



Southern League

Woodford

Saturday 13th August

On Saturday Ilford AC Co hosted the Final Southern League match of the season along with Woodford at their venue at Ashton Playing fields.

Ilford members provided good support staff although the turnout of competing athletes was a little disappointing on a blistering hot Saturday

Those members that did compete helped the club to 4th place and there was also an opportunity for some of the new members to race for the first time.

Ian Johnson, Mohammed Zergouat, Jeremiah Brown and Sherry Nantongo all made their debuts in the senior league competition.

All did the 100m with Ian running 11.91, Jeremiah 12.3, Mohammed 12.58 and Sherry 14.68. Jeremiah and Sherry returned later in the day to also gain points in the 200m.

Also competing in the ladies sprints were Krystle Balogun who came 2nd in the 100m, in a season's best time of 12.85 and Aleena Lawrence who was 3rd in the B string. Ayshah Lawrence ran a pb and a sub 14 second time.

Krystle also came 2nd in the 200m

Toyin Olufemi threw a pb distance of 27.04 metres to win the A string discus and she also placed 3rd in the shot putt.

On the Middle distance side Jordan Hinds gained her usual points by placing 3rd in the 800m and 2nd in the 400m. She was backed up in the 800m by Gemima Eshimu Massmamba who was 3rd in the B string.

Sameena Ahmed contested the longest race of the day the 3,000m, and in very hot conditions placed a very good 3rd place.

Dylan Harrod had a busy day, after breaking 2 minutes for 800m for the first time in mid week, he had a much easier win in the 800m on Saturday in a time of 2 minutes 6 seconds. An hour later he was 3rd in the 400m in a pb time of 53.1 seconds, In his third track race of the day he placed 2nd in the 200m in another pb of 24.78. Finally he also won the B string triple jump with 9 meters 54.

Rhys Edwards also had a busy day, running seasons best times in placing first in the B string 400m and also winning the B string 1500m, before placing 3rd in the A string Triple jump.

Joseph Grange competed in the 1500m, and had a very good run, finishing in second place



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only 1 second outside his pb. Paul Grange and Tom Gardener did the longest race of the day, which was the 3000m and completed wins in both the A and B string events.

Wes Clarke was ever reliable in the Hammer, but this time had to settle for second place, he was joined in the Hammer by Pete Whiting who took 3rd in the B string. Pete followed this up by also gaining points in the shot, discus and Javelin.

Ilford finished the match in 4 th place, which is also where they finished for the season.





SCVAC (Southern Counties Veterans Athletics Club) Match 4

Harrow

Monday 8th August

A small team travelled to a warm and sunny Harrow for the final match of the SCVAC season on the evening of Monday 8th August.

There were no Ilford competitors for the 800m so the first track entries were in the 200m. Henry Ricketts came home 4th in 28.76 in the V50 category. Dave Butler placed 5th in a time



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of 37.96 in the V60 category.

In the 3000m Steve Chissell competed in the V50 category coming home 5th in 12.04.88. Dave Butler placed 2nd in 11.49.10.

In the V35 Javelin, Henry placed 6th with a distance of 24m 34.

Best results on the evening came from Pete Whiting who placed first in both V60 Javelin and Shot Put with distances of 23m 73 and 7m 11 respectively.

The team finished 6th on the evening and 4th overall for the season.

Colchester Fast Friday 5k

Friday 12th August

The Colchester Fast Friday event consists of 5 x 1k laps of a closed road circuit. Although the course is flat and ideal for fast times the weather was very hot even with the early evening start.

Despite the conditions the two Ilford Athletes competing Sam Rahman and Anna Crawley posted great times.

Sam ran 17:19 for a seasons best and finished 32nd and 3rd V40 Male. Anna was very close to a PB and posted a time of 21:19 to finish 55th and 6th Senior female



Pitsea Crown to Crown 5k

Wednesday 10th August

The Crown to Crown is a long established race normally taking place on the 2nd Wednesday of every month from Pitsea Country Park.

The course is a measured 5k undulating part trail and part road route, which is challenging in parts, yet equally picturesque.

The route takes runners out of the Country Park onto Lee Chapel Lane and into the Essex



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Wildlife Trusts' Willow Park. The middle section is a clockwise loop round the nature reserve.

Ifords only entrant in this years race was Gary Coombes who put in a strong performance to finish in 3rd place in a time of 18 mins 31 seconds