



## **Woodford Green Open**

Woodford

*Tuesday 13th August*

It was a good night for Ilford Ac at the Woodford Green Open Meeting.

Krystle Balogun recorded a time of 27:07 in the 200m which placed her 4th on the night, whilst Jordan Hinds ran in the 800m recording 2:28:58 which gave her 3rd place and 1st U20 female.

There was a big field for the 3000m and both Diarmuid Mac Donnell and Dan Holeyman got into their running early and kept a steady pace to come home 13th and 14th respectively. Diarmuid recorded 10 mins 34.54 secs , a new personal best by 17 seconds, while Dan better his personal best by over 20 seconds with 10 mins 38.97 secs.

Ilford had 3 athletes in the 3000m walk who all performed well. Steve Uttley placed 6th in 16:52, Rachel Lawless 10th in 19:04 and Lesley Morris 12th in 20:51





## **BMC Regional Meeting**

Eltham

*Wednesday 14th August*

The following night Ilford endurance athletes were in action again, this time at the British Milers Club Regional Meeting at the Eltham track in South London.

Sam Rahman ran in heat 2 of the 5000m where he kept a constant pace until tiring slightly over the last 800m to record 17 mins08.19 secs, his best time of the season, to finish in 12th spot.

In race K of the 800m Ryan Holeyman, who is still in the under 15 age category, ran a well judged race.

He kept with the pacemaker to the bell and then took on the race to win the heat in 2 mins 19.95secs, breaking the 2.20 barrier for the first time.







## **Southern Athletics League**

Ware

*Saturday 17th August*

Ilford ACs Southern league team finished the season with a strong third position in the last league match at Ware on Saturday. This meant the club ended the season in 13th position, which was our highest position for some time

Even though Ilford was missing many athletes due to holidays/other races, all Ilford's athletes did their bit to fill as many gaps in the timetable.

First event of the day was the Mens 400 hurdles, where Wayne Hick made his normal yearly comeback to come 2nd in the A string in a time of 71 seconds. Jack Halil also came second in the B string. Jack also came 2nd in the Triple jump in a new PB of 11:03

In the Mens 100 Nat Senior came 4th in the A string and Fidunu Abidekun won the B string in 12. Nat also won the B string long jump and helped the 4 x 100 relay team to 2nd. Fidunu came 2nd in the High jump with 1.74 and won the B string Triple jump

In the mens 200m Jordan Akinpelu ran a storming bend and maintained his speed to the line to win in 23.6. However his best performance and the performance of the day was his 6:56 long jump. He also won the High jump and was part of the 4 x 100 relay team. Wanya Williams was third in the 200 and part of the relay team

One of the most competitive races of the day was the mens 800, where Ilford had 5 athletes competing. Aaron Samuels came 2nd in the 800 in 1.59, a personal best. Ahmed Abdulle also ran 1.59 and Alex Richards ran 2.00. Bradley Deacon ran 2.10 and Philip Ellul ran 2.14. Alex also won the 2000 steeplechase

In the mens 1500 Ilford ACs 2 athletes dominated the race. It was great to see Paul Grange and Jak Wright come home in 4 :15 and 4 :24, in windy conditions, respectively. Paul came back later to help the mens 4 x 400 team win the last race of the day

In the mens 5000 Tom Gardner came home 2nd and Mungo Prior 2nd in the B string. New athlete from Spain, Oscar Peris, who was running as a Non scorer ran a great time of 16:46

In the throws Nat Senior, Roger Honey and Sam Malekout did all the throws between them



## Press Report 20th August 2019

and brought home lots of points. Sam won the shot putt, 4th in the discuss, 2nd in the javelin , 2nd in Pole vault and 3rd in the Hammer. He also ran the first leg of the winning 4 x 400 team

Nat came 4th in the Shot where as Roger came 2nd in Pole vault, 2nd in the discuss and 4th in the Hammer

In the ladies, Ilford had 4 competing athletes but between them they did an amazing job. Krystle Balogun came 2nd in the 100 in 13.4, 2nd in the 200 in 28.0, 5th in the shot and discus.

Eshimu Massamba Gemima came 2nd in the 100 in 13.7 and won the 400 in 62.2

Jordan Hinds , getting better with every race , after her studies, came 2nd in the 800 in 2.27 and 5th in the 1500 in 5.34

Finally Nicola Hopkinson, who has gained so many points for Ilford this year as a Field judge in every match, also found time to do the long jump, shot putt, discus and the 3000m. A special thank you to Nicola for all her help and support

Another year comes to an end and Ilford team has improved on previous year, so roll on next year



## **Clacton 10k**

*Sunday 18th August*

The Clacton 10k took part on Sunday as part of the annual Clacton Carnival.

Over 400 runners tackled the flat out and back course along the seafront, including Ilfords Julia Galea who was pleased with her time of 58:38 which placed her 147th and 2nd Female Vet 60







# Press Report 20th August 2019





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