelman was pleased to clock 1.56.06

