



Essex Championships

31st July/1st August

Ilford had a successful day at the rescheduled Essex championships last weekend, these championships usually take place in early May, but due to covid were moved to August.

Ilford came away with 16 Medals, of which 5 were Gold, 6 Silver and 5 Bronze

Day 1

The first Gold medal of Day 1 was secured by **Hakin Mohammed** who won the senior 100m in a time of 11.08 despite getting injured late into the race (80m). He has the 55-year old club record of 10.5 in his sights before the season ends. **Ahmed Abdulle** ran a controlled race to win the senior 3000m, biding his time before unleashing a burst with 600m to go to win in a time of 8m.39s.

In the final race of the day **Paul Grange, who** is actually a veteran athlete, beat all the youngsters to finally lift the 800m title, after many years of trying. His winning time was a fantastic 1m.53s.

Farris Vakil, tried everything he could to get away from Basildon's under 20 International Olive Lill, but Farris's efforts were not quite enough and he had to settle for second and the silver, a feat that was also achieved by **Jordan Hinds** in the senior women's 800m.

Gemima Eshimu Massamba had a very good run, to finish 3rd in the senior ladies 400m, in a new personal best despite having to run in a downpour. In the worst of the weather on Saturday, **Mungo Prior** got his first ever Essex individual medal when he came 3rd in the U20 3000. Surprise Ilford Medallist of the day was **Lucas Emeagi** in the U15 300m, who due to injury has hardly trained, but somehow produced a great run to finish in 3rd place.

Dylan Harrod, finished 4th in the u20, and missed out on breaking 2 mins by the narrowest of margins, his time being 2.00.18. **Elijah Mayindu**, also narrowly missed out on the medals by finishing 4th in the U20 men's 100m. Other Ilford placings, **Jacob Emegai** 6th in the U17 400. **Samuel Crane** 8th in his 1500 heat and **Efe Adjarho** and **Aleena Lawrence** both ran in the U20 women's 100m placing highly in their respective heats and just missing out on advancing to the final.

Day 2



Paul Grange followed up his 800m win of yesterday, by completing the middle distance double, with a fine win in a very tactical 1500m. **Rhys Edwards** led the charge on day 2, by taking 2nd place in the U20 men's 2000s/c .

Fidunu Abidekun took 0.4 off of his pb in placing second in the u20 men's 200m (21.79).

Jak Wright had a great run in the u20 1500m knocking 3 seconds off his pb, but unfortunately had to settle for 2nd place.

Joseph Grange took 3rd place in a very high standard, under u15 boys 3000m. **Ahmed Abdulle** won his second medal of the weekend with 3rd in the senior men's 1500m.

Krystle Balogun, was unfortunate to miss out in the senior women's 200m, taking 4th place. Youngsters **James Thake** and **Samuel Crane** were 6th and 9th in their 800m heat. **Oliver Blainey** ran a pb of 23.80 in the U17 men's 200m, but this was not enough to see him reach the final. **Ellie Wright** was 7th in the U20 women's 200m. **Ryder Islam** was 6th in the U13 1500m. **Bradley Deacon**, **Mungo Prior** and **Dylan Harrod**, were 5th, 6th and 7th in the u20 men's 1500m, with Dylan setting his second pb of the weekend.

WALKERS

ILFORD's WOMEN GIVE THEM THE OLD 1-2

Essex County Athletic Association held their annual 3,000 Metres' Walking Championship at Chelmsford's Melbourne Stadium on Sunday afternoon. In the women's race defending champion Melanie Peddle (Loughton AC) was unavailable, so a new name on the trophy was assured. That honour went to Ilford's in-form Emma Dyos who sped around the track to break the tape in an unchallenged 16 minutes and 35 seconds. Claiming the silver medal was club colleague Lesley Morris who clocked 19:44. Another in-form Ilford walker, Rachael Lawless, gamely lined-up despite being indisposed but sadly was forced into mid-race retirement. In the men's race Stephen Crane, better known in Ilford's colours as a successful runner, race walked it into a bronze medal position with 15:23 on the stopwatch headed only by 2 current internationals.

A fantastic effort by all athletes representing the club in the Essex Championships







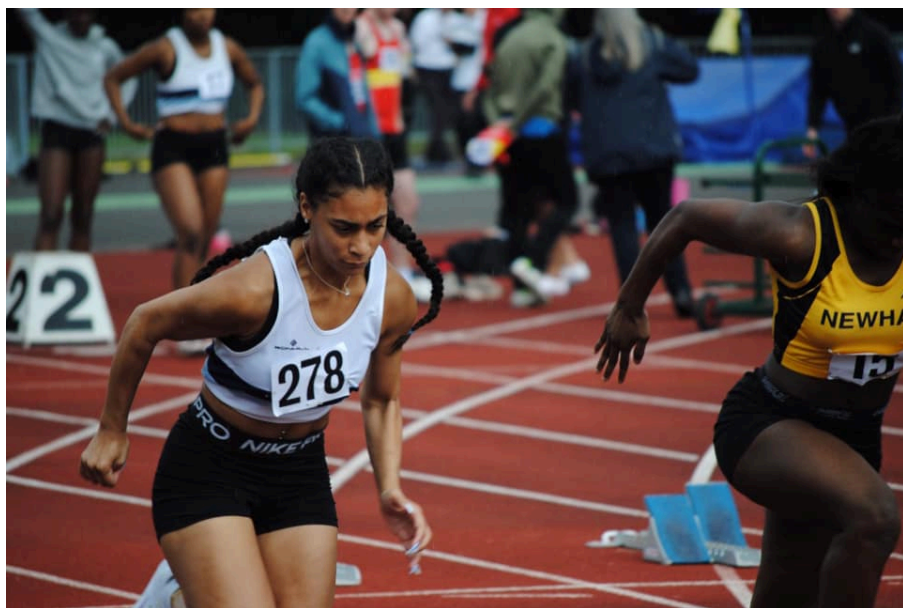


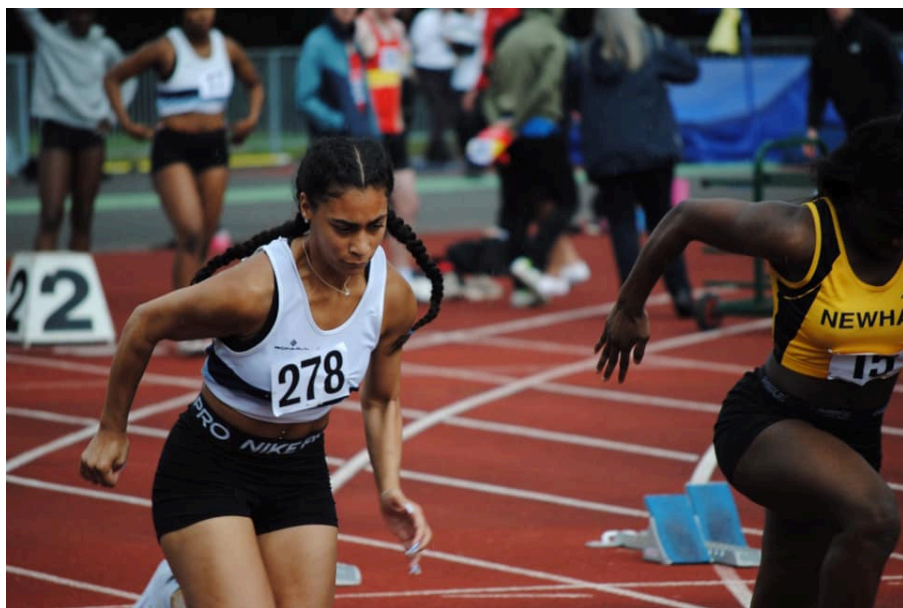






















**NEWMAN Hilly 5***Hainault Forest*

Wednesday July 27 July

The Annul Newman Hilly 5 miles, held in memory of Ilford official Newman Sargent, was held at Hainault Forest over a course which resembled a winter cross-country course following recent heavy rain downpours. The race was the 4th of the 7 rounds of the summer ELvIS league.

The Ilford AC challenge was headed by **Malcolm Muir** who with his usual all out effort style came through to 5th in 30 mins 31 secs. **Steve Philcox** had a fine run for 9th with 31 mins 44 secs winning the M50 age category prize, while **Dan Holeyman** continued his run of fine form in 13th recording 32 mins 19 secs. **Will Crossley** finished 15th with 32 mins 46 secs and **John Crawley** came home 21st in 33 mins 35 secs. **Diarmuid Mac Donnell** was Ilford's sixth scoring runner in 24th spot with 34 mins 40 secs

This team placed the club 3rd in the match but the club maintain second position in the league

Terry Knightley won the M60 age group prize in 28th with 35 mins 06 secs

Sameena Ahmed finished 2nd in the ladies race in 36 mins 04 secs with support coming from **Anna Crawley** in 4th in 37 mins 24 secs and **Bree Nordin** 11th with 39 mins 53 secs. **Alison Sale** put in a good performance for 17th in 41 mins 33s ecs and **Hannah Sheikh** was 19th lady in 41 mins 39 secs. **Gaye Young** closed the team in 25th with 43mins 21 secs.



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The ladies team placed 2nd in this match and remain on top of their section of the ELvIS competition.

Also ran (overall place\time): Steve Crane (39 36.22) Steve Chissell (47 37.06) Phil Davies (54 37.27) Dennis Briggs (55 37.36) Tony Yong (92 40.54) Steve Cheal (112 42.24) Bradley Brown (127 43.44) Sharon Honey (156 46.28) Julia Galea (170 48.13) Pramila Monro (180 52.16) Frieda Keane (201 52.52)_ Carol Muir (198 52.16) Ray Everingham (208 55.14) Karen St John-Kufour (220 61.22)