



## Press Report 13th October

Ilford AC's youngsters were well represented in the first Cross Country Essex League race held at One Tree Hill and hosted by Thurrock Harriers on Saturday

First up in the U11s Boys race were Matthew Hick and Euan Johnstone. Matthew ran a great race to finish in 3rd position and Euan in his first race over the country finished a very credible 12th.

Ilford then put out 4 athletes in the U13s Boys race that followed where Farris Patel, improving with every race, led the club home in 10th place and was followed in by Aaron Manget in 14th. Bradley Deacon was next home in 2nd followed by Mehdi Harun who came in 52nd. In the U15 girls Jordan Hinds worked her way through the field to finish 11th whilst Isabella Hick recorded 32nd. In the Boys U15s Jack Halil, in his first cross country race finished 42nd.

The U17 men's race was full of quality where Ahmed Abdulle ran superbly to finish 2nd. In the senior races Ilford had Krystle Balogun, 19th, and Breege Nordin 43rd flying the flag for the women. The results of the men's race are still being finalised.

Breege Nordin was in action again the following morning posting 73.34 at the Tiptree 10 to take the top over 55 run of the day prize just getting the better of her long-term adversary Sue Spong of Havering. Yet the top Ilford run of the day went to Steve Philcox who demonstrated he is returning to something like his best form when clocking 60.25 for 7th place.

