



Ilford had a successful day at the recent **Essex Track and Field Championships** at Chelmsford. Gaining 2 gold, 3 silver and 3 bronze medals.

## Day 1

The U15 girls hammer throw was the first event of the day that contained Ilford athletes. Ilford were represented by Sophia Burrow and Sofia Crane. Sophia had a great competition setting a near pb of 37 metres 81, and beating her previous pb with three of her throws. She just missed the gold medal by 17 centimetres. Sofia in her first Essex Champs threw 17 metres 74 centimetres for 7th place.

Daniel Tochukwu Okerke ran a pb of 13.19 placing 2nd in his heat of the under 13 boys 100m. Then followed this up with a great 3rd place in the final with a time of 13.23.

Ilford had two representatives in the U17 men's 100m, Jayden Robers Edwards was impressive in winning his heat in a pb time of 11.35. Donnell Lucky- Oligie also ran a pb in his heat of 11.72, but narrowly missed making the final. In the final Jayden ran an impressive 11.54 for 3rd place.

Next up was Ellie Wright in the Senior Women's 100m, Ellie made a good start in her final and was neck and neck the whole way with Modupe Shokunbi from Bromley. As they crossed the line the Bromley lady just won in a time of 12.34 as opposed to Ellies 12.37.

The senior 800m was a rough race, with 10 athletes pushing and shoving for an advantage. Dylan Harrod of Ilford got pushed several times and lost valuable ground. Ronan Edward had a much smoother ride and eventually pipped Dylan to 5th place in a pb time of 1.58.47, with Dylan 6th in 1.59.13. It was a good start to the season for both athletes in breaking 2 minutes first race out.

Veteran athlete Krystle Balogun proved again that she could mix it with the younger athletes, finishing 3rd in the 400m race, but second senior lady clocking 59.98.

The senior and U20 men's 3000m, were run together and Ilford had athletes in both categories, Josh Adler in the senior men and Samuel Crane in the U20s. In the windy conditions they both started slowly and gradually worked their way through the field, helping each other on the way. Josh just pipped Samuel on the line with a time of 9.37.75 for a pb, with Samuel clocking 9.37.76. However Samuel was rewarded with 3rd place in the u20 race.



Ilford's first gold of this year's championship came in the penultimate of the first day, in the women's 800m which again combined two age categories. Jordan Hinds who has been training well recently got into a great position in what was a slow first lap, with the bell reached in 70 secs. Jordan made a move along the back straight and opened a gap which she maintained until the finish. Picking up her 3rd Essex 800m title in a time of 2.21.09.

## **Essex Champs day 2**

The club returned on Sunday with hopes of more medals and personal bests.

Performance of the Day was a win for Dhanusshan Ponnambalam in the u15 shot put. Not only did he gain his second county gold of the year but he came away with a new PB of 11.30m.

Returning for a second day were Sprinter Ellie Wright, Jaydan Roberts Edwards and Donnell Lucky-Oligie in the 200m. Ellie followed her excellent 100m with another silver medal in a time of 25.01 slightly quicker than her heat. Donnell set another PB of 24.06 narrowly missing the final. Jaydan set a fantastic new PB of 23.04 in the heat and returned in the final to finish 5th in 23.11. A fantastic return for a first year under 17 athlete. Finally in the sprints Gloria Ananwa ran a brilliant new PB of 27.59 again just narrowly missing out on a place in the final.

In the middle distance we had two athletes Barney Perkins in the 3000m and James Houghton in the 800m both in the u15 age group. Barney ran very sensibly and strongly holding his position throughout to finish in 5th place in 10.46 a new PB. James race was split into two heats. He came 4th in his heat and 5th overall again in an excellent new PB of 2.15.04.





## Halstead Marathon (Incorporating Essex Marathon Championships)

On Sunday in blistering hot conditions a Small Team from ILFORD AC took on the challenging and hilly Halstead and Essex Championship Marathon.

All ran well and First home for the Club winning The Gold Medal in the Over 40 category was SAM RAHMAN In 9th Place in a superb time of 2 Hours 59 Minutes and 52 Seconds - a great milestone.



## Press Report 13th May 2025

Next in was Club Captain DANNY HOLEYMAN in 21st place Winning The Over 50 County Bronze Medal in 3 Hours 10 Minutes and 45 Seconds.

Following Him Home and 3rd Scorer for The Team was TERRY KNIGHTLEY in 34th position from a field of over 240 Winning The Gold Over 60 County Medal in 34th Place in 3 Hours 33 Minutes and 49 Seconds.

The icing on the cake was that the Ilford AC Team also won the Bronze Team County Medal in the event.

All finishers received a superb goody bag, Large Commemorative Medal and High Quality Finishers T-Shirt.







## South Woodham Runners 10k

11th May 2025

Five Ilford AC members headed out to South Woodham in Essex on a very hot Sunday morning for the South Woodham Runners 10k. Probably one of the most scenic 10k's in the south, the route takes in the beautiful countryside and farmlands of South Essex and is mainly run along the banks of the River Crouch.

Leading the team home in 42nd place in a time of 52:04 was Billy Green, followed by Alison Sale in 55:21 for 64th place, also claiming 3rd in her age category.

Diane Crisp finished in 96th place in a time of 59:33, with Frieda Keane coming home in 67:55 for 172nd place

Unfortunately Joel Dennis, who at the time was in the top 5, took a wrong turn en route, and failed to complete the race

