



Press Report 16th May

Essex Track and Field Championships

Thurrock

13th / 14th May 2023

Ilford produced some impressive performances, in gaining 10 (2 gold 5 silver and 3 Bronze) medals at the Essex County Championships held over two days at Thurrock this weekend. The weather, although dry, was windy which affected a few of the recorded times.

Ellie Wright who has come through the Ilford junior ranks, won Ilford's first medal of the weekend, in the senior women's 100m, a reward for all her hard training this winter. She finished 3rd in a time of 12.48, which would have been a pb, but unfortunately the wind was over the legal limit. Toyin Olufemi also had a good run in the final finishing 6th in a time of 13.20.

Ilford had runners in the Senior Mens 800m, Farris Vakil, Paul Grange, and Alex Richards. All three were content to sit off the early pace set by Jake Hume of Basildon. Farris moved to the front with 250m to go with Paul close behind, coming around the last bend, Paul drew level, but Farris just held on to win his first senior title in a time of 1.55.89. with Paul 2nd in 1.56.11 and Alex 4th in 1.58.61.

Jordan Hinds made it a 800m Gold double for Ilford by winning the senior women's 800m in a time of 2.22.09.

It was great to see Farris and Jordan picking up their first outdoor senior titles, both have been with Ilford since the under 15 age group and have trained hard over the years to gain senior county track titles, an achievement not reached by many.

New member Akwasi Nkrumah had a very good run in taking the silver medal in the veterans 300m. In a time of 41.01. Oliver Blainey took 2nd place in the u20 men's 400m in a season's best time of 51.60 seconds.

Ilford had three runners in the Veteran men's 3000m, and Tom Gardner stuck with the leaders until 600m to when he fell off the pace, but still hung on to claim the silver medal in a time of 9.09.25. Malcolm Muir and Sam Rahman had their own personal battle with Malcolm just outsprinting Sam over the last 100m for 4th place and Sam taking 5th

In the U15 100m heats Jayden Roberts Edwards ran an impressive time of 11.98, to finish second in his heat and qualify for the final, in the same heat Danitha Hennadige was 4th place in a time of 12.52. Unfortunately the wind was over the legally permitted speed.

In the Senior Mens 100m both Elijah Mayindu and Jordon Duncan qualified for the final with times of 11.44 and 11.50, the latter being a pb for Jordon. In the final Elijah finished 6th with Jordan close behind in 7th place. In the women's U20 100m Aleena Lawrence took a very good 4th place in a time of 13.57.

Day 2

Day 2 was much brighter, and the wind of Saturday had completely disappeared, first up were the 800m



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heats, where Ilford had two athletes in both the U15 and U17 races. New member Sam Horsley in only his second race for the club, won his heat in a time of 2.14.10, just outside his pb. Aron Berakhy came 6th in his heat and missed out on a final place by one spot but was rewarded with a pb of 2.17.66. Three hours later in the final, Sam ran a stunning pb of 2.09.30, but unfortunately had to settle for 4th place.

In the u17 men's 800m James Thake and Aaron Hick had just moved up to the age group, so it was always going to be tough. James had a great run in heat 1 setting a new pb of 2.09.98 to finish 4th and qualify for the final. In heat 2 Aaron was 6th in a time of 2.19.37. Like Sam in the u15's James also ran a pb in the final, but again had to settle for 4th place.

Samuel Crane decided to take on the longer 3000m and ran a pb of 10.07.27 to take 5th place in the u17 event.

Several of Ilford new Development Squad were competing in their first County Championship and Kenina Nkrumah acquitted herself well with 4th place in her 200m heat in a time of 30.20, and 9th in the U15 girls long jump with 4m 25. Jayden Roberts Edwards and Danitha Hennadige placed 4th and 5th in their 200m heats, but unfortunately did not progress to the final.

Ian Johnson ran a very impressive pb 23.30 in the U17 200m, but unfortunately was Ilford's 3rd 4th place athlete on Day 2.

Wanya Williams and Jordon Duncan competed in the heats of the senior men's 200m, Wanya was unlucky not to make the final placing 4th in his heat in 23.87, whilst Jordon, also placing 4th in his heat progressed to the final where he finished 6th in 23.26, just outside his pb. Oliver Blainey and Jeremiah Brown were in U20 200m and came 2nd in his heat to qualify for the final with Jeremiah 4th in his heat. Yet again the curse of 4th place struck as Oliver finished just outside the medals in the final.

Ilford had 2 ladies in the senior women's final with Krystle Balogun stepping down from the veteran category to mix with the youngsters and take yet another medal to her collection with 3rd place. Ayshah Lawrence has battled back from illness over the last few years and was rewarded for all her recent hard work, in both making the final and setting another pb of 28.57, for yet another 4th place.

The 1500s were the final events of the day, with first up the senior men's, with Alex Richards being Ilford's Sole competitor, after a 4th place finish in the 800 the day before, Alex made no mistake in the 1500m taking second place in a pb time of 4.02.81.

The final event of the day was the Vets 1500m, in which Ilford had three competitors, the three Ilford athletes had their own personal battle for the medals after John Whittaker broke away early on. At the end Akwasi Nkrumah took the silver medal in a time of 4.40.68, closely followed by Fabrizio Stefanoni in 4.45.08 and then Malcolm Muir, with yet another Ilford 4th place in 4.49.18.

Special mention should be made of Ilford busiest athlete of the weekend Akwasi Nkrumah, who not only gained silver medals in the Veterans 300m and 1500m, but also took silver medals in the senior Long and Triple jumps. With jumps of 5.42 in the Long and 11.12 in the Triple Jump









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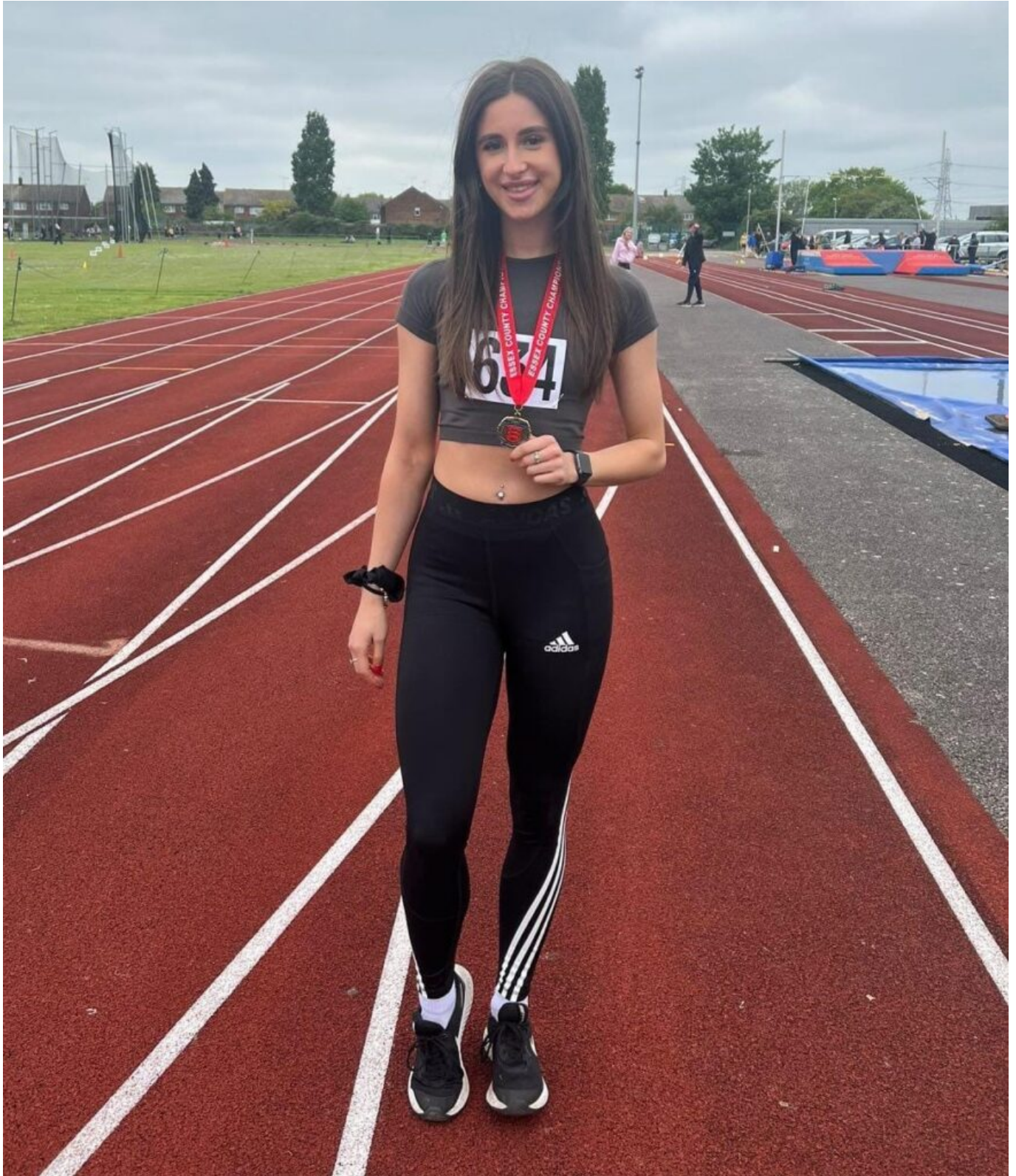


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Halstead Marathon

14th May

Terry Knightley was the Sole Ilford AC representative and had, in his own words 'one of those 'bad' marathon experiences' this weekend at The Halstead and Essex Championship Marathon and finished in 3-25-09 but hung on to still Win Essex County MV60 SILVER and County Medal Number 76 in his collection!

He finished in 55th position overall out of around 300 starters over a tough hilly course in conditions that started in cool weather and ended in baking heat.





Vets AC 5m Road Championship

Battersea

The Veterans AC 5-mile road championship was held of 3 ½ laps of the fast flat Battersea Park circuit. Ilford AC had two representatives in the field with both coming 4th in their age groups just missing out of a medal. Sam Rahman attacked the race and was rewarded with a new personal best of 28 mins 14 secs in 16 spot overall, missing third place in the M40 age group by just one second. Ed Skinner ran in the M65 age group and came home in 42 minutes exactly in 84th position.