



Track Academy Open Series

Mayesbrook Park, Dagenham

29th May 2021

Ilford AC Sprinters finally competed in some favourable weather at this weekend's open meeting in Mayesbrook Park Dagenham.

Fidunu Abidekun ran a fast 10.8 in the 100m and looks set to close in on the club's long standing U20M 100m record of 10.6.

Newcomer to Ilford, Elijah Mayindu, ran a swift 11.1 to break his PB by 0.4.

When the Southern League arrives, the Sprint squad looks to take aim at the club's SM 4x100m relay record of 42.9.

On the Women's side, Krystle Balogun continued her progress this season with a 200m of 26.24 and looks set to break into the 25 second region before summer's end.

Ellie Wright ran a legal 200m PB (27.03) despite carrying a knee injury, so when she is fully healthy looks set to smash her PB.

The Sprinters and Jumpers look forward to competing in the Southern League fixtures from June onwards.

Ilford's middle distance athletes were also in action.

In the 300 metres, the Emeagi brothers went head to head over the long sprint finishing 1st and 2nd in their race; Jacob with 40.72 and Lucas with 41.56.

The 800m competition saw Samuel Crane finish 2nd place in race 1, with a time of 2:34:89 and Ryder Islam finish 7th in 2:46:96.

Joseph Grange, son of 800m specialist Paul Grange, ran his first ever competitive 800m - testing himself over a new distance. Battling with training partner Frabrizio and jostling for positions, he enjoyed the hustle and bustle of the new event and finished 8th in 2:13.76, with Fabrizio right on his tail in 2:14.73

Dylan Harrod was the star of the meeting over 800m with a mature and controlled race, leading from the first lap and showing strength to extend his lead from the rest of the field in the second. Finishing with a time of



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2:05:41 – not a PB, but a very respectable time considering his dominance of the race and the blustery conditions.

Last up was the no.1 seeded 1500m race with 4 IAC athletes finishing in the top 5; all running PBs for the distance – even 42 year old club veteran Paul Grange who led from the first bend.

Paul said that he was surprised to run a PB considering all the races he has run throughout his years as a competitive track athlete.

Paul said the plan was to run at 4 minute pace to help his fellow teammates (Jak Wright, Bradley Deacon and Farris Patel) run fast times and see what was possible for all of them over the last section of the race.

Jak, Paul's son, says that at about 700m to go Dad started to develop a gap on the second place Cambridge athlete, so he took the split decision to overtake and try to continue drafting behind his dad. Jak kept this up till about 100m to go when he felt fatigue set in, while the more experienced Cambridge athlete moved back into 2nd place.

Jak pushed towards the line and was closely followed by his teammates Bradley Deacon and Farris Patel. IAC placings and times were: Paul Grange 1st 3:57:41, Jak Wright 3rd 4:03:44, Bradley Deacon 4th 4:04:64, Farris Patel 5th 4:04:90.



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