



## Valentines parkrun

Ilford AC's young endurance squad continued their build up for the summer track season by taking part in this weekend's parkrun at Valentines Park. Many of the squad have been picked by the Borough for the Mini Marathon which is part of the London Marathon. So the parkrun was ideal preparation.

After the bright sunny weather on Good Friday, the field of over 200 were greeted with a cold windy Saturday morning. However this did not stop the Ilford youngsters being immediately to the front of the field. After the first 400m there was a breakaway group of three containing Mungo Prior and Jack Halil. Also inside the top 20 were Jordan Hinds and Bradley Deacon with both Matthew Hick and Euan Johnstone also in close attendance.

As the lap progressed Mungo had taken the lead and had pulled away from most of the field, but Colin Read of Orion was hanging on. Jack was unfortunately suffering a bit after his fast start, but was still moving well. The ever smiling Jordan was still moving through the field and was now the first lady. Bradley was having a much better run than his last parkrun outing and was also moving through the field. Matthew had trouble with his laces and had to stop to do them up, but after the short stop he was flying. Euan was racing on the road for the first time over this longer distance, but looked completely at ease.

Into the second lap the more experienced Orion runner pulled away, but Mungo still held onto second place in a brilliant time of 18.41 (which was the 3rd fastest ever around the Valentines course for his age group). Next home was Jordan in 11th place and first lady in a time of 20.42 a 30 second improvement on her last park run and the second fastest ever by an under 15 lady around Valentines park. Bradley also finished well in 13th place and knocked an impressive 24 seconds off his previous best. Despite having a rough spell mid race Jack, showed his determination and track speed at the finish to come in 14th.

Matthew was a little disappointed with his run, but he was a great 22nd place in a time of 21.41 and is still only 11 years of age. Euan looked strong the whole way round and came in 40th in a time of 23.33.

Special mention to Katie Deacon who was doing her first ever race, despite her pre race plan of running with her mother going out the window, she maintained a perfect pace the whole way round and came in 130th in a time of 31.17.