



Open Meeting Saturday 24th July 2021 Mayesbrook

Ilford young sprinters produced some fantastic times at the Bit fit Academy Open meeting at Mayesbrook last weekend

The 100m runners had two races and the Star performance was from Fidunu Abidekun who produced a brilliant effort of 10.82 in his first run, however in his second run he produced an even faster time of 10.76, this is the 16th fastest in the country for his age and the second fastest ever by an Ilford Under 20 sprinter.

Abdulhakim Mohamed also produced a very fast run of 10.89 in his first run, but unfortunately the wind was slightly over the legal limit, in his second run he produced a legal time of 10.92 which was only just outside his personal best.

Efemena Adjarho has produced a series of consistent performances of the summer and she continued this with times of 13.35 and 13.24 and it's only a matter of time before she smashes her pb.

Krystle Balogun continued her build up to next week's Essex champs with a good run in the 200m, placing 2nd in her heat in a time of 26.40

In the 800m James Thake in only his second race reduced his 800m pb to 2.22.23

Ryder Islam had already had a busy day before the 1500m, which included an early morning open water swim and taking part in the Barking Park run. His 1500m time of 5.38.03 was very good.

Open Meeting Lee Valley 21st July

Aleena Lawrence ran a 100m pb of 13.24 at the Lee Valley sprint open Meeting last Wednesday