



Young Athletes Report 19th April 2016

A number of the Ilford AC youngsters competed over the weekend with great success. At the Opening Southern league Senior competition, 14 year old Jordan Hinds competed in her first ever senior race. In very testing conditions Jordan showed her full potential by coming second overall in both the 800m and 400m races in times of 2.35 and 67 seconds



Young Athletes Report 19th April 2016



respectively. For s



In the Open race at Lee valley on Sunday, in much better conditions on Sunday, the Ilford AC youngsters once again performed to a very high standard

First up in the Mens 800 race was Farris Patel and Mungo Prior. Competing against adults Farris and Mungo once again were very competitive . Farris ,just turned 13 , ran a very even race and used his great speed over the last 200 to record another personal best of 2.13, 3 seconds quicker than the previous one. Mungo also equalled his best in a time of 2.17 and this times bodes well for his 1500m, which is his better event

Jack Halil gets better with every race and won the second 800 in a new PB of 2.30 , with Bradley Deacon, just outside his best in 2.41. Euan Johnstone , just 11, ran his second



Young Athletes Report 19th April 2016

personal best in week over 800 with a very promising 2.56

Isabelle Hick ran 2.51