



Young Athletes

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- [Contact Junior Coach \(Wayne Hick\)](#)



Young Athletes





Young Athletes



News

[Junior Press Report 8th November 2022](#)



District X Country championships Great performances by our young athletes at Redbridge District schools X Country championships Khalif Ali (year 6) ran in the year 7 race and performed brilliantly to finish in 8th position against older boys. Kaleb Berhe ran an excellent race in the same race and finished in 10th position. Ryder Islam had a great run to finish in 4th position and considering he also raced last night in the Chingford league this was an excellent performance. Aron Berhe ran a solid race and finished strongly in 10th place. Nora Nzurike ran consistently in the year 8-9 race and finished well to claim 45th place. In the year 10-11 race Anika Sharma ran a strong race to finish 5th . Hopefully our athletes will ...[Read more](#)

Valentines Park Press Report



Preceding the Final Elvis match of the series, there was a Junior 2k race which Ilford AC, impressively, entered 10 athletes who all ran to a high standard – 1st Samuel Crane 8.04 2nd Mohamed Zergouat 8.09 5th Kaleb Behre 8.44 6th Anika Sharma 9.33 7th Jayden McDermott 9.40 8th Luke Thake 10.42 10th Ibrahim Khan 11.08 11th Hashim Khan 11.10 12th Saif Crane 11.32 13th Sofia Crane 12.11 [Read more](#)



Young Athletes

Junior Press Report 3rd May 2022



Eastern Young Athletes League Thurrock 1st May 2022 At the weekend Ilford Ac's Youngsters returned to League competition in the Eastern Young athletes league. Ilford have joined up with Orion to compete in the league and this has enabled Ilfords Youngsters to compete in a very competitive environment Ilford had the established youngsters that have competed for the last few years and It was great to see the influx of a number of new youngsters, who were competing in the league for the very first time The 7 established youngsters all broke their personal bests or won their race , which hopefully means they will all have a successful track season . One of the best performers of the day was James Thake, who did the ...[Read more](#)

Press Report 27th July 2021 - TRACK



Ilford Athletic Club



Young Athletes

Open Meeting Saturday 24th July 2021 Mayesbrook Ilford young sprinters produced some fantastic times at the Bit fit Academy Open meeting at Mayesbrook last weekend. The 100m runners had two races and the star performance was from Fidunu Abidekun who produced a brilliant effort of 10.82 in his first run, however in his second run he produced an even faster time of 10.76, this is the 16th fastest in the country for his age and the second fastest ever by an Ilford Under 20 sprinter. Abdulhakim Mohamed also produced a very fast run of 10.89 in his first run, but unfortunately the wind was slightly over the legal limit, in his second run he produced a legal time of 10.92 which was only ...[Read more](#)

[Youth Press Report 29th September 2020](#)



YOUTH REPORT Harrow open track meeting Thursday 24th September 2020 Several of Ilford youngsters went to Harrow last Thursday, in what was a well organised open meeting of middle distance races. First up was recent recruit Rhys Edwards in the 800m, staying slightly off the pace and going through 800m in 61 seconds, Rhys looked really strong along the back straight and was still moving through the field at the finish. He was rewarded with new pb of 2.03.54. The other three athletes ran in the 1500m. Jordan Hinds was in race 4 and by this time of night the temperature had dropped slightly. Jordan has never been a fan of the cold, but managed to run a very good race to record a pb ...[Read more](#)

[Press Report 2nd March 2020](#)



South East England Schools XC Sunday 1st March Representing his school, Coopers, Jak Wright ran in the u19s race in the South East England Schools XC at Harrow School. Over the testing 7k course, complete with mud, trail, water and hills, Jak managed to finish 8th in a time of 27:56. Jak started conservatively with the chasing pack, before making the decisive move with a mile to go to close down some runners in front with a strong finish. Jak feels this is a good indicator of his fitness for the impending championship races to close his XC season. [Read more](#)

[Press Report 28th January 2020](#)



Ilford Athletic Club

South of England AA Championships Parliament Hill 25th January 2020 Parliament Hill was the venue for last weekend's South of England cross country championships. The recent heavy rain meant that it was going to be a real energy sapping mud fest, a few athletes were even seen finishing with only one shoe on. For some of Ilford younger athletes it was their first time being exposed to the full horrors of a muddy Parliament hill and the huge fields of the south of England championship. First off were the Under 15 boys. Illness and training problems meant that Ilford only had two athletes in this race, but both Ryan Holeyman and Matthew Hick acquitted themselves well. Matthew made a really fast start up the first hill, ...[Read more](#)

[Press Report 19th January 2020](#)



Ilford AC athletes were out in action on Saturday at the Essex Schools XC Championships. In this race, the top 8 finishers are selected to run for Essex in the English Schools XC championship – with two discretionary places, and the top 20 finishers are selected to run in the South Eastern Inter-counties race. First up was Joseph Grange representing Havering schools as a junior boy in his first ever Essex Schools race. After a conservative start, Joseph picked up many places to come an incredible 14th and qualify for South-eastern Inter-counties. This is a great achievement as one of the youngest boys in the race. Ryan Holeyman also ran in the Essex Schools for the first time, representing Havering. Ryan ran in the inter boy's ...[Read more](#)

[Press Report 13th January 2020](#)



Deacon storms to 2nd place Essex Cross Country league Colchester January 11th 2019 In the 4th Essex X Country league, held at Colchester, Ilford AC had 8 youngsters perform to a very high level. Star of the show was Bradley Deacon, in the u17s Men. Bradley was Ilfords only representative in the u17s race but he proved his fitness and his recent improvements to battle round a tough course and come a very impressive 2nd place. This hopefully gives Bradley the confidence to do well in the up and coming Essex Schools and Southern Counties champs. In the U13s Boys race, Ilford had 3 representatives. Joseph Grange also battled round the tough course to come 9th position. Aaron Hick and Lucas Emeagi both showed their speed at the ...[Read more](#)

[Press Report 5th January 2020](#)



Essex Cross Country Champs Basildon 4th January 2020 After the excess of Christmas ,Ilford Youngsters found themselves at the start of a busy January, which will contain 5 races including 3 championships. The first of which was the Essex Clubs Championships at Basildon last weekend. First race was the U17 over 5k, where Ilford had 4 runners, with the boys and girls combined in a field of around 60 began the first race. After the initial charge a group of about 20 quickly broke clear, which contained all the Ilford Athletes. The team had hatched a plan to try and keep the pace fairly slow and keep away from the front. As they approached the hill for the first time, Aaron Samuels ...[Read more](#)



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