



## Juniors Press Report 19th February 2018

As part of their preparation for the final cross country race of the season Ilford Young athletes competed in the Valentines Park Run on Saturday morning.

Aaron Samuel whose last two races have been effected by a bad cold showed that he was right back to form, by leading all the way and finishing in first place, a full minute ahead of the second place runner in a time of 17.28. Aaron's time was a course record for his age category at the Valentines Park run.

Next home in 4<sup>th</sup> place was Jak Wright, who ran his best parkrun time and broke 19 minutes for the first time with 18.47. Bradley Deacon had a great run in 5<sup>th</sup> place, knocking 52 seconds off his previous best with a time of 19.02, after a hard winter both Bradley and Jak should make big improvements on the track this season.

Matthew Hick was in 11<sup>th</sup> place in a time of 20.07, which was just outside his best time. Matthews young brother Aaron who is only nine also ran a best time of 23.35 for 54<sup>th</sup>.

Ryan Holeyman who has just started training with the group, but yet to join the club had a good run for 22<sup>nd</sup> in 20.56