



British Masters Outdoor Track & Field Championships

Derby

10-12 June

Krystle Balogun continued to impress in her W35 endeavours with a superb Gold medal in the W35 200m, clocking 26.43seconds into a stiff -3.1m/s headwind putting her 0.5seconds clear of the field.

Earlier in the day she had captured a Bronze medal in the 100m which served as a good warmup for the afternoon's 200m.

She takes another step towards representing Great Britain at the World Masters Championships in Tampere, Finland in July where she'll contest her favoured 200m event.

Southern League

Parliament Hill

12th June

A small Ilford team produced some fine performances at the recent Southern League match at Parliament Hill, the team eventually finished 4th after battling all day for 3rd.

Ilford's top point's scorer on the day was Veteran Pete Whiting who took part in seven events and scored an amazing 24 points. Most points came in the throws, but he also did 3 of the jumps. He was joined in the throws by Jeeveekan Sivayogan and Wes Clarke who also picked up valuable points.

The women's throws have been a struggle for Ilford since re-joining the League, but new member Toyin Olufemi, produced two great performances in coming in the shot with 9 metres 53 cms and third in the discus with 25 metres 89 cms. She also ran a non scoring 100m. The final field event points were scored in the high Jump by team Manager Wayne Hick.

A strong headwind meant the sprint time was never going to be fast, but Hakim Mohammed won the men's 100m and followed that up with 2nd in the 200m. He was backed up by Elijah Mayindu who was second in both B string events. In the women's sprints Efemena Adjarifo was 3rd in the A 100m and Aleena Lawrence was very impressive in winning the B 100m. Aleena also did the 200m coming 4th, with Ayshah coming 3rd in the B string. The Lawrence sisters along with Efe and Toyin stormed to victory in the women's 4x 100, by a clear 5 seconds.

Jordan Hinds tackled the 1500m and up against some fast competitors from Highgate she took 3rd place in a pb of 5.01.34. Sameena Ahmed and Anna Crawley took on the longest race of the afternoon and in very warm conditions and with very good competition came in 3rd in both the A and B strings. Anna later returned to gain valuable points in the 1500m.

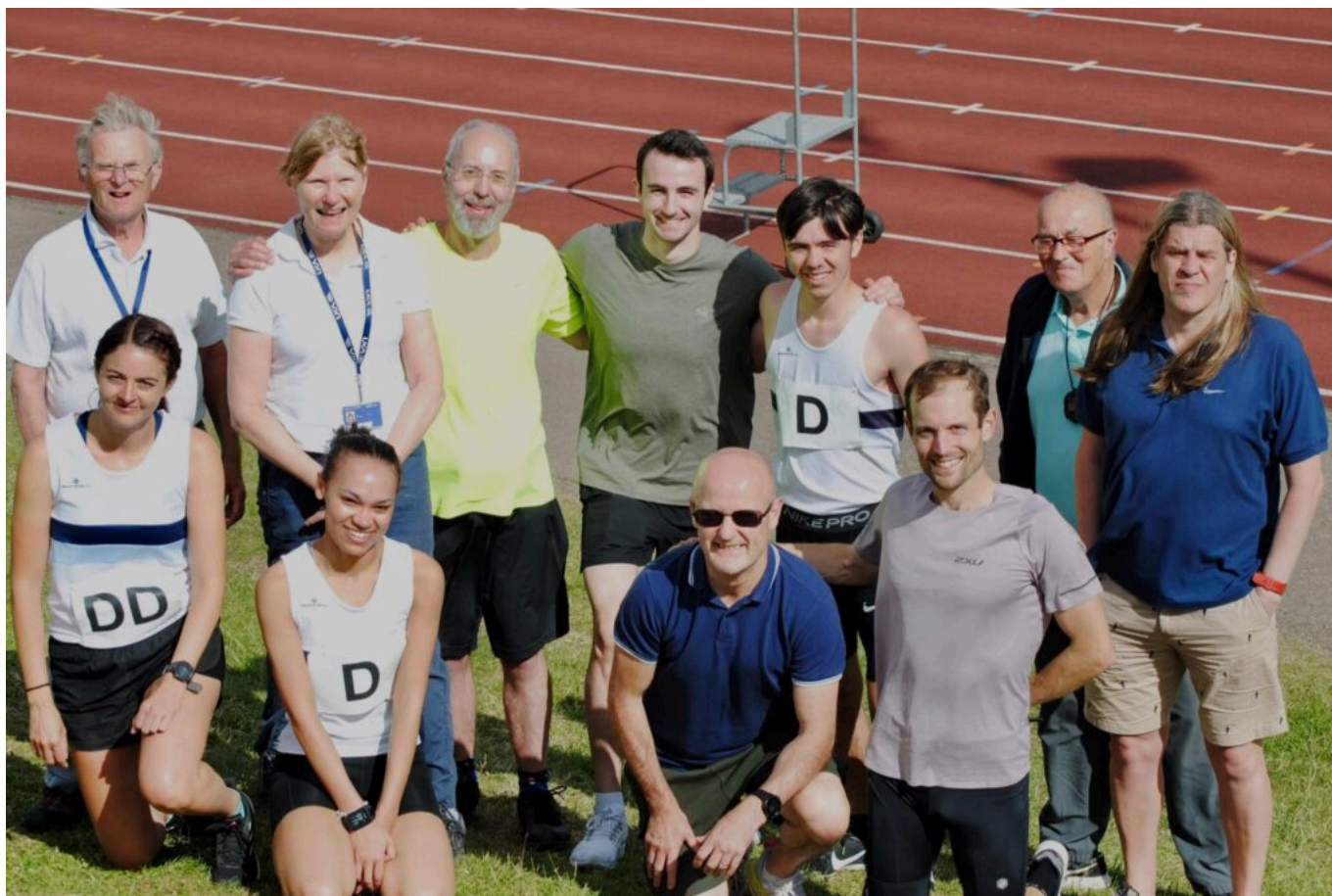
Dylan Harrod who is gradually regaining fitness competed in the 400 and 800m, he won the B string 800m and was 4th in the 400m. Bradley Deacon back from university was 4th in the A string 800m, but ran a good 400m to win the B string.

Tom Gardner and Alex Richards ran the men's 300m, whilst Tom had to settle for second in the A string, Alex

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won the B string. Tom later also won the B string 1500m, Ahmed Abdulle who came along to watch the match was persuaded to run the 1500m and placed second in the A string, although he did only have trainers on.

The final event of the day was a mixed 4x 400m and once again the team manager's power of persuasion worked wonders as both Anna and Tom agreed to join Jordan and Dylan in a team, which did really well to finish in 2nd place.





HAVERING 5 - Elvis #2

Raphael Park, Romford

14 June

There were good performances from Ilford AC in the second match of this summer's ELVIS series despite the club fielding weaker teams than in the first event.



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The men's team were led home by junior athlete Ryan Holeyman in 11th place with a good time of 29 min 45 secs. He was supported by Steve Philcox two places behind in 29 mins 49 secs to take the trophy for the 1st in the M50 age group and Sam Rahman with 30 mins 25 secs for 18th. Gary Coombes returned from injury to place 20th with 30 mins 47 secs. Richard Woolterton impressed with 32 mins 31 secs for 33rd and 4th in the M50 category. while Steve Crane completed the scoring for Ilford's men's team in 37th and 33 mins 03 secs.

The team were placed 3rd in a competitive match and are placed joint 2nd in the current table.

Sameena Ahmed ran a well judged race moving up to 3rd place in the ladies race during the run in a new personal best of 32 mins 49 secs to head home the Ilford Ladies.

Amy-Louise Bird came home in 33 mins 42 secs , also recording a new best time for the distance.

Hannah Sheikh, who improves with every race, was the 3rd personal best on the day in 22nd with 38 mins 19 secs.

Bree Nordin was next over the line as 2nd in the F60 category in 38 mins 33 secs, while Dianne Crisp came home 52nd in 44 mins 24 secs and Mandy Reid with 45 mins 29 secs closed the team.

The Ilford Ladies placed 3rd in this match but remain joint top of the series.

Terry Knightley won the M60 age group once again with 33 mins 24 secs for 40th overall and there was also a personal best for Joel Denning in 33.31 for 43rd place

Manju Gopi made his club debut placing 114th in 39 mins 23 secs

Also in action: Diarmuid Mac Donnell (33.42) Craig Livermore (34.10) Adam Coals (34.28) Steve Chissell (34.45) Dennis Briggs (36.11) Bradley Brown (40.35) Sharon Honey (46.34) Julia Galea (47.55) Frieda Keane (48:05) Ray Everingham (49:21) Lana Broadley (51.56) Jim Huddart (52.54)







