



## **Essex Track and field Championships**

Southend 27th August 2016

Ilford AC had a highly successful day at the final day of this year's Essex Track Championships at Southend last Saturday. The meeting consisted of a few individual events, but most of the meeting comprised of relays in which Ilford contested eight and picked up medals in six of them.

First up were the women in the Under 17 4x 100 where the team consisted of Isabella Hick, Jordan Hinds, Ayshah Lawrence and Ellie Wright. The competition was pretty stiff and they did great to reach the final, where they took 8th place.

Next up were the under 15 boys also in the 4x 100. The Ilford team of Jack Halil, Aaron Samuel, Mungo Prior and Farris Patel are all middle distance runners and the step down to the sprints was a bit of a shock to their systems, but they did well to take 5th place.

The Under 17 women were back up next, in the 3x 800m. Isabella was on first leg and made a fast start and got the team into contention on the first lap, however her fast early pace took its toll on the second lap and she drifted to 5th place. Ellie who is not over keen on running the 800m ran the second leg and despite losing one place ran a steady leg. Jordan flew off on the 3rd leg and was rapidly closing down on athletes ahead of her, she passed one each lap bringing the team home in 4th place. However as the U15 were also in the same race Ilford claimed 2nd place and silver medals in the U17 category.

Like the women's race the U15 boys and U17 men's 3x 800 was a combined race, Mungo ran first leg for Ilford where the Colchester athlete made a flying start and soon established a huge lead. Mungo stayed with the pack and handed over to Jack in 4th place. For the first lap Jack was content to sit in with the group, but at the bell he surged to the front. However the two runners went with him, whereas previously he has faltered down the back straight, this time he hung in there and kicked again over the last 100m to hand over in 3rd. Farris went on leg three. By this time the long time leaders Colchester were struggling and soon Orion moved into the lead with Farris moving into second place, a position they held until the finish. However it turned out the Orion team were U17's so Ilford took the gold medal in the U15 category.

The women's 4x 300m followed and once again Isabella ran first leg and against strong opposition handed over in 4th place. Ayshah who has never raced further than 200m and was nervous before the start ran a great second leg retaining 4th place. Jordan pulled out all the stops on the 3rd leg and matched to catch the 3rd place athlete and handed over to Ellie level with Orion. The last leg runner for Orion made a very fast start and created an immediate gap over Ellie, and despite Ellie closing in the home straight, Ilford had to settle for fourth. However when the results were read out the first place team were disqualified, moving Ilford up to 3rd, which meant across the three events all the girls, had received a County medal. Which clearly



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delighted Ayshah who kept smiling the rest of the day.

Aaron Samuel who is just back from a long holiday and behind in training ran a great opening leg in the Under 15 boys 4x 300 bringing the team home in 3rd place. Jack had another storming run flying along the back straight and handing over in second place. Mungo ran third leg and maintained second place which, which meant Farris ran the anchor leg and brought the team home in a hard earned second. Like the girls every one of the boys received a county medal.

The senior men's 4x 400 contained a team of middle distance runners who used this as an end of season blow out. Jack Maher ran first leg and came home in an excellent 2nd place, before handing over to Alex Richards who held onto second place. Ahmed Abdulle who rarely runs anything shorter than 1500m showed he has a turn of speed by maintaining 2nd before handing over to Simeon Balsom. Simeon who ran close to 50 seconds in a recent leg match tried desperately to catch the Chelmsford athlete ahead of him and got to within 15 metres but ultimately had to settle for second place.

The final event of the day was the rarely run Medley relay which consisted of 200, 200, 400, 800. Young Temi Adershorn ran the first leg for Ilford, and although he prefers the 100m ran a great opening leg coming home in 3rd place. Jack took the baton on the second leg and ran a great bend to move the team into second place. Having only just recovered from a great leg in the 4x 400 Simeon was called upon to run another 400m and although he got close to the Chelmsford athlete there was still a gap of 20 metres when he handed on to Ahmed. A fast start was made by Ahmed and he halved the gap on the first lap, but going into the wind on the back straight the Chelmsford athlete just managed to stretch the gap out again which he held until the finish.

At the end of the meeting Ilford had one Gold Medal, 4 Silvers and one Bronze and everyone that competed won at least one medal.

