

Press report 15th September 2020



Ilford Back on track Ilford AC Athletes are still scrambling about trying to find track races before Winter sets in 6th September Newham Sprints Meeting Wanya Williams and Efe Adjarho both ran 100m races, once again the conditions were very windy a certain times of the day. Wanya ran a wind assisted 11.57 and a legal 11.83, Efe managed 13.54. 10th September Open Meeting Harrow Four athletes made the long journey across to Harrow and they were all rewarded with personal best times for 3000m. Danny Holeyman ran 10.36.73

knocking 2 seconds off his best. Joseph Grange ran really to knock 55 seconds off his best with a time of 10.07.45. Inspired by his dad Ryan Holeyman knocked off even more than Joseph with 66 ...[Read more](#)

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Back on Track With some covid restrictions being slightly lifted a few athletes have finally managed to get in a few races, here is a roundup of what's been happening. First out of the



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blocks was Krystle Balogun who ran a 200m at Lee Valley on 16th August in a time of 27.52. A week later it was over to Mayesbrook Park for a 100m, unfortunately the wind was very unpredictable, which meant some of the races had a tail wind which was over the allowable limit. Krystle had two runs in 13.04 and 13.17, with the latter, being with a legal wind. Also taking part were Esmeralda Mengeyele 12.93 and 13.03 both above limit and Efe Adjarho 13.86 and 13.92. On the men's ...[Read more](#)

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The Chelmsford 'Mile of Miles' which is normally held on the track was held this year in a completely different format due to the ongoing covid restrictions. The event was held at Writtle college on a multi terrain course which allowed for social distancing. The races were spread out over the course of five hours with each race consisting of 6 athletes going off at 6 minute intervals. It was an Impressive day for the Grange Wrights as they picked up three wins. The first race for the three was Joseph Grange's(13) who ran in the U15s race. He won in 5:26 leveling his PB. Next was Jak Wright who attacked his over 20 race strategically, going of slow to out sprint the opposition on ...[Read more](#)

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Ilford AC 5K Champs Barking Park Saturday 1st August 2020 The Ilford AC 5k Champs were able to take place this year with careful planning, stringent risk assessments and a slight change of format. Whereas normally all athletes would have set off together and first past the post wins, this year's event was held as a 'handicap' with runners set off singly at timed intervals with prizes for first finishers and fastest runners. Barking Park was chosen as this year's venue due to its wide paths and long straight sections, and a sunny morning greeted the 38 participants and throng of time keepers and marshals from the club socially distanced around the course. For the ladies Kim Baxter was the first past the post and first ...[Read](#)



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The England Athletics 5k virtual road running Champs 2020 took place over the period of 11th – 13th July. 2 Ilford athletes took part in the event, which involved athletes from all around England, and they socially distanced by running 2 miles and 5 hours apart. First out of the blocks was Trevor Robinson with an early 7:49am start. Trevor's run took him on and out and back course down Crow Lane and Oldchurch road and he was pleased with his finishing time of 24:28 which placed him 1,425th nationally. Later in the day Danny Holeyman set off with his official photographer, son Ryan, in pursuit on a bike at 12:56pm. Danny's route took him down Pettits Lane, Eastern Avenue, Main road and ...[Read more](#)

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