



## South of England Track and Field Championships

Two of Ilford Athletic Clubs young talented athletes, 14 year old Jack Maher & 16 year old Sam Malpass competed in the U/15 & U/17 South of England Track & Field Championships at Watford last weekend. Both athletes successfully negotiated the heats, with Jack once again lowering his PB with an excellent run in the 1500m final for 9th place in 4:29.22. Sam, the current Essex Schools Champion at 400m, dropping down in distance, competed in two Finals placing 6th in the 100m in 11.47 & 7th in the 200m in 23.63 Report courtesy of Ian Gains