



*As the warm weather slowly begins to appear, several Ilford athletes dusted off their winter clothing and took to the track at recent open meeting.*

### **Woodford 30th March 2019**

Esmeralda Mengele and Efe Austin started their summer campaign with an outing over 100m. Esmeralda showed that her winter training had gone really well with a PB of 12.70, this was the first time she had ducked under 13 seconds. Efe was close behind in a time of 13.50, before also competing in the 200 in a time of 30.03. Daniel Wheeler also competed in the 100m and had a solid run in a time of 11.65 for 5th place.

Ryan Holeyman had a great run in the 1500m not only winning the race, but knocking over 11 seconds off of his best with a time of 4.53.24

In the field Jordan Akinpelu made an impressive start to the season with a jump of 6.26 which was an outdoor PB

Denise Evi-Parker competed in the Triple Jump and leapt to an impressive 10.20, it is hoped that she joins the club shortly and will gain valuable point in the forthcoming season

### **Lee Valley 6th April 2019**

Farris Patel was Ilford's sole representative at the Lee Valley open meeting and after a good winter he was eager to start his track season. Farris managed to get in himself in the fastest race of the day and managed to go with the fast past, he reached the ball in 57/58 seconds and pushed on down the back straight. He crossed the line in second place in a pb of 1.57.59, which is just 2/10ths outside the Ilford under U17 record and is currently the fastest outdoor time in the country for U17's.

### **Hornchurch 7th April 2019**

Jordan Akinpelu was back in action again this time in the 100m where he came 4th in his heat in a time of 12.07, also in action at Hornchurch were Javene Alexander who also game 4th in her 200 heat in a pb time of 30.18. Ryan Holeyman was also back on the track in another 1500m and was slightly disappointed with his time of 5.07.16

Next Saturday the 13th Ilford have their first Southern League fixture of the season at Watford