



South of England AA Indoor Championships

Lee Valley

13th / 14th January

Three Ilford athletes competed in the South of England champs at the weekend.

Opening their account for the first race of indoor season was Alex Richards in the 800m Heats in 1:59:66 with Jack Mahler recording 52:87 in the 400m Heats and ever present senior lady Krystle Bologun recording 60:86 in the 400m

ESSEX CROSS-COUNTRY LEAGUE MATCH 3

Writtle

Saturday 13 January

SAMUEL & HICK STAR FOR ILFORD YOUNGSTERS

Ilford AC took a small but quality group of Young athletes to the Penultimate Essex X Country league on Saturday.

First up was the U13s boys race where Ilford had Matthew and Aaron Hick competing.

Matthew got a great start and was up with the leaders from the very beginning. The athlete from Havering pushed the field but Matthew and a Colchester athlete went with him and the 3 athletes pulled away from a quality field.

Coming to the final sprint Hick battled with the Colchester boy to just get beat on the line.

However both athletes were only a few seconds behind the winner, who has comfortably won all the Essex races this season. This was Hicks best performance of the season and shows his potential for the future.

Hicks younger Brother Aaron, in his first Essex League race battled his way round the course for a credible 37th position

In the U15s Aaron Samuels, who has won all Essex league and championship races that he has competed in this year, got a great start and led the race from the very beginning. One athlete tried to stay with Aaron but in the last half a mile Aaron powered away to win quite comfortably.

This was great preparation for the Essex schools race next weekend, where Ilford has high hopes for Aaron to win and go to the English Schools finals

The final young athlete was Jordan Hinds in the u17s race. Jordan went off very well but struggled over the last mile, to come in a credible 12th position









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