



## **Essex County U13 / U15 / Veterans' Championships**

Writtle College

*Saturday 30 November*

### **Grange storms to 4th in Essex Champs**

The U13s and U15s Essex X Country champs was held at a cold , wet and windy Writtle university on Saturday. For the first time for many years Ilford was in a position to enter a team in the Both Boys events.

Three of the U13s Ilford team were making their debut in the Essex X Country champs . The 4th youngster was Joseph Grange, who the previous weekend had run so well in the London Youth Games. In a high quality field, Joseph was in the top 10 for the start of the race and worked his way through the field to come an outstanding 4th position , nearly catching the Bronze medallist in the final sprint.

James Thake, 25th, Aaron Hick, 27th and Lucas Emeagi 30th, all chased each other and passed many athletes over the last half a mile, to all have outstanding runs. The young team came an impressive 4th position and all 4 can only get better over the next few years



## Press Report 3rd December 2019







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In the U15s Ryan Holeyman ran very well to come in for 16th position ,Matthew Hick came 35th and Jacob Emeagi came 41st











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