



English Schools Championships

Birmingham

13th / 14th July

Aaron Samuel and Mario Dobrescu were chosen to represent Essex at the prestigious English schools championships last weekend. Aaron was chosen for the Inter boys 1500m, which entailed heats on Friday. The first four in each heat, plus the 4 fastest losers progressed to the final. Aaron was in heat 2 and was in a good position for most of the race. Unfortunately he lost 2 places in the last 30 metres and missed out on a place in the final by 0.5 seconds.

Mario, of Mayfield school, was picked for the Junior boys 200m, which entailed three rounds, he breezed through his heat as the fastest qualifier, and much the same in the semi final. The final looked a straight shoot out between Mario and Remi Jokosenumi of Middlesex . Mario made a great start in the final, but unfortunately the Middlesex proved to be just faster on the day and took the gold in a very fast 21.99.

Although disappointed with the silver in the 200m, Mario made up for it later by being of an Essex squad that won the 4×100 relay.



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Southern League Champs

Luton

15th July

A small but determined team of Ilford Athletes travelled across to Luton for the fourth Southern League fixture of the season. Once again the fixtures were unkind to the Ilford team, with them being up against three teams who going into the fixture were in the top six of the table.

The ladies side of the team only had 6 athletes, but every one of them, did multiple events to help out the team. Krystle Balogun came 2nd in the B string 100m in 13.4, followed by 1st in the A string 200m in a time just outside her best and then 1st in the B string 400m in 59.7. Before rushing to do the shot put, where she took 4th place. Sporting a new hairstyle Efe Autinz came second in the A string 100m, before running a pb of 27.7 to win the B string 200m.

Gemima Eshimu Massamba has been knocking on the door of 60 seconds all season, and finally broke the magic mark with a time of 59.7, in winning the A string 400m. Ayshah Lawrence ran a pb of 29.1 in the non scoring 200m, before gaining valuable points with 4th place in the b string shot.

Ayshah, Gemima, Efe and Krystle combined for the 4×100 and took a very good second place.

The middle distance was taken up by Jordan Hinds and Zuzana Sinalova, Jordan ran in the 800m where she came a very good third place in 2.24.8. Then as there was no 4×400 relay she took on the 1500m with Zuzana. Running to a plan Jordan helped Zuzana round to a pb of 5.27.5 for 3rd with Jordan close in 5.29.4 for 2nd in the B string.

On the men's side Dan Wheeler tackled the High Jump, after hurting his ankle recently, he took off from his opposite and still cleared a very good 1m 73 for second. He then came 3rd in the 100 in 11.6, 3rd in the 200 in 23.5 and 5th in the Discus in a pb of 18.85. Jordan Akinpelu joined Dan in the high jump clearing a pb of 1m 43 for 1st in B string, followed by a very good long jump only 2 centimetres off his best with 6.16. Then winning the B string Triple jump with 11.32, before finally winning the B string 200m in 23.7.

Anthony George also had a busy day, despite a series of no jumps he still came, 2nd in the Triple Jump with 11.80. Second in the Long jump with 5.20 and ran a pb of 11.7 for 3rd in the



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100m.

Alex Richards and Tom Gardner did the 3000m, winning both the A and B strings, with top just piping Alex on the line in a time of 9.15.3, to 9.16.4. However Alex had already won the 800m in a very good solo 1.59.4, before an hour late coming second in the B string 400m in 53.6

Pete Whiting and Sam Malekout, have been of many Southern League campaigns with Ilford and despite their Veteran status, they continue to rack up the points. Pete competed in Pole Vault, gaining 2nd in the B string, Shot 5th in the B, 5th in the A string hammer and finally 5th in the B string Javelin

Sam Malekout virtually does a decathlon every match and again this match was no exception, with first place in the 400m hurdles, second in the flat 400m. Before moving to the field events where he came 3rd in the A string Pole Vault, 5th in the A string shot, 5th in the A string Discus, 5th in the b string hammer and finally 3rd in the A string Javelin.

Host club narrowly won the match from Woodford, with Ilford in 4th place, which should maintain their mid table position in the League.



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