



## **Olympic Park 5km**

*Wednesday 23 June*

Ilford AC had a good evening in the Olympic Park as the 2nd race in the 2021 ELVLS series was staged on a fast course in good conditions.

The club had 30 entrants of whom no less than 8 gained personal best times and 4 won awards.

Paul Grange continued to show fine form and won the event with a fast finish in 15 mins 40 secs. He was supported by Malcolm Muir in his first race of the year with 17 mins 47 secs for 20th spot, one place and 1 second in front of the improving Dan Holeyman whose time was a personal best. Next home was Steve Philcox taking the M50 age category in 17 mins 56 secs for 23th. Will Crossley was another turning out for the first time in 2021 in 32nd place with 18 mins 43 secs. Diarmuid Mac Donnell completed the scorers for the Ilford's men's team recording 18 mins 49 secs for 35th.

The team race was a close competition with Ilford placing 3rd behind East London Runners and Orion Harriers but we remain second in the league after 2 matches.

There was an impressive run for Sameena Ahmed for Ilford Ladies coming home in 2nd place in 19min 25 sec to improve her club record for the F40 category for the distance. Carlie Qirem was the next over the line in 22mins 04 secs for 18th lady with Bree Nordin 20th and 2nd in the F6 grouping in 22mins 21 secs. Mel Jones ran a creditable 22 mins 51 secs in 20th with Alison Sale 33th female in a new personal best of 23 mins 34 secs. One second behind and closing the scoring team was Gaye Young in 34th spot.

Like the men's match the team event was closely contested with East London and Orion with Ilford placing 3rd and are 2nd in the league

Terry Knightly put in a good run to win the M60 age group and place 61st overall in 19mins 53 secs.

There were personal bests times for Dennis Briggs (20.31) Wayne Hick (21.09) Tony Young (21.37) and Pramila Monroe (27.37)

Also running were: Adam Coals (20.31 72nd) Steve Chissell (20.48 87) Phil Davies (20.49 88) Andy Catton (22.23 128) Rob Sargent (25.25 242) Sharon Honey (26.01 257) Bradley



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Brown (26.54 275 ) Mandy Reid (27.55 292) Carol Muir (28.07 308) Frieda Keane (29.02 314) Launa Broadley (30.39 339) Karen St John-Kufour (33.47 358) Sheila Sinclair (33.48 359)





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## **Track Open Meeting**

Mayesbrook

*26th June 2021*

Several Ilford athletes made the short journey to Mayesbrook to compete in an open meeting on Saturday. After all the recent rain it was good to have a dry and almost wind free day.

First up in the 100m was Efe Adjarho who followed up a great run in the southern league last week with a season's best time of 13.25 seconds, which is only 1/10th of a second outside of her lifetime best. The 100m were then given a second race an hour later, and Efe continued to show fine form, producing 13.28 with her second run.

Krystle Balogun ran in heat 4 of the 200m and produced a great run to take 4th place in a personal best time of 26.15, beating the pb that she set back in 2019.

Three Ilford athletes took part in the 1500m, first up was Ryder Islam, who was running his very first track 1500m. After a steady start he worked his way through the field and by the

finish he was in an excellent 4th in a time of 5.30.89.

Jordan Hinds and Samuel Crane were in the next heat, both made positive starts and were well up in the field early on, both maintained a good pace over the next few laps and eventually finished 5th and 7th. Jordan's time was 5.05.40, her second fastest ever 1500. Whilst samuel knocked 33 seconds off his pb with a great time of 5.07.14

