



Press Report 2nd July 2024

Southern Athletics League 2

Peterborough

Ilford sent another willing team to the second league match of the season. The team was slightly depleted in comparison to the first match due to exams, injury and distance but the willingness of members to turn out and compete in multiple events allowed us to finish in 4th place on the day and maintain our position in the league overall.

Highlight of the day in regards to position came in the men's sprints where returning member Thomas Cooney won the A string 100 and 200m. He was well backed up in the B string by Ian Johnson who won the 100m and Nat Senior who was second in the 200m and third in the shot.

Four members showed their versatility completing multiple events on the day

Sam Malekout competed in 8 individual events for a total of 18 points, the highlight being his Javelin throw of 35.16m for fourth place. Also returning for the ladies to compete was Clare Thake who did 5 field events totalling 11 points. Anna Crawley and Krystle Balogun put in their usual shift in the field and track with Anna coming second in the 1500m in new PB of 5.26, totalling 15 points over 5 individual events. Krystle ran the relays, 100, 200 and 400 and also threw the shot. Her performances in the 200 and 400 for third and second place respectively were very strong.

Five under 17 athletes also made significant contributions. James Thake had a great event with PBS in the 400 (53.00) and 1500 (4.19) and fourth place in the high jump. Adaeze Oyem jumped over 4m (4.15) in the long jump for the first time and placed well in sprints and high jump. Jas Singh also had a good long jump (5.26) for fifth place and competed in the 100m. Aron Berhe and Ryder Islam from the middle distance group had a go at new events with Aron's 400 hurdles and triple jump showing promise for the future. Ryder Islam found the water a challenge in the steeplechase but probably produced the highlight of the day to come 3rd in a sprint finish with a Havering Athlete.

The club's middle distance group was as always well represented. Alex Richards had another sub 2 minute clocking for 2nd place in the 800m and Tom Gardner ran a good 3000m to finish 4th. Josh Adler and Dylan Harrod repeated their exploits from the first match with good performance in the 3000, steeplechase and 800 and 400 respectively. Jordan Hinds also competed in her usual middle distance events coming 3rd in the 1500 and 400 and 2nd in the 800 to earn valuable points.

Club Presidents Dianne and Neil Crisp made the long journey to support the team and also compete, Dianne earned valuable points with a fourth place in the 5000m and Neil along with Bradley Brown ran the 3000m.

Finally Pete Whiting earned 6 points in the pole vault and throws and Wesley Clarke came 3rd in the Hammer in 33.85m









Elvis Match 3 (East London fiVe Interclub Series)

Olympic Park

18th June 2024

The latest round of the 2024 ELvIS competition took place on a fine evening in the Olympic Park in Stratford over a twisty but fast 2 lap course.

Ilford AC had a large squad of 37 in action which included several of the club's upcoming junior athletes.

Best performance of the night was from Neringa Masilioniene who won the ladies race in fine style in 18 mins 32 secs..She was backed up by Jordan Hinds in 5th spot with 19 mins 37 secs and Anna Crawley who recorded 20 mins 52 secs for 12th. Gemma Ellender came home 21st in 22 mins 11 secs and Alison Sale was 28th in 24 mins 08 secs The scorers were completed by Joanne Reeves in 43rd with 24 mins 26 secs with Hannah Sheikh just behind in 26 mins 36 secs.



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In the match Ilford ladies finished 2nd behind the strong Eton Manor squad and are currently 3rd in the league.

The men's team were headed by Tom Gardner, who is showing good form at the moment, taking the M40 age category prize in 4th with 16 mins 17 secs. Backing up were Christopher King with 17 mins 14 sec, which equals his personal best, for 9th and in 16th one of the club's juniors Sam Crane with 17 mins 28 secs,. Steve Philcox was as reliable as ever in 24th in 17 mins 53 secs and Josh Adler improved his best time to 17 mins 59 secs in 26th. The team scorers were completed by Richard Morris in 18 mins 01 secs for 29th.

The men's team were placed 4th in the match and, like the ladies, are 3rd in the current league standings

The next two home for Ilford were two more from the junior squad; Aron Berhe in 18 mins 47 secs for 52nd and Ryder Islam in 56th with 18 mins 33 secs.

Two more runners recording personal bests for the distance were Nick West (21.11) and Steve Horsley (21.19)

Also in action were : Neil Crisp (69 19.15) Dan Holeyman (73 19.25) John Crawley (82 19.46) Diarmuid Mac Donnell (88 20.04) Dave Thomas (93 20.18) Adam Coals (133 21.26) Tarik Qirem (135 21.34) Michael Perkins (147 21.55) Tony Young (190 23.26) Andy Catton (192 23.28) Bradley Brown (205 24.09) Pauline Tester (256 26.1) Mandy Reid (274 26.43) Bev Thomas (293 27.09) Hhahnaj Begum (294 27.19) Dianne Crisp (311 27.47) Rob Sargent (245 29.52) Julia Galea (361 31.24) Sheila Sinclair (388 35.30)





Pleshey Friday Night 5 (Miles)

Friday 21st June

4 Ilford Athletes competed in the Friday Night 5, held over a fast two lap course in the picturesque Essex village of Pleshey.

Despite the warm conditions all athletes put in good performances.

Leading the team home in 29 mins 27 secs for 16th place was Sam Rahman, followed by Diarmuid Mac Donnell in 56th place in 33 mins 36 secs.

First lady home for the club was Alison Sale who ran a great race to claim 3rd in her age grouping in a time of 40 mins 29 secs and 28th lady on the night. Completing the team was Mandy Ried. Mandy, like Alison was competing in her 3rd race in 6 days and put in a solid performance to finish in 44 mins 24 secs and was 49th lady on the night









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