



## **Essex Cross Country Relays**

### **Stubbers, Upminster**

*7th October*

#### **Ilford u15 Boys win silver at Essex relays**

Ilford u15 boys team came very close to retaining their Essex x country relays title, losing out by just 9 seconds

First leg was Farris Patel, coming back from injury and Farris ran a steady leg in 10:07.

Farris handed over to new Ilford athlete Jak Wright in 5th place in his first ever race for Ilford.

Jak showed how much potential he has by running an excellent 9:56 and maintaining 5th place

Jak handed over to Aaron Samuels on the last leg and Aaron ran an amazing leg to pass all the teams in front of him apart from Woodford to come home in second place.

Aaron ran the fastest time in the U15 s race by over 20 seconds and was 3rd fastest out of all age groups

In the first race of the day Ilford had a team in the girls U17s where Jordan Hinds showed she was getting back to her best with a time of 11:56

Jordan handed over to Isabella Hick and Ellie Wright who brought the team home in 8th position

In the U17s boys Mungo Prior got the team off to a good start and ran the 8th fastest time of the day to come home in 9 35

He handed over to Bradley Deacon who gets better with every race and came home in 10 55

Bradley handed over to jack Halil who brought the team home in 11 28

In the U13s race Ilford only had 2 athletes but both ran exceptionally well Matthew Hick took the first leg and ran the U13s 5th fastest time of the day in 11:04

He handed over to his younger brother who ran a great time for his age in 12 :35

