



ESSEX SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS HILLY FIELDS COLCHESTER

Four of Ilfords emerging young middle distance squad representing Redbridge competed at County Schools Cross Country Championships last Saturday. Opening the account was the ever improving Mungo Prior placing an excellent 7th place in the Junior boys. His training partner Farris Patel was less fortunate taking a tumble in the race but picked himself up to finish in 17th place.

Junior girl Jordan Hinds who is more at home on the track had an outstanding run in 9th place.

Senior boy Ahmed Abdulle continued his good form adding the Essex schools title to his Essex clubs one. The squad are now in good shape for the SOE cross country champs on the 30th January at Parliament Hill.