



Young Athletes Report 10th April 2017

Samuels break 36 year club record with Outstanding run

A small number of Ilford AC youngsters competed at the Havering open meeting on Sunday 9th April.

Aaron Samuel, who has come off a great x country season had his mind set on breaking the Ilford AC club record that has stood for over 36 years.

Appropriately the previous holder of the record was one of Aaron's coaches Gary Floate.

Aaron set off with an extremely fast first lap and was already 50 metres ahead of the field

He continued his dominance for the remaining part of the race and sprinted down the home straight to win in an outstanding 4:20.3, half a second inside the previous record

This performance ranked Aaron currently 5th in the country over 1500m .

Another excellent performance came from Matthew Hick in the u13s 1500

Matthew took the race from the beginning to try and build a lead from his competitors but came down the final home straight with a competitor next to him. However Matthew found some extra strength and was able to beat the Havering athlete and run a personal best of 5.11, more than 10 seconds inside his best ever time

Mungo Prior, came off a hard winter to run an 800 m as his opener for the season and ran a credible 2.16.