



South of England XC Champs

Wormwood Scrubs

20th October

Ilford ACs under 17s team competed in the Southern England X country champs at Wormwood Scrubs last weekend.

Full of confidence after their exciting win in the recent Essex champs, the boys had high hopes of doing well. It shows the strength of the team that Ilford are able to replace a class athlete like Jak Wright, who was unavailable, with another class athlete in Farris Patel.

Over 30 teams from all over Southern England participated in the race .Farris Patel ran the first leg and ran a great leg to run the 20th fastest time of the day ,bringing Ilford into 10th position, in a time of 11.02

Mungo Prior chased down 3 of the athletes in front of him, bringing Ilford into 7th place, running 11:01,19th fastest time of the day.

Last leg was Aaron Samuel ,who flew round the course in a time of 10:21.Aaron passed 3 teams in front of him but just ran out of time to catch the third placed team.

Aaron ran 5th fastest time of the day, to bring Ilford home in 4th position.

Even though the boys were disappointed not to win a medal, it was a great achievement to see Ilford challenging all these big teams for medals.

Roll on the National champs in 2 weeks





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