



Eastern Young Athletes League (EYAL)

Ilford AC sent a team of 18 young athletes to the first EYAL match of the year in Ware, Hertfordshire. Each event had two selected runners scoring points for the team along with races with non-scorers hoping to gain experience.

Two runners competed for in the under 13 girl's age group. Ruby Moffat Virak came 5th in the 100m and 6th in the 200m and Long Jump. She was backed up by B string runner Nayla Mills Ugoh who performed well coming 6th in the 100m and 5th in the 200m and the long jump.

In the under 15 girls we had newcomer Kenina Nkurumah and returning Stacey Amaniampong. Stacey was 5th in the 100m, 4th in the 200m and competed in the long jump as a non-scorer. Kenina came 5th in the 100m, 6th in the 200m and 4th in the long jump only 2cm from 3rd place.

Busiest athlete of the weekend was Anika Sharma in the under 17 women grouping after competing in the mini marathon the day before. Showing her promise in a range of events she came 4th in 300m and 5th in the 800m breaking the 3 minute barrier for the first time. She then competed in the long jump as a non-scorer.

Zane Kiyani and Ibrahim Khan in the u13 boys competed on the track for the club for the first time. Zane was 4th in the 100m, 6th in the 1500m and also competed in the long jump. Ibrahim ran as a non-scorer in the 100m and was 5th in the 1500m and 6th in the long jump. A great range of events showing promise for the future!

The standout performances of the day were in the under 15 boys. Sam Horsley won the 800m in a new personal best and came 5th in the 300m. Aron Berhe also ran a new personal best to come 2nd in the B string and 4th in the 300m.

In the sprints Danika Hennadige had a great run to come second in the B 200m after running and falling in the 100m and also competing in the long jump. Jaydan Roberts Edwards showed his speed finishing 3rd in the 100m, 4th in the 200m and competing in the long jump

Jaydon Mcdermott and Luke Thake also showed their range over a number of events after competing in a recent pentathlon. Both had strong performances in the 100m, 1500 and shot.

Unlucky on the day was Damien Amaniampong who suffered an injury in the 100m preventing him competing in other events, however he showed great promise for the future finishing in a time of just over 13 seconds.

The second and third victory of the day came in the b string sprints where Ian Johnson ran 11.8secs in the 100m and 23.5 in the 200m. He was backed up by Mohammed Zergouat, who was 5th in the 100m and 6th in the 200m.

Finally, in the middle distance races, further PBs were gained for James Thake (4th in the 800m and 300m)

and Samuel Crane 6th in the 1500m

A great day for all the club!



WITHAM MAY DAY 10

The annual May day Bank Holiday 10 mile road race attracted over 230 entrants and was run on the usual undulating but fast rural course from Witham Rugby Club

There were three runners from Ilford AC on the start line and Diarmuid Mac Donnell started the summer well with a personal best of 65 mins 28 secs for 32nd place. This result won him first placing in the M50 age group trophy. Alison Sale was the best of the Ilford ladies in 134th spot overall in 86 mins 26 secs while Julia Galea placed 204th with 1hr 42mins 07 secs





Track Tuesday

Ilford AC train at Cricklefield Stadium in Ilford every Tuesday, starting at 6:45pm and welcome anyone interested in taking their running to the next level to come along and try out a session on the track.

Sessions are taken by qualified running coaches who offer a structured training session and are on hand for any advice.

The club take part in various Track, Road and Cross Country events throughout the year and cater for all abilities

2 weeks ago we had 10 runners representing the club at the London Marathon including Sean Costello and Batmanaden Ramen who proudly showed off their medals at this weeks Track Tuesday

