



EYAL

21/07/24

StoneX Stadium Barnet

A record number of 46 Junior Athletes competed for Ilford AC at the final Eastern Young Athletes League fixture which took place at the impressive home of Shaftesbury Barnet, producing an incredible 48 personal best performances

Pick of the performances were wins for Damian Amaniampong (23.78) and Justice Okereke (24.25) in the 200m. Chiara Mullins Smith triumphed in High Jump with a personal best height of 1m 40cm. Hawaa Patel confirmed her ongoing improvement with a win in the 1500m in a PB of 5.38.21m breaking 6 minutes for the first time and also making a debut in the high jump. Completing the winning group was the ever impressive and improving James Thake who ran a very controlled race winning the U17M 1500m in a PB of 4.17.02m

Six Athletes had tremendous days achieving PBs in all three events they competed in. Nayla Mills Ugoh ran fantastic 30.39 in the 200m and gained bests in the Long jump and javelin. Andre Mullins Roache jumped a brilliant 4.39m in the long jump, broke 14 seconds in the 100m and equalled his high jump PB. Matthew Ayers continued his amazing breakthrough season with a superb 40.35 in the 300m and bests in the 100m and Long jump. Luke Thake ran a debut 1500m and gained new bests in the 300m and shot. Finally two u17 girls Stacey Amaniampong and Marissa Osas Bavis achieved bests in the jumps and sprints

On the day we also had nine athletes making their league debuts and for some of them their debut in the club vest. In the u13 girls Mia Borisova jumped a brilliant 4.17m in the long jump and Olivia Rae Vaughan also sprinted and jumped. For the older girls Hanifat Sanusi, Bineta Keita and Jochebed Antwi also sprinted and did the field events. For the u15 boys Adam Idoudra and Kelson Avebuan continued their impressive development in the sprints and Donnell Oligie and Kairan Kourtellas showed great promise for the future in the 300m and other events

Other results from our regular and impressive team are below

U13B

Elijah Muirhead 100m 15.45, 200m 33.26, L.J. 3.29m.

Arnav Rath 200m 31.12.



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Khalif Ali 1500m 5.23.83

Daniel Guiba 800m 3.12.89, H.J 1.15m, Javelin 12.09m

U13G

Iris Wan 1500m 6.01.9m

Drissialemoy Majen Akande 100m 17.78, 800m 3.16.2, LJ 2.72m

U15G

Nora Nzurike 100m 14.29, S.P 7.80m.

Kenina Nkurumah 200m 29.89, L.J 3.67m

Diya Kaur. 300m 57.59, 800m 3.07.13

Sophie Burrow. Discus 16.30m, Javelin 13.06m

Sofia Crane. Hammer 11.29m, Shot 4.06m

U17W

Adaeze Oyem 80mH 14.06, 100m 14.12, Shot 6.90m

Mya Ward 300m 47.84, 800m 2.53.4, L.J. 3.41m

Leila Lauder 1500m 5.29.38, 800m 2.38.03



U15B

Joshua Matthews 800m 2.34.27, 300m 45.12

Barney Perkins 1500m 5.07.98

Ethan Guiba 800m 2.55.47, H.J 1.20m, 200m 25.94

Dhanusshan Ponnambalam Shot 8.83m, Discus 21.66m, Javelin 19.68m

Stephen Amoli. 800m 2.52.59

Relay - Damien, Justice, Adam, and Matthew - 48.62

U17M

Joshua Babalola. 100m 12.62, 200m 23.99

Jaskirat Singh 100m 12.15, T.J 10.98m

Samuel Crane 400m 62.85, 1500m 4.33.81

Jayden. H.J 1.35m, L.J 5.28m

Jamari. 100m 13.58, 200m 27.87 L.J 4.24m

A record points total rounded off a great season for our young athletes in the joint Ilford AC/Orion team. Big thanks must go to team managers, supporters and Club track Officials for all of their hard work in making it such a successful season.





















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