



## **Ilford Young Athletes go Fourth**

Ilford's young athletes produced some impressive performances in the Essex T&F Championships held at Chelmsford last weekend but unfortunately were unable to bring home a county medal. Three of Ilford's young stars just missed out by taking 4th place. First up was Mungo Prior in the Under 15 boys 1500m, in his first ever 1500m race running a great race to finish 4th in a time of 4.40.8. On the Next day Farris Patel claimed the same position in a very fast under 15 boys 800m, with a time of 2.14.0, which was just 2 tenths outside his personal best.

Best performance of the weekend was from Jordan Hinds in the U17 girls 800m, having recently missed a few training sessions due to studying, she defied expectations. In a fast race Jordan let the leaders get away early but was always moving through the field and put in an excellent finish to come 4th in a time of 2.28.7 , her third PB of the season.

Three other squad members set personal best times including Isabella Hick who set a personal best running 46.90 in the U15 girls 300m and also ran 2.44.5 in the 800m. Bradley Deacon knocked 5 seconds of his best in the U15 boys 1500m in a time of 5.25.1. Despite being disappointed with his run Jack Halil ran a personal best of 44.5 in the U15 boys 300m, before returning the next day to run 2.38 in the 800m for 9th place.

The squad's two youngest members Euan Johnstone and Matthew Hick, both ran well. Euan ran in the worst of the conditions on Saturday, but managed to equal his personal best in the under 13 boys 800m with a time of 2.56. Next day Matthew came 7th in the 1500m in a time of 5.31.