



## **SENIORS**

### **Speed Masters Athletics Challenge**

23-26 May 2024

Shkodra (Albania)

Krystle Balogun had a very successful few days representing Great Britain in the W35 category at the 'Speed Masters' in Albania.

On day one of the four day tournament Krystle competed in the 100m and was 2nd in a time of 13.62 seconds.

Day 4 saw Krystle competing in the 200m in the morning, where she again came second in a time of 26.80.

The best however was yet to come. In the afternoon Krystle was part of a Great Britain Mixed 800m-400m-200m-100m relay team. Taking the harder 800m start, Krystle was placed in 2nd place for much of the run, but with 140m to go she sprinted into first place, handing over the baton to the 400m runner with a healthy lead. It was a lead they held onto, which gave Krystle and the rest of the Great British team Gold medals in the final day of the 4 day event.



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### **Havering 5 Miles (Elvis)**

Raphael Park  
Tuesday 4 June

The 2nd match in the 2024 Elvis series took place in Raphael Park, Romford over the usual 2 lap course around the park. The Ilford challenge was led once again by Steve Philcox, who is in excellent form at present, coming home in 10th spot in 29 mins 04 secs taking the prize for the first in the M50 category. One place behind was Christopher King, who was making his debut for the club, in a personal best time of 29 mins 12 secs. Next home was Sam Rahman in 14th in 29 mins 48 seconds and there was also a personal best for the distance of 30mins 28 secs for 18th for Josh Adler. Dan Holeyman placed 34th with 32 mins 29 secs and Neil Crisp completed the team scorers in 34th, also winning the M60 age group award in 33 mins 21 secs.

In the match the Ilford team finished 3rd and are 3rd in the current league table.

Diarmuid Mac Donnell came home 46th in 33 mins 30 secs and Dave Thomas had a good run for 54th with 33 mins 56 secs. Steve Chissell is also in good form with 34 mins 50 secs and two more personal best were recorded by Steve Horsley of 34 mins 58 secs and Nick West with 35 mins 37 secs



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For the Ilford ladies Neringa Masilioniene, a former International race walker, finished 2nd lady in 30 mins 52 secs. She was backed up by Alison Sale with 39 mins 16 secs for 21st lady and Hannah Sheikh, who returned to racing after a long period out with injury, in 41 mins 01 secs for 31st One place and 1 second behind was Pauline Tester, who won the F60 category, Shahnaz Begum appeared for the club for the first time finishing 46th in 44 mins 19 secs and Mandy Reid recorded 44 mins 36 secs for 50th spot to close the team scorers.

In the league match Ilford were 4th and occupy in same spot in the table after the second match

Also ran: Adam Coals ( 82 36.16) Steve Crane (86 36.27) Tarik Qiren (87 36.33) Craig Livermore (12 39.13) Tony Young (127 40.11) Rachel Halpin (189 44.58) Bev Thomas (191 43.02) Dianne Crisp (195 45.12) Rob Sargent (227 48.53) Julia Galea ( 235 50.34) Frieda Keane (237 50:56) and Launa Broadley (249 51.55)



### **Victoria Park Half Marathon**

Sunday 9th June

Two Ilford Athletes competed in the Victoria Park Half Marathon at the weekend, both achieving great results.



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Joel Denning ran 1:32:18 which placed him 61st overall and 3rd place in his age category, whilst Joanne Reeves achieved a time of 1:51:12 to finish in 306th place and 1st place in her age grouping





## JUNIORS

### **Loughton AC 'Unto the fields' Cross Country champs**

Tuesday 21st May

14 Junior athletes representing Ilford AC, took on the challenging soaking wet conditions at the Loughton "Unto the fields" challenge.

Runners ran in varying age groups over different distances.

U11s U13s completed a one lap 1.5km race whilst U15s U17s completed a 5km course.

Drissialemoy Majen-Akande made a very impressive debut in the U11G race earning 5th place in a time of 8m 39s

In the U13G race Iris Wan led the Ilford team finishing 5th in 8m 13s followed by Alicia Adams in 12th place with a time of 9m 24s, next to finish was teammate Sofia Crane closing the team in 13th position with a time of 9m 28s.

The U11 boys race saw really impressive debuts for Luke Adams and Ewan McKinstry. Luke ran strongly to finish an impressive 4th in time of 7m.05s. Ewan ran a strong race to seal 14th spot and the team was well supported by Saif Crane in 23rd place with a time of 9m.48s

The U13B team enjoyed a great team result with Arnav Rathi leading them home in 3rd place recording 7m .32s, closely followed by Elias Furreedan in 4th place 7m.39. Daniel Guiba completed the team in 5th place clocking 8m.10s, completing a very impressive team performance.

In the U15s races over 5km Barney Perkins continued his impressive season with 1st place in a great time of 22m.01s

Following Barney home was the ever improving Luke Thake in 3rd place clocking 23m.10s

Ethan Guiba continued his current good form finishing 9th in 26m.58s.

Hawaa Patel produced a great sprint finish to clinch 2nd in the U15G race finishing in 25m.47s.

A great evening's racing with athletes making impressive debuts which suggests a great future for Ilford ACs distance athletes.

Steve Crane was the only Senior representative over the 8km distance.

Steve tackled the difficult conditions head on and finished in 33rd position clocking a hard earned 37m.24s.



### **Essex schools championships**

Saturday 8th June

4 junior Ilford athletes representing their respective Boroughs, competed in the Essex Schools Championships held in windy overcast conditions at Chelmsford.

First up in Intermediate boys 800m was James Thake . A high quality race saw James bravely chase the 2 leaders finishing strongly in this position to earn the Bronze medal in a PB of 2.00.6m

Surely it is just a matter of time before James breaks the elusive 2 minute barrier.

Junior boys athlete Barney Perkins continued his fine form in a strong mixed age group race and ran a





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competitive race to finish in a good time of 5.11.53 despite the windy conditions

Jaskirat Singh took on a high quality field in the Intermediate boys 100m to finish 6th in a new PB of 12.21s. a fine run considering his recent lack of training.

Junior athlete Jaydan Roberts Edward's produced a dominant performance in the 200m final.

Jaydan benefitted from an excellent start which saw him run away from his fellow competitors for a comprehensive victory in a time of 23.63 and took a deserved Gold medal. Jaydan's time equalled his PB which he had set in his earlier heat, narrowly missing the qualifying standard for National English Schools



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