



**\*Inter Counties Championship Loughborough 4.5k U15M Cross Country 11th March 2017 \***

As the Cross Country season draws to an end, two of Ilfords young athletes were chosen to represent Essex in the Inter Counties Championship, which was recently held at Loughborough. Both Mungo Prior and Aaron Samuel have had great winters and getting their Essex Vests was well deserved.

The Inter Counties brings the top 8 Athletes from all counties across the UK and is a very high standard of competition. The Ilford boys got caught up in the very fast start and spent the rest of the race working there through the field. Aaron eventually finished in 80th place in a field of nearly 300 with a time of 17:10 and Mungo was close behind in 92nd In a time of 17:14

The Ilford pair helped Essex place 13th in the team event.

17 year old Ahmed Abdulle now running in the U20 event

gave a creditable effort in coming home in 22nd place in 28-45 , just 1 minute and 4 seconds behind eventual winner Ben Dijkstra of Leicester

with his Essex team finishing in 7th place in the 8k cross country event

**\*English Schools Cross Country Championship Norwich 18th March 2017\***

One week later Aaron was again representing Essex in the English Schools Cross Country Championships at Norwich, after previously the Essex Junior boys championships, everybody was hopeful of a good run from Aaron. Not content with a good run Aaron produced a great run and came in 15th, in a time of 13:01 for the 4000m course which is one of the best places ever from an Ilford male athlete.

Ahmed Abdulle, carrying a slight hamstring injury battled on to finish 26th in a field of 324 runners in a time of 23:05 for the 7.2k Cross country event.

Both Aaron and Ahmed were part of the Essex winning team on the day who



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took the Liverpool trophy for the boys aggregate score from Kent by just 1 point.