



## **Havering Open Meeting**

*8th April 2018*

Ilford young athletes were again in action this weekend.

With almost the whole squad setting Pb's over 800m last weekend, some of the Athletes tried different distances.

First up was Matthew Hick in the U15 1500m, Matthew made a great start and was fully committed from the gun, going through in a very fast first 800m. Matthew slowed a bit in the second half, but held onto 3rd place and new personal best time of 5.05.8

Next up was the U17 1500m, which contained Jak Wright and Bradley Deacon. It was a quick race and both Ilford athletes went with the early pace, both going through 800m in a time which until recently would have been a Pb. Jak held onto the group for slightly longer than Bradley and knocked 15 seconds off his best with a time of 4.26.9. Bradley has worked really hard this winter and was rewarded with knocking almost 30 seconds off his previous best in a time of 4.46.3

Farris Patel dropped down to the 400m, only the second time he has run this distance, he made a really good start and was leading the field, until the final 30 metres where unfortunately he tied up, his time however was a very impressive 52.8

After a tough winter and struggling a bit recently in training Jordan Hinds looked back to nearly her best in the ladies 800m, easing round the first lap in second place, Jordan kicked at the bell to move clear of the field and finish in her best time for two years of 2.32.2

Finally after narrowly missing out on sub 2 minutes for 800m last week, Aaron Samuel gave it another crack. It was a good field including Paul Grange of Havering (running in a Ilford vest) who happens to be the father of Jak Wright one of Aaron's training partners. The pace was quick with Aaron and Paul contesting the lead. At the bell sub 2 minutes was on, Paul moved along the back straight, and although Aaron finished stronger than last week he narrowly missed out again in a time of 2.00.9. Its only a matter of time before he gets his first sub 2 clocking. Paul successfully ducked under 2 minutes with a winning time of 1.59.7