



## **SOUTHERN LEAGUE**

*June 18th 2023*

Ilford AC competed in the 2nd Southern league Match at Cambridge last weekend and there were some outstanding performances to enable the club to come 3rd place overall. With a few more athletes competing, Ilford could have won the competition

Starting with the women's sprints Toyin Olufemi, Aleena Lawrence, Ayshah Lawrence and Krystle Balogun covered all the sprints, as well as the shot, Javelin and Discus to gain valuable points. The highlight was the 4 x100 relay where they stormed home to win in 53.8. All the girls were in the top 3 across all the events they did

In the men's sprints once again a small number of men covered all the sprints and once again performed to an excellent level. Oliver Blainey ran a pb in the 100 for 11.4 and Jeremiah Brown, James Thake, Akwasi Nkrumah and Oliver ran all the other sprints up to 400 and all athletes were in the top 2, registering very good times

The busiest lady of the team was Jordan Hinds, who ran the 400, 800 and 1500 and also the Mixed 4 x 400 relay. Jordan ran superbly to win both 800 and 1500 and did a pb in the 400. Krystle joined Jordan in the mixed 4 x 400 with Oliver and Dylan Harrod to once again win the relay. Since the Mixed relay has been introduced Ilford AC have never been beaten

Busiest Men of the day were new members Akwasi and Sam Malekout. Both were outstanding competing in over 5 events each from Pole vault to 100m hurdles and all the throwing events. It's great to have all rounders like Akwasi and Sam to gain so many points

Youngsters James Thake and Aaron Hick and Samuel Crane are new to the Southern league and have been very useful additions. James had a busy day winning the 800, 2nd in the 200 and doing a PB in the long jump as well as the 4 x100 relay. Aaron won the 400 hurdles and jumped well in the long jump and Samuel ran a new PB in the 1500

Dylan, returning from injury ran a great leg in the 4 x 400 and ran really well in the 1500 to come third. Ronan Edwards had a tough day running the 800 and 1500 in very top class fields. Ronan came second in both races. Rhys Edwards was down for the steeplechase but it was subsequently cancelled so had to settle for doing the triple jump where he competed well

On a hot day the 5000 was a tough race but both Southern league debutants both ran well to gain valuable points for the club.



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Veteran Pete Whiting always competes for the club and helps out tremendously by doing a number of throws and once again did well

Highlights of the day was definitely the ladies 4 x 100 and Mixed 4x 400 and watching our great young athletes beat some very good clubs and make the team manager proud









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## **ESSEX 5m ROAD CHAMPIONSHIPS**

*June 23rd 2023*

The Essex 5 mile championships were held on a fast two lap course in the picturesque Essex village of Pleshey.

Iford AC had another successful evening following on from last Friday's 5000m track championship, winning another 7 county medals

First home for the club was Malcom Muir in 21st spot overall in 28 mins 37 secs, just missing out on the medals in 4th in the M45 age category.

There was a solid run from Sam Rahman in 25th place, in 28 mins 50 secs which earned him bronze in the M40 group.

Next in was Steve Philcox in a time of 30 mins 35 secs in 46th place winning the silver medal in the M55 age category.

The club took two medals in the M60 group with Terry Knightley gaining silver in 32 mins 26 secs for 71st place and Neil Crisp bronze in 32 mins 36 secs in 75th.

Andy Catton ran well in his new group winning the M70 silver medal in 37 mins 21 secs in



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137th

For the Ilford ladies Alison Sale was first home, winning a bronze in the F55 category placing 149th overall in 38 mins 57 secs and Dianne Crisp took the bronze medal in the F60 category in 45 mins 52 secs finishing 204th overall.

Other Ilford runners, all putting in good performances were Richard Woolterton 55th in 31.23, Diarmuid MacDonnell 64th in 32:01, Stephen Crane 96th in 34:01 and Mandy Reid 189th in 43:41.









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## **Mile of Miles**

*June 24th 2023*

The newly laid track at Chelmsford hosted the annual mile of mile event last Saturday, as an added bonus this year's races also incorporated the Essex champs.

## **U17 Boys**

First up for Ilford was Samuel Crane in a high quality U17 race, the winning time of 4.19 was almost worth a sub 4 minute 1500, which is exceptional for runners of this age. Samuel worked his way through the final, and passed 1500m close to his best and ended with a fine



mile pb of 5.00.92

### **Men's C Race**

Malcolm Muir was in the Men's which had various age groups in it. Jonathon Warner of Brentwood Beagles was the early leader; Malcolm was positioned in 4th place. He remained in 4th until unleashing a perfect kick off the top bend to take a brilliant second place in a time of 4.59.17. This earned him second place in the Essex Champs.

### **Senior Ladies**

Jordan Hinds was in the ladies race and was up against Hannah Irwin who represented England at the last commonwealth games. Jordan is in the form of her life at the moment, and although unable to go with Hannah she ran a solo race in second place. Going through 1500m 5, seconds quicker than her current pb and ended up with a time of 5.03.63. Her 5th pb of the current track season. She also picked up her second Essex medal of the season.

### **Mens 50 Race**

Fabrizio Stefanoni and Terry Knightley were in the Vet 50 A race. Fabrizio looked good over the first few laps, and was nicely positioned to make a move on the last lap, but struggled on the last lap and finished 4th in 5.05.28. Terry who does not step on the track often these days found the going tough and finished in 8th in 6.12.16

### **Under 15 Boys**

Sam Horsley was ilfords runner in the under 15 boys race, Freddie Rowe of Havering went straight into the lead and set a pace that he maintained until the end. Sam went into second place and ran a controlled race, maintaining his distance from everyone behind him. The problem he had was nearly falling off the track whilst looking at his watch. He finished in a time of 4.45.64, and gained his first Essex medal.



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