



## **Back on Track**

With some covid restrictions being slightly lifted a few athletes have finally managed to get in a few races, here is a roundup of what's been happening.

First out of the blocks was Krystle Balogun who ran a 200m at Lee Valley on 16th August in a time of 27.52

A week later it was over to Mayesbrook Park for a 100m, unfortunately the wind was very unpredictable, which meant some of the races had a tail wind which was over the allowable limit. Krystle had two runs in 13.04 and 13.17, with the latter, being with a legal wind. Also taking part were Esmeralda Mengeyele 12.93 and 13.03 both above limit and Efe Adjarho 13.86 and 13.92.

On the men's side Wanya Williams ran 11.70, with the wind above the allowable limit and the same for Fidunu Abidekun with times of 11.04 and 11.08

Great times with a legal wind were achieved by Abdulhakim Mohamed 11.04/ 11.09 and by Rhys Ofori 11.38/11.44w. The 11.38 by Rhys is the second fastest by any Ilford under 15 athlete.

Special mention also for coach Nat Senior who has coached Joel Pascall Menzie to the final of the senior UK 100m championships where he came 5th as an under 20 . Although Joel is a member of Newham & Essex Beagles he frequently trains at Ilford under Nats supervision

On the middle distance Paul Grange has run two very fast 800m in 1.54.59 and 1.54.73 to firmly establish himself as fastest over 40 800m runner in the country

Jak Wright ran within a second of his best 1500m time with 4.12.7 at the Lee Valley BMC Meeting in August and followed that up with at 9.22 3000m this weekend.

Finally Jordan Hinds ran her fastest 800m in 2 years with a time of 2.26.41 at Lee Valley last weekend.

## **5k handicap race**

Barking Park



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5th September 2020

After the success of the clubs 5k championships last month, Ilford AC held a 5k handicap race in Barking Park last Saturday.

In his first run for the club 'Sat Rana' was the first home in 32:40, running off an 8m handicap.

Fastest runner on the day was Tom Gardner, who ran 16:12.

First female home was Mandy Reid in 33:09 running of a 7 minute handicap, whilst the fastest female on the day was Bree Nordin who ran 21:42

Full list of runners, with finish time / handicap (in mins) and actual time :-

1 Sat Rana 32.4 8 24.4

2 Steve Philcox 33.04 14 19.04

3 Diarmuid Macdonnell 33.09 14 19.09

4 Mandy Reid 33.09 7 26.09

5 Mel Peddle 33.1 4 29.1

6 Phil Davies 33.11 14 19.11

7 Rachel Lawless 33.2 2 31.2

8 Danny Holeyman 33.29 15 18.29

9 Dave Butler 33.32 15 18.32

10 Merci 33.32 14 19.32

11 Tony Young 33.35 12 21.35

12 Samuel Crane 33.36 11 22.36

13 Jodie Pattison 33.4 5 28.4



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14 Bre Nordin 33.42 12 21.42

15 Aaron Hick 33.42 13 20.42

16 Ryder Islam 33.43 13 20.43

17 Emma Dyos 33.45 5 28.45

18 Ryan Holeyman 33.47 16 17.47

19 Alison Sale 33.5 10 23.5

20 Simon Morgan 33.51 2 31.51

21 Sam Rahman 33.53 16 17.53

22 Julia Galea 33.53 7 26.53

23 Bradley Deacon 33.54 17 16.54

24 George Marshall Childs 34.03 13 21.03

25 Stuart Bennett 34.07 2 32.07

26 Joseph Grange 34.1 16 18.1

27 Andy Catton 34.1 11 23.1

28 Tom Gardner 34.12 18 16.12

29 Anna Crawley 34.14 11 23.14

30 Cliff Warren 34.18 12 22.18

31 Carol Muir 34.21 7 27.21

32 Warren Ibrahim 34.35 15 19.35



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33 Freida Keane 34.42 6 28.42

34 Dylan Harrord 35.02 16 19.02

35 Kim Baxter 35.41 5 30.41





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