



Ilford AC athletes smash personal bests

The outdoor Track season started for Ilford AC youngsters this weekend at the Havering athletic club open meeting. A perfect day for racing resulted in some very good performances from the Ilford AC athletes.

First up was Matthew Hick, competing in the U13s Boys for the first time. In a strong field Matthew battled to come second in the 800m in a time of 2.47, just slightly behind his best time ever. Next up was the under 15 Girls 800m race where Isabella Hick ran 2.52 to come home in 6th position.

14 Year old Jordan Hinds was placed in the Senior Womens 800m event. Jordan took the lead from the start and ran away from a quality field to post a superb Time of 2.31. For her first race on the track this season, this was a great achievement as Jordan took a whole 13 seconds off her personal best.

In the u15s Boys 800m, Ilford AC had 4 athletes in the same race and all athletes ran excellent races. Both Mungo Prior and Farris Patel pushed themselves to the front of the field, followed by a strong athlete from Thurrock. Mungo came to the final 200 in the lead ,followed by the Thurrock athlete and Farris. Farris then battled round the final bend to get himself into a much better position to outsprint the other 2 athletes.

Amazingly Farris broke his personal best by 18 seconds to record an excellent time of 2.16. Mungo in his first ever 800 m race, also ran a superbly to record a time of 2.17.

Also in the field was Jack Halil, who went off slower than usual, but used his great speed at the end to come home in 2.31, 5 seconds off his Personal best.

Finally Bradley Deacon ran a battling 800 m to post a time of 2.40, which was just slightly behind his best ever. This was a good performance from Bradley as his preference is for the longer distances.