

## Ilford Youngsters Triumph at Weekend

Ilford AC Youngsters competed over the weekend with great success. The first big Cross Country race of the season was the Essex relays, held in Hockley. All the major Essex Clubs were competing and there was a large turnout. Ilford entered 2 Teams in the u15s Boys race. In the A team, Farris Patel ran a great opening leg to run the 6th Fastest time of the day in 9:05 and bring Ilford in 3rd Position. Aaron Samuel ran the second leg and went off very quickly to catch up the 2 leading teams. Aaron has missed some training over the summer but he ignored that fact and went away from the field to run an outstanding leg and give Ilford a big lead. Aaron showed how much potential he has by running the 2nd fastest time of



the day in 8.57.

The final leg runner was Mungo Prior , who powered round the course in 9:00, the 5th fastest time of the day , bringing Ilford home by some distance and being crowned Essex Champions. This performance bodes well for the rest of the Cross country season

In the B team, 11 Year old Matthew Hick ran the first leg

against much older athletes and ran a very promising 10:21 to bring Ilford home in 11th Position. Matthew handed over to Bradley Deacon, who as usual ran very well in 10:41, to hand over to Jack Halil. Jack , more custom to running shorter distance, ran a great leg at 10.14, to bring Ilford home in 13th position. It was great to see Ilford have so much depth at the U15 Boys age group



On Sunday the Valentines Park Charity 5k Elvis race was held. Over 200 athletes started the race. Ilford ACs 15 Year old youngster Jordan Hinds competed in the race, coming off a track season , running 400s and 800s , with great success. Jordan went off slowly being caught up at the start of the race and was 5th place after the first lap. In the second lap, Jordan picked it up and started to catch up the female athletes in front of her and outsprinted the field to win the Adult female race in a great time of 20:32. This was a big personal best and a great



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achievement for a 15 year old girl and once again bodes well for the up and coming cross country season.