



## **Essex Cross Country Champs**

Writtle College

*September 28, 2019*

Ilford U17 boys went in to Saturday's match with a title to defend, and defend it they did with a brilliant run from all 3 boys to bring back the Essex U17 trophy and Gold medals for the 3 boys.

First off in the 3k Cross country boys race was Bradley Deacon who led by example with a fantastic 11m 07 seconds. Jak Wright put in a very solid middle leg in a time of 10m 55 secs before Aaron Samuels went off on a blistering 10m 02 secs lap to seal the honours for Ilford AC with a lead of 18 seconds over second placed Woodford Green

Ilford also had a B team in the U17 race, which included two Under 15 runners, Farris Patel ran the first leg and bought the team in 6th place with a time of 11.17. Matthew Hick ran the second leg, he had a solid run and came back in 10th place with a time of 12.16. Ryan Holeyman ran the 3rd leg and was somewhat isolated to begin with, but worked to gain a place and a time of 12.26

An under 13 team was fielded for the first time in many a year, Joseph Grange ran the first leg and had a great run to come home in 2nd place in a time of 11.57. For the next two runners Aaron Hick and James Thake it was their first ever race. Aaron ran a really strong leg and came home 5th in a time of 13.05 and James was equally impressive in bringing the team home in 6th with a time of 13.28



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