



## **U15 Boys 'Club Connect Relays'**

London Olympic Stadium

Ilford ACs U15 Boys had the honour of competing in the final of the 4 x 100m relays at the Club Connect Relays Championships, part of the Diamond League Event at the London Olympic Stadium last weekend.

Matthew Ayers on the first leg got off to a great start before handing over to Adam Idoudra who ran a strong leg down the back straight before passing the baton to 3rd runner Justice Okereke. He used his great strength to attack the final bend in great style, a safe last changeover saw the baton passed to finisher Damien Amaniampong who powered down the home straight to finish off an outstanding effort by the team in a time of 46.42 beating the previous U15 Boys 4 x 100m Club record which was set in 1958.

This was a remarkable achievement considering the limited amount of opportunities that the squad has had to work together and also losing their fastest sprinter Jaydan Roberts-Edwards to injury prior to the event .

The squad were really appreciative of the support from Club members on the day and the help given to them by Senior sprints Coach

Nat Senior and Senior athlete Jason Kalala which really helped their performance



## Queen Elizabeth Park 10k

As an opener for the Diamond League event, England Athletics put on a 10k event in the Olympic Park, enabling people who were unable to get tickets, as well as those that did, to witness a top quality 10k race for free.



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All clubs affiliated with England Athletics were invited to send in runners, and Billy Green was selected to represent Ilford AC.

In warm, muggy conditions, Billy Green ran his best 10k for 5 years to finish in a time of 50 minutes 12 seconds which placed him 3rd in his age grouping and earned him a medal, a flapjack and a can of sparkling water.









## **Herts and North Middlesex Vets League**

Harrow

Ilford Vets travelled to Harrow for match 3 in the Herts and North Middlesex Vets League on Monday 1 July. A finish above St Albans would almost guarantee attendance at the end of season final as divisional champs.

Several athletes competed in more than one event to ensure full coverage of the programme.

Sam Malekout covered V35 events winning 100m in 12.76s, third in 300m in 45.05s despite a quadricep injury approaching the finish and second in discus with 26.73m.

Chris Scott in V40 finished third in the 100m in 13.47s and won the 300m in 43.13s.

Henry Ricketts returning from an Achilles injury placed sixth as the V50 100m in 14.47s and as the non-scoring athlete in the 300m finished in 49.39s.

Michael Osunsami as the scoring V50 athlete over 300m finished fifth in 45.77s.

Neil Crisp covered both 100m and 300m sprints as V60 finishing third and first respectively in 16.13s and 51.24s. His long jump of 2m 10 achieved third and he also ran as a non-scorer in the 1500m crossing the line in 5.31.96.

Gerald Daniel as V70 athlete finished third in both 100m and 300m with times of 15.97s and 56.64s. His long jump of 3m 46 secured second.

The 1500m age groups were V35, V40, V50 and V60. Malcolm Muir as V35 finished in 4.45.96 to claim fourth. Berekhet Berakhy chased Malcolm in the straight to finish in 4.46.62 to win V40. Fabrizio Stefanoni in the V50 finished second in 4.48.73. David Butler was the scoring V60 athlete claiming third in 5.34.77. Steve Chissell ran as a non-scoring athlete finishing in a time of 5.40.43.

## **Southern Athletics League 3 (SAL)**

Cambridge

Ilford AC had a difficult day in the 3rd southern league match of the season in Cambridge.



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A competitive match combined with some of its best performers being unavailable led to the team finishing last in the match and needing a good result in the final fixture to avoid relegation. Despite this there were some excellent performances on the day, some new personal bests and young athletes trying new events for the first time.

The under 17 female athletes put in some great performances on the Day.

Marissa Osas- Bavis and Chisom Chijioke both attempted the high jump for the first time. They both came in at the lowest height and Marissa carried on to jump 1.30m and Chisom 1.15m to place and score for the team. Marissa also recorded a new PB in the 100m (13.4) and Chisom also competed in the 100m and triple jump. Backing their teammates with new bests were Stacey Kwarteng-Amaniampong (13.7 in the 100m), Adaeze Oyem (14.0 in the 100m, 6.35m in the shot) and Benita Keita (2.78 in the long jump and 14.7 in the 100m) All the ladies also competed in the relays with Marissa and Stacey stepping up to the 400m.

There were also some great performances from our young male athletes. Jaydon Kyle McDermott set a new Long jump PB of 4.78m and also ran the 400m. Joshua Babalola threw a new best of 25.80 in the javelin and scored in the 200m. Samuel Crane ran a new PB of 4.28 in the 1500m and ran the 3000 steeplechase for the first time.

James Thake was slightly off his best but claimed valuable points in the 400, 800, high jump and 4×400 relay.

Aron Berhe again showed his versatility and willingness to try unfamiliar events in the triple jump, 400 hurdles and 800m. Jamari Hoyte made a promising debut with good performance in the 100, long jump and relays. For the under 20s Ian Johnson equalled his PB in the 100m (11.3 seconds) and Oliver Blainey showed his class winning the 400m and anchoring the relay.

The young athletes were well supported by our regular senior athletes, many competing in multiple events. Nat Senior ran a best in the 200m and did the 100m, shot and discus also.

Krystle Balogun had a really strong day with bests in the 100, 200 and a win in the 400m. Nat and Krystle also ran in the relays helping the young athletes.

In the middle-distance Anna Crawley, Jordan Hinds, Josh Adler, Malcolm Muir, Dylan Harrod and Pauline Tester put in their usual strong performances for the team. Highlights were Josh 400 hurdles debut and a win for Dylan in the b string 800m. Bradley Brown also ran a strong non scoring 5000m.

Finally, Wes Clarke, Pete Whiting and Clare Thake competed in multiple throws and jumps which contributed greatly to our points score on the day.























