



London Mini Marathon 24th April

Ahmed shines at the Marathon

Nine Ilford athletes had to previously come through tough Trials to represent their local borough in this years London Mini Marathon on Sunday. All of the young athletes competed to a very high standard, but it was Ahmed Abdulle ,who shined through to win the U17s Boys 3 mile race. Ahmed beat a very high quality field to win by over 20 seconds in an outstanding 15:05.

In the same race Usamah Patel , running with an injury came home in 91st with a time of 18:07

In the U15 Boys, Mungo Prior gets better with every performance and came a very promising 19th place. His time of 16:57 was outstanding , for an athlete who has only been in the sport for 6 months



In the U 13 Boys, Ilford AC had 5 athletes competing and all of these performed well against a very tough field. Farris Patel, after a bad start , came through the field to come a very credible 10th Position, in a time of 17:26. Farris once again is getting better with every race this year and used his speed at the end to take over many of the other athletes.

Bradley Deacon ran his fastest time in the Mini Marathon to come 92nd and Matthew Hick,only 11 and 2 years left in the age group,came 100th. Bradley ran 19:22 and Matthew 19:31 respectively.

Euan Johnstone, also only 11, ran 21:53 for 166th and Mehdi Hurun was 168th

In the Girls U15s race, Jordan Hinds and Katie Deacon were Ilfords representatives. Jordan came 59th in a time of 20:31 and Katie 29:00 to finish 172



Young Athletes Report - London Mini Marathon - 26th April 2016

It was great to see so many of the Ilford youngsters perform to such a high standard

Woodford Open Meeting 23rd April

A number of Ilford ACs youngsters competed at Woodford open meeting on Saturday in a very testing conditions. As usual the conditions at Woodford was windy and cold but we still saw some good performances

Isabella Hick,14, ran her first ever 300m hurdles race in the u17s age group came third , in a very promising 55.87.She followed that up with a 200 m and came 4th in a time of 30.63
Young sprinter Anthony George ran in the 75 m Hurdles, 200 and 300 . Anthony ran some very good times, all against the wind . He ran 15:00 seconds in the 75M Hurdles for 3rd, 27.11 to win the U15s 200 m and came third in the 300m in 41.36

Krystle Balogun moved down events to show her speed over 200 and 300 respectively. Krystle came 4th in the 200 in 28.97 and 4th in the 300 m in 45.14