



Press Report 30th April 2019 London Mini Marathon

Ilfords ACs young middle distance group showed once again how they continue to progress, with some great runs in this years London Mini Marathon over 3 miles.

Ilford had 6 Young athletes competing . First up was the Boys U17s with Mungo Prior, Jak Wright, Bradley Deacon and Farris Patel competing. First home for Ilford was Mungo, coming 18th position. Mungo's aim was to break 16 Minutes for the first time and he really pushed himself over the last mile to meet his target and run 15:56

Another great run was from Bradley Deacon , who is benefitting from the consistent training he is doing. Bradley once again smashed his PB and ran 16:45 for 47th Position. Jak wright went off extremely fast over the first mile and would have run a great time but slightly dropped his pace over last mile to end up with 16:55 and 49th Position.

Finally Farris Patel, ran 17:07 for 63rd position, which once again was a personal best

In the U15 Boys race Matthew Hick ran superbly to smash his PB by a minute to run 17:31 and come 44th and finally in the U13s Joseph Grange was outstanding against kids older then him, to come home in a time of 18:10 and Finish 22nd





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