



YOUTH DEVELOPMENT LEAGUE

At last weekend's Youth Development League Usamah Patel & training partner Harry Martin both returning from injury gave solid performances in the U15 1500m . Conditions were very windy & a tactical race ensued which saw Usamah snatch 2nd place in the A string race recording 4:37.2. whilst Harry repeated this in the B string recording 4:43.2

To help the team out Usamah then dropped down in distance to run the 300m coming 2nd in the B string in 40.1.

In a previous Youth Development League meeting 15 year old Jack Maher took 10 seconds of his best time for 800 with an excellent 2:02.8 for 3rd place.

Report Courtesy of Ian Gains