



## **ESSEX CROSS-COUNTRY LEAGUE**

*Writtle College*

Saturday 14 December

### **Jak Wright Storms home to win U17 Essex League title**

Ilford youngsters were out in force on Saturday in the third Essex league cross country league race.

Best performance of the day came from Jak Wright, who ran his best race of the season so far in the U17s race.

Wright is keen to win the overall Essex cross country title this season, which is given to the athlete who performs the best over 4 of the 5 races.

Jack knew he had to run well and run well he did.

He sat with the 3 leaders most of the race, until the last mile, when he picked the pace up and went away from the field. He increased his lead over the final part of the race to win his first cross country league race

Bradley Deacon was one of the 4 athletes that went away from the field and stayed with the 3 leaders for a large part of the race. Brad was catching the third position at the end but just ran out of time, finishing in 4th place.

However this was also one of Brads best races and best position ever and once again proves how good Bradley is becoming as an athlete

In the U13s race, Ilford had 3 athletes competing

Joseph Grange, Jak Wright's younger brother, once again proved his ability and fitness to come a magnificent 5th

Joseph got off to a good start and went with the leaders and held third for a while but just got caught by 2 athletes a before the end of the race

Aaron Hick and Lucas Emeagi came a very respectable 30th and 36th position

In the U15s the 3 Ilford athletes Jacob Emeagi, Oliver Blaine and Vitor Marten pushed each other to come 34th, 35th and 40th

Special mention to Oliver as this was his first ever cross country race for Ilford



In the U20s Women's race Jordan hinds battled her way to a very creditable 15th position





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