



## Young Athletes Report 7th February 2017

A small number of Ilford AC young athletes competed in some high quality races in the last week doing the Club proud with their performances

In the year 7 Essex Schools X country Championships, 253 athletes competed. Matthew Hick, representing his school, as opposed to the borough, went off with the leaders from the start. Matthew continued to battle during the race and was outsprinted by 2 athletes at the end, but came a very promising 6th. As a result of this performance Matthew has been picked to represent Essex in the intercounties in March. Subsequently Matthew's team won the team event and he won his first ever Essex medal.

In the Havering Mini Marathon trials, Matthew Hick and Jack Halil competed in the trials fighting for a place in the Havering team. Matthew finished 3rd to claim his place but unfortunately despite running extremely well in a high quality under 15 race Jack just missed out on a place in the team

Aaron Samuels represented Essex in the Intercounties at the weekend. Aaron, who recently won the Essex Schools gets better with every race, came a superb 5th position in a top quality race. Ahmed Abdulle, also Essex Schools champion and 9th in the Southern Counties, finished a brilliant 2nd.