



Essex Cross Country League

Horseheath

Saturday 15th December

Hick wins Bronze

Ilford AC had 6 brave youngsters who turned out for the latest Essex League X Country race. The conditions were terrible with freezing conditions and a strong wind

First up in the under 11 s race was **Aaron Hick**

Aaron went off slowly over the 2k course but picked off other runners during the race.

With only 500 meters to go Aaron moved into 3rd position and steadily caught the front 2 but time ran out and had to settle for a bronze medal

In the under 13s race **Joseph Grange** battled through to come a credible 17th

In the under 15s race Ilford had 2 athletes compete ,who were **Matthew Hick** and **Ryan Holeyman**

Both athletes competed well to come 25th and 28th respectively,in a very tough field.

In the U 17s race **Bradley Deacon** finished a superb 15th ,which was his best ever position in the league

In the U17 Women **Jordan Hinds** took time off her studying to come 23rd



