



ILFORD A.C PRESS REPORT. 12th JUNE 2017

Essex Schools Championships

Saturday 10th June

Samuels on his way to the English Schools

A number of Ilford AC youngsters competed at the Essex Schools Championship at Chelmsford on Saturday. The star of the show was Aaron Samuels, running in the Junior boys 1500m.

Conditions were far from ideal with quite a heavy wind so fast times were unlikely. However from the start Aaron took the lead and continued to pull away from the field, winning in a comfortable time of 4.16, nearly 100m ahead of his nearest competitor.

Aaron now holds 4 Essex separate titles in less than a year. He was part of the winning Ilford AC Essex X country relay team, he won the Essex Schools X country champs, he won the Essex Clubs 1500 and at the weekend he won the Schools 1500. As a result of these achievements, he got the call on Sunday night, confirming he had been picked to represent Essex in the English schools.

Another great performance came from Mario Dobrescu in the Junior boys 200. Mario looked superb in the Heat, running the fastest heat in just over 24.0. Mario continued his fine form to win the final and become Essex champion. Mario still has another year in this age group so Ilford has high hopes going forward

Vignesh Rameshbabu only joined the club earlier in the year and is quite new to athletics. However Vignesh ran the Intermediate boys 400 and improves with every race. On Saturday he smashed his personal best to run an outstanding time of 52.71, coming 5th

Another amazing performance came from Jordan Hinds in the Intermediate Girls 800. Jordan has missed months of training due to exams, but still showed how much talent she has by coming 5th in the final. Jordan clocked 2.34, missing out on top 3 by a few seconds. With exams nearly over I am sure Jordan will be back to her best very soon.

Mungo Prior is slowly getting back to the kind of levels he produced last year and came 5th in



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Intermediate Boys 3000 in 9.50, very close to the bronze medallist.

Ellie Wright competed in her first Essex Schools and ran a very good Intermediate Girls 200 and missed out on the final by one place. Her time of 28 against the wind was a very promising run

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