



**\*ILFORD AC PRESS REPORT. 20th JUNE 2017\***

**Veteran's AC 5 MILE Championship**

**Battersea Park**

**13th June 2017**

***\*Five runners, five medals over 5 Miles\****

On a warm June evening at Battersea Park 5 Ilford AC athletes raced in the 5 Mile Championships and every one came back with a medal.

In 5th place and 1st M50 was Steve Philcox in 29:06, 18th place and 1st V60 was Steve Parker in 36:29 and 21st place and 3rd M60 was Ed Skinner in 37:28.

For the Ilford ladies in 27th place and 1st W50 was Nicola Hopkinson in 39:03 followed by Pam Jones in 40th place and 1st W80 in 51:29





## **Southern Athletics league Track meeting**

### **Bury St Edmunds**

**17th June 2017**

#### **\*Ilford go fourth\***

For the first time this summer Ilford were greeted with hot weather for their third southern league match of the season at Bury St Edmunds. For many of the young athletes it was their first coach trip to a League match.

After two very tough first fixtures, this match offered Ilford the chance of finally beating another team.

On the track the meeting started with the 400m hurdles, and as one of the athletes was stuck in traffic, young Mungo Prior stepped into the breach to run in his first ever hurdle race, he did brilliantly to not only take second place, but edge his own Coach Wayne Hick who took 5th place, but more importantly second place in the B string.

In the women's 800m, Ilford's reliable pairing of Krystle Balogun and Jordan Hinds was reunited. For once Krystle did not have to lead the race and was content to sit in behind the Luton athlete, and was poised to move down the home straight, but the Luton athlete was surprisingly strong and Krystle suffered a rare defeat.

Just back in training after exams Jordan was content with winning the B string. In the men's 800m Jack Maher took 3rd in the A string in 2.11.7 and Tom King 3rd in the B string in 2.17.7

Conditions were perfect for sprinting and, in the women's 100m Efe Adjarifo had a great run to finish 5th in a time of 13.4. The men's saw some very good sprinting with Dan Wheeler running a PB of 11.6 to take 3rd in the A string. Even quicker was Temi Adeoshun who also ran a PB of 11.3 for 2nd place in the B string.

Krystle was again in action in the women's 400m and again was narrowly defeated, but was content in having a run a PB of 59.3. On the men's side Team captain Simeon Balson Jones was back from injury and produced a powerful run to win the A string in 50.3. He was backed up by Vignesh Rameshbabu in the B string who came 2nd in 53.3

Onto the long events which was a 3000m for the women and a 5000m for the men. In the women's race Nicola Hopkinson gained valuable points in finishing 4th in a time of 13.34.2. Ahmed Abdule and Malcolm Muir contested the 5000m, and whilst Ahmed went with the leaders, Malcolm was content to run to win the B string. Ahmed was eventually beaten by a



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very good athlete from Victoria Park, but ran seasons best of 15.40.4. Malcolm's plan worked to perfection as he won the B string in 17.09.6

Ellie Wright was the A string in the women's 200m and ran her third PB of the season in running 27.5 for 3rd place. Efe was back in action in the B string running 29.3 for 3rd. On the men's side Uche Egborn fresh from exams ran a PB of 23.4 for 3rd place and Dan Wheeler set his second PB of the day in winning the B string in 23.5.

Ahmed took to the track again for the 1500m, and after running the 5000m, he held himself back and worked his way through the field to eventually finish 2nd in 4.16.6. Jack Halil struggled a bit in the heat, but still took 3rd in the B string.

The final individual track event was the steeplechase and fresh from his run the hurdles, Mungo Prior led from the off and proceeded to run away from the field, he eventually won by 50 metres and set his third PB of the week. His winning time was 6.51.4. Malcolm Muir again ran for the team, but this time had to settle for 2nd place in the B string with 8.36.3.

Such was the depth of the team that some athletes had to do non scoring events in the non scoring 100m, Anthony George ran a PB of 12.3 and new member Qeda Clarke-Jones ran 12.5. In the non scoring 200m PBs were run by Temi Adeoshun in 23.5, Vignesh Rameshbabu in 24.3 and Krystle Balogun in 26.7

In the field events Dan Wheeler was slightly below par, but still managed 1metre 70 in the High Jump for 2nd place. He was backed up by Simeon Stuart who cleared 1m 50 for 3rd in the B string. Ellie Wright was Ilford's only lady to do a field event and she cleared a PB of 1m 30 for 3rd Place.

Simeon was back in action in the Long jump where his 5m 78 was seasons best, but was only good enough for 4th place. Anthony George did the B string Long jump and managed 5m 22 for 5th in the B string. Anthony then switched to specialist event the Triple Jump and managed 12m 62 for 4th place. Sam Malekout was as ever very busy after jumping 10.80 to win the B string Triple jump; he managed to borrow a pole from Victoria Park and proceeded to clear 2 metres for 2nd place in the Pole Vault.

Prior to these events Sam had competed in the shot putt where he came 5th with 8m 70, the discus where he was 5th in 26.89 and the Javelin where he was 4th was 36.40. Tom King was Ilford's B string javelin thrower and threw an impressive 31.94 for second in the B string.





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The remaining throws were covered by Pete Whiting and Neil Johnstone. Pete began with 6.53m for 5th in the shot and then 16.55m for 5th in the hammer. Whereas Neil threw 15.58 for 4th in B string Hammer and 14.04 for 5th in the B string discus.

The final events were the relays, in the women's 4x 100; Efe gave Ilford a great start, before handing over to Jordan who maintained their position.

Ayshah ran the third league and is beginning to make this leg for own, she powered round the bend bringing Ilford into contention. Ellie bought the team home in 3rd place in a season's best time of 55.1

In the men's short relay Uche led the time and had a great, before handing over to Temi, who was making up ground along the back straight. Anthony ran the third leg and had a great change over to Dan, who went past the Woodford, runner but was just unable to catch the Victoria Park athlete and had to settle for 2nd place in 45.5.

On to the Women's 4x 400 relay, Jordan ran the customary first leg, and although lacking in training, she gave everything with an excellent split of 65.5 to bring the team in first. Ayshah is not really a 400m runner, but she went off very fast maintain the lead, although she slowed over the last 50m, she kept the team in first place and ran a great 71.8. Next up was Ellie who stretched the lead with a solid 65 sec split. Krystle could have taken it easy, but that's not in her nature and she pushed it the whole way with a 60.8 split to bring the team home first in 4.23.1

The final event was the men's 4x 400 and Uche gave Ilford a great start, coming home in 3rd position. Vignesh was on the second leg and he immediately moved into second place and began to catch the leader, by the end of the leg, Ilford were just in the lead. Anthony ran the 3rd league and despite a great dropped back to 3rd. Simeon was on the last leg and flew round, moving Ilford up to second, but was not quite able to catch Victoria Park. The team's time was 3.35.9.

When the final points were announced Ilford placed 4th with 196 points, which is their highest points total since re-joining the league. They have already nearly matched last season's match points total after only three fixtures.

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