



Eastern Young Athletes League (EYAL)

Basildon

Iford AC sent a team of 25 young athletes to the last EYAL match of the year in Basildon.

Two athletes competed in the under 13 girl's age group. Nayla Mills Ugoh competed in 100m, 200m and long jump and achieved 2 PBs in the 100m (14.7secs) and the 200m (31.8secs). Sofia Crane competed in the shot put and Long jump.

In the under 15 girls we had 4 athletes competing in multiple sprints, jumps and throws. They also ran extremely well with excellent changeovers in the 4x100m. Highlights were Nora Nzurike who gained PBs in the 100m (14.6) and 200m (30.2secs). Kenina Nkrumah threw an excellent 19.54m in the Javelin and her team mate Chiara Mullings Smith jumped a new PB of 1.30m in the high jump. Finally to complete the set of PBs Venisha Ngala ran 30.5 secs in the 200m

The U17 Women had a great turnout with 5 athletes. They all grouped together to run a strong 4x100m and had good success individually. Precious Ajireloja competed well in the sprints with new PBs of 13.0 in the 100m and 9.55 in the triple jump. Leila Lauder ran well in the 1500m for 3rd place and set a new long jump PB of 3.42m. Anika Sharma returned to competition with a new PB of 50.1secs in the 300m and strong 800m. Stacey Kwarteng-Amaniampong improved her PB to 3.97m in the long jump and ran well in the sprints. Finally for the ladies Adaeze Oyem had a great competition setting PBs in the 100m (14.1secs) and 80m hurdles (14.9secs).

The club had its best turnout of the season of 5 athletes in the Under 13 boys. Kelvin Ajireloja had a great debut for the club setting the third fastest 100m of the day of 13.1 secs and then running the 200m and throwing the shot. Elias Furreedan continues to improve running PBs in the 100m (17.4secs) , 800m (3m 11 secs) and jumped a great 2.87m in the long jump. Barney Perkins ran a new PB in the 1500m of 5m 24 secs. It was great to see him then have a go at the 100m and Javelin. Khalif Ali ran a brilliant debut 5m 29 secs in the 1500 and also sprinted and jumped. Finally Ibrhaim Khan showed his endurance and strength competing in the 100, 800, Long jump and Shot. His 100m of 17 secs was a new PB.

The under 15 boys were as always well represented. Aron Berhe had a great performance in the 800m to finish second and threw the Javelin. His team mate Sam Horsley jumped off his sick bed to run the 1500m and throw the Javelin. Ryder Islam ran his first ever competitive 200m in 30.1secs and was just outside his best in the 1500m

The sprinters again showed improvement. New Recruit Justice Okereke ran 12.3secs in the 100m, 25.7secs in the 200m and jumped 4.64m in the long jump. Jaskirat Singh set a new PB of 5.18m in the long jump and equalled his best in the 200m. Damien Amaniampong ran new PBs of 12.3 secs in the 100m, 25.8secs in the 200m and competed in the high jump for the first time. Finally Jaydan Roberts Edwards returning from injury equalled his PB in the 100m (12.2 secs) , ran a new one of 25.5secs in the 200m and threw the Javelin for the first time.



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The whole group of Sprinters has worked really hard on their relays with Coach Ernie and Jeevakan and this led to a season's best time of 49.4 secs in the 4x100m relay for the team of Damien, Jaskirat, Justice and Jaydan. With a strong winter training, great things are in store.

In the under 17s Mohamed Zergouat ran 100m in 12.6 seconds for a season's best and ran the 400m for the first time. Samuel Crane completed a day of multiple PBs running 4:33 in the 1500m and made a debut over 200m.

Another great day for all the club! Work Hard and look forward to further improvement next year!





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Essex 5k Championships

Colchester

A contingent of 15 Ilford members made the journey to Colchester on the evening of 11th August, representing the club in its centenary year, to compete in the “Friday Night 5K” which also incorporated the Essex County Championship over that distance.

The races were spread out over 5 separate races, based on expected finishing times, culminating in the elite women’s race at 8pm and men’s elite race at 8.30pm.

Ilford AC had runners competing in all 5 races and were rewarded on the night with some superb performances and four positions on the podium along with Essex County medals.

Representing the club on the night were: Danny Holeyman, Joanne Reeves, Joel Denning, Terry Knightley, Andy Catton, Richard Woolterton, Diaurmuid McDonnell, Stephen Philcox, Tom Gardner, Jordan Hinds, Aron Berakhy, Ryder Islam, Sam Rahman, Fabrizio Stefanoni and Samuel Crane.

Samuel Crane, although under 17, had a fantastic run in the Elite men’s race and finished in a personal best time of 17 minutes and 6 seconds. Ahead of him in the same race was the ever dependable Tom Gardner who ran a blistering 15.58 which was enough to earn him the gold medal in the V40 category.

Other County medalists on the night were Danny Holeyman, Bronze V45 in 18:52, Fabrizio Stefanoni, who



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just missed a Gold medal spot by 2 seconds, attaining Silver V50 in 17:22, and Andy Catton who added to his many Essex Championships medals with a Silver V70 in 22:41

Although just outside the medal positions there were also PB's on the night for Joel Denning 19:27, Richard Woolterton 18:46 and Diarmuid McDonnell in 18:36





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