



Southern Counties Road Relays

Crystal Palace

Sunday 23rd September

On a wet day at Crystal Palace, Ilford AC u17s competed in the Southern Counties road relays over 4.5km. This is the first time for many years Ilford AC have been in a position to enter a team in this event. Three of the team have just moved up to the u17 group so have another year left in the age group. The whole team performed extremely well so early in the season and came 15th out of 49 top class teams performing

First leg saw Mungo Prior run a very consistent leg in 17.02 to bring the team home in around 28th. Next up was Farris Patel, who slightly struggled over the longer distance, but still performed well in achieving 17.52 to come in about 30th. Aaron Samuels then ran the second fastest leg out of all the athletes competing on the third leg and brought Ilford back into 15th position, with a time of 16.00. Jak Wright ran a great last leg to maintain that position in a time of 16.50 and bring Ilford home in 15th position.

Ilford were the first Essex team home so good preparation for next week Essex Relays