



Westminster Mile

Personal bests galore for Ilford youngsters

Ilford ACs Young middle distance group competed in the Vitality Junior British Champs this weekend, with all athletes achieving a personal best. It was great to see so many Ilford youngsters competing in the various Boys and Girls events.

Some of the best junior athletes from all over the country travelled to St James Park for this prestigious event and the Ilford athletes delivered strong performances in perfect weather conditions.

First up was the under 11s Boys where Matthew Hick battled through the field to come 12th position, in a time of 5.49. Euan Johnstone was not far behind in 29th in a very encouraging time of 6.16

A special mention goes to Aaron Hick, who competed in his first athletics race. Aaron is only 8 years old and sprinted the last 200 of the race, taking over many athletes in his way and ran a superb time of 6.58

Next up was the u13s Boys where Farris Patel was with the leading group the whole race and once again used his speed at the end to out sprint a number of athletes to come an



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Bradley Deacon improves with every race and backed Farris up with a solid 43rd position in 5.45.

In the u15s Boys, Mungo Prior, competed against some really quality athletes and broke his personal best by over 10 seconds to run 4.55 and come 29th

Last but not least was the U15 Girls where Ilford had 2 youngsters compete. First home was Jordan Hinds who came 18th in 5.51 and Isabella Hick ,21st in 6.35.