



South of England Indoor Athletics Championships

Lee Valley

6th/7th January

Ilford AC were represented by two lone competitors in Mario Dobrescu and Daniel Popoola at the South of England Indoor Athletics Championships at Lee Valley (weekend of the 6th/7th January).

Both competed in the 60m and 200m sprints with Dobrescu in the U15 Boys and Popoola in the U17 Mens categories respectively.

Popoola set PBs in both events and reached the semi-final in a high quality U17 Men's 60m event.

Dobrescu impressed in the heats of the 60m and was just edged out of the medals in the final by an agonising 0.01.

Out for revenge in his preferred 200m, he qualified fastest for the final after impressive showings in both the heat and semi-final. In a closely contested race Dobrescu was just edged out and had to settle for the Silver with a huge new PB of 23.28 and in doing so, also broke the Championship record.

Both Dobrescu and Popoola will look to build upon their efforts at next month's Essex Indoor Championship.

ESSEX CROSS-COUNTRY CHAMPIONSHIP

Great Notley Country Park, Braintree

Saturday 6 January

The Essex Cross-Country Championship was held on a chilly afternoon at Great Notley Country Park on Saturday on a traditional country course which the melting overnight frost producing a sticky muddy surface.

In the u/17 girls 5km Championship Jordan Hinds battled hard to finish 17th in 23 mins 20 secs.

