



### **South East Schools Inter Counties Championships - Bexhill**

Ilford AC had 4 young athletes winning their first county vest by representing Essex in the South East Schools Inter Counties Championships held recently at Bexhill.

Farris Patel in the Junior boys ran a solid race for 85th place. Mungo Prior put in another good run in the inter-boys for 56th place and in the inter-girls Jordan Hinds put in solid run for 84th place. In the senior boys Ahmed Abdulle kept his current good form going with 3rd place.

### **Essex and Eastern Counties Indoor Championships - Lee Valley - 7th February**

In the indoor arena at the Essex & Eastern Counties Indoor Championships held at Lee Valley on 7th February, Ilford AC were once again represented by 4 athletes.

Jack Maher had to settle for 5th place in the final of the u/20 800 in 2-05, Krystle Bologun had a excellent run in the Senior ladies 800 set a indoor Pb with 2 mins 18 secs for a Bronze medal. Ahmed Abdulle with a controlled run took the u/20 1500 title in 4.14.29 with his training partner Usamah Patel taking 2nd place in 4.51.67.

### **Redbridge London Mini Marathon Trials - Olympic Park Stratford**

It was a busy weekend for Farris Patel, Mungo Prior and Jordan Hinds being part of an Ilford AC contingent at the Redbridge London Mini Marathon trials held at Stratford's Olympic Park. In the u/13 boys Farris Patel was first home with Medhi Hurun 5th. In the u/15 boys Mungo Prior took first place with Manraj Gill in second place and in the u/15 girls Jordan also took first place.