



Press Report 14th January 2025

## **Metropolitan Cross Country League**

Welwyn Garden City

Formed in 1966, the Metropolitan League is one of the oldest Cross Country leagues in the country.

Last weekend's race was the 4th this season in the league and was held at Stanborough Park, Welwyn Garden City.

In sub zero temperatures, 2 Ilford AC athletes represented the club.

In the Senior men's race, Ronan Edwards ran well over the 8k course to finish in 112th place, and 4th U20 male in a time of 30 minutes 11 seconds

The veteran men also ran over an 8k course and Jim Tilbrook was pleased with his time of 43 minutes 51 seconds which placed him 164th vet and 24th in his age grouping.



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## **Southern Counties Indoor athletics Champs**

Lee Valley

Eight junior Ilford athletes competed in last weekend's Southern Counties indoor athletics championships at Lee Valley.

U13 athlete Daniel Okereke made an impressive long awaited competitive debut reaching the 60m Final after clocking an impressive 8.37s in a high quality heat. Daniel clocked 8.61s in a very competitive final, finishing in 7th place marking a brilliant debut at the distance. Daniel also jumped 4.33m in the long jump final, a personal best jump which earned him 5th place overall.

Teammate Elijah Muirhead ran an excellent race in his U13 60m heat maintaining his technique to finish in a great time of 9.24s, a season's best performance.

Star of the weekend was U17 athlete Jaydan Roberts-Edwards who reached the Semi finals of both the U17 Men's 60m and 200m races with personal best times of 7.18s and 23.96s respectively.

Both performances are a credit to Jaydan's hard work and hopefully he will achieve great success outdoors this coming season.

Donnell Lucky-Oligie also competed in the U17 200m and produced a personal best run of 24.98s finishing 6th in his heat.

Sisters Gloria and Victoria Ananwa both produced personal best performances in their respective events. Gloria excelled in her U15 200m and 300m races placing 4th and 5th in her heats with personal best times of 29.35s and 48.11s whilst Victoria recorded a personal best time of 8.55s in her 60m heat finishing in 6th place

Another athlete making her competitive debut indoors was Renee Chissell in the U17W 200m.

Renee did not disappoint, running an impressive time of 28.13s finishing 4th in a very high quality heat.

The last Ilford athlete to compete was U15 Shot putter Dhanusshan Ponambalam who managed to throw an indoor best distance of 8.93m securing 8th place.



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These Championships were of an exceptional standard and Ilford's junior athletes did themselves and their Club proud.

Special mention to the parents and supporters who managed to get the athletes to the events in freezing and hazardous travel conditions







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