



# JUNIORS

## **Orion Pentathlon and Quad Kids Waltham Forest**

12 of Ilford ACs Junior athletes took part in the Annual Orion Pentathlon and Quad Kids competition held at Waltham Forest.

In the Quad Kids competition Darsh Kainth, Maat Mullings Smith, Georgia and Ruby Merchant, Daniel Okereke, Elijah Muirhead, Andre Mullings Roache and D.L. Majen-Akande took part in multiple events including 75m sprints. Long jump, Vortex throw and 600m run.

In difficult windy conditions all of the athletes produced great performances with Ilford athletes claiming the first 3 overall positions in the U11 category:- 3rd Elijah Muirhead, 2nd A.J Mullings Roache and 1st Daniel Okereke  
A brilliant introduction to competitive athletics enjoyed by all.

In the Junior /Senior pentathlon competition, comprising 100m, long jump, high jump, shot-put and 800m Ilford AC were again successful with Jayden McDermott victorious in U17s

Jaydan Roberts-Edwards and Justice Okereke fought out an exciting neck and neck finish in the final 800m event with Justice claiming overall victory in the U15 event and Jayden securing 2nd spot

Other team competitors Ethan and Daniel Guiba also had great performances with PBs for both in the High jump competition.

A great family day out and a memorable double win for brothers Daniel and Justice Okereke













## SENIORS

### Little Bromley 10k

Essex

Last Sunday saw the Eighth running of the Little Bromley 10k, with profits from the event going to local charities.

The course is a flat single lap run through the picturesque countryside lanes of the village of Little Bromley. Ilford stalwart Malcolm Muir put in his usual gutsy performance to record a time of 35 minutes 12 seconds, which placed him 19th on the day and first in his age category. The race was won by Jack Nixon, who although not representing Ilford on the day, runs 2nd claim for the club, in a time of 31 minutes 05 seconds.





### **St Clares 10k**

Essex

The St Clare Hospice 10k starts and finishes at the Hospice in Hastingwood, Essex, tackling a route along roads through the beautiful Essex countryside and raises much needed funds for the Hospice.

Ilford Julia Galea is a regular at this event and was pleased with her time of 1 hour 3 minutes 05 seconds which placed her 12th in her age grouping on the day.









## Press Report 16th April 2024

### **Sao Paulo Half Marathon**

Brazil

Ilfords Anthony Young is having an extended stay in Brazil at the moment, and has not let his fitness drop by entering some local races. Last weekend Tony participated in the Sao Paulo Half Marathon. Despite the intense heat of over 35 degrees, which to a Newcastle born lad is over 35 degrees more than he would normally have ran in during the Summer when growing up , Tony was pleased with his performance of 2 hours 01 minute 16 seconds which placed him 8th in his age grouping.







### **Larne 10 Mile** Northern Ireland

Also racing abroad this weekend was Ilfords John Crawley, who is now permanently based in Northern Ireland, whilst still retaining his Ilford AC membership.

John joined almost 700 other runners in the annual Larne 10 mile race, out and back along the coast in County Antrim.

John set out at a very fast pace but at 4 miles he felt he had probably set out too fast, and that along with an unusually warm day and a strong headwind at the 5 mile turnaround point meant that he found the second half of the race very tough going. Despite this, John finished in a very good time of 68 minutes 07 seconds to place 65th on the day

