



## SOUTH OF ENGLAND ATHLETICS CHAMPS ASHFORD KENT

Three Ilford junior middle distance athletes competed in these champs. Star performance came from 14 year old Harry Martin a PB in the 1500m heats rewarded him with a place in the final and the next day he went on to reduce his PB to 4-30-24 in the final, albeit out of the medals.

Jack Maher in the 800m had a rough time in his race being tripped up on the 1st lap and then another athlete dropping out and impeding him on the 2nd lap leaving him with no chance of making the final finishing in 2-03-7. On form Usamah Patel had a very disappointing race suffering from stomach cramp in his 1500 heat in a field where he would normally easily have made the final.

Report Courtesy of Ian Gains