



## **BMC Regional races**

Eltham

*Wednesday 23rd May*

Jordan Hinds and Aaron Samuels, travelled across London to Eltham, to compete in the British Milers Club regional races last Wednesday. The BMC put on these races across the country with the aim of getting fast times. However the windy conditions appeared to have put pay to that.

Jordan was in heat 5 of the 800m, and the pacemaker ensured a fast pace, which immediately split the field. Jordan reached the bell in around 68 seconds and was still moving well at 600m, but tired up down the home straight to finish in a time of 2.26.67, her second best time of the season.

Aaron was in the second heat of the 1500m, which again had a pacemaker, who went through very fast on the first lap in 61 secs, Aaron sensibly held back and was through in 63 and 2.10 at 800. By the time the bell was reached 3.02, Aaron was moving really well and ended the race in 2nd place in a time of 4.03.77. A personal best by 6 seconds and a new Ilford U17 1500m record.

## **Westminster Mile**

*Sunday 27th May*

Ilford ACs young middle distance group competed in the Westminster mile on Sunday. These races attract some of the best Mile athletes in the country, so Ilford youngsters knew they had to all run well to compete against all the quality athletes racing

First up on Sunday, in extremely hot conditions was the u11s race and Ilford had 2 youngsters competing in this race. Joseph Grange, the previous weekend ran an outstanding 19:29 for 5K, went off very fast and was close to the leaders. Joseph kept up the pace and still had lots of energy to sprint past a few athletes at the end to finish in an impressive 12th place. Josephs time of 5.54 was outstanding. Backing up Joseph was Aaron Hick, who has one year left in this category, also went off very fast and maintained this pace to come home in a big personal best of 6:22. Aaron ended up 34th

I think we will hear a lot more from these 2 talented youngsters in the future



## Junior Press Report. May 29th 2018

In the u13s Boys race, Ilford also had 2 athletes competing. Matthew Hick and Ryan Holeyman pushed each other to come home a very competitive 30th and 34th place. Matthews time was 5:44 and Ryans 5:52

In the u15s race, Ilford had 2 in form athletes competing in the mile race, Aaron Samuels and Jak Wright. Both had ran personal best 1500s in the previous week so expectations were high. Aaron got a good start and pushed himself to stay with the leaders but they slightly got away from him. All the top athletes in the race were very close to each other, with Aaron ending up in 7th position in an outstanding 4:42. Jak Wright gets better with every race and was still pushing through the field at the end of the race to run 4:49 and come 15th position, once again very close to the actual leaders.

The final Ilford athlete was Jordan Hinds in the u17s girls race. Jordan is running herself into form and gets better with every race at the moment. In a very tough field Jordan pushed herself to a credible 14th position, in a time of 5:52