



YOUTH DEVELOPMENT LEAGUE & ESSEX TRACK & FIELD CHAMPIONSHIPS 6TH MAY – DAY 1

YOUTH DEVELOPMENT LEAGUE

This is a newly formed league for 2013 where Ilford & Woodford Green & Essex ladies have formed a composite team covering the U/13 to U/20 age groups.

Ilford's Jack Maher, 15, opened his account for the season with a 3rd place in the 1500 in 4:34. Tom King, 16, returning after a long lay off from the track had a creditable 4th place in the 800 in 2:15. The younger athletes, Usumah Patel, 14, was 1st in the 1500 A string in 4:29 [a new PB]. Harry Martin, 14, in his first ever 1500, won his B string race in 4:44

ESSEX TRACK & FIELD CHAMPIONSHIPS 6TH MAY – DAY 1

A Bronze medal went to Ilford's Usumah Patel, 14, who after winning his heat stepped up a gear with an excellent 3rd place in the 1500 final in 4:25:08 which was also a new PB.. Harry Martin in only his 2nd run over 1500m hit another PB in this event with 4:39. Jack Maher, 15, kept Ilford's good form going in his age group with an excellent 1500 performance for 6th place in the final recording 4:20:-22 which was also a PB.

Reports courtesy of Ian Gains