



## **Deacon storms to 2nd place Essex Cross Country league**

*Colchester*

January 11th 2019

In the 4th Essex X Country league, held at Colchester, Ilford AC had 8 youngsters perform to a very high level.

Star of the show was Bradley Deacon, in the u17s Men. Bradley was Ilford's only representative in the u17s race but he proved his fitness and his recent improvements to battle round a tough course and come a very impressive 2nd place. This hopefully gives Bradley the confidence to do well in the upcoming Essex Schools and Southern Counties champs.

In the U13s Boys race, Ilford had 3 representatives. Joseph Grange also battled round the tough course to come 9th position. Aaron Hick and Lucas Emeagi both showed their speed at the end of the race where they both passed many athletes in the last 200m to come 28th and 47th respectively

In the u15s Boys, Ryan Holeyman ran outstandingly to come 9th position, his best ever position in the league. Ryan is showing really good signs in training and now is bringing that into his races and expect much more during the rest of the X Country season.

Matthew Hick has missed a lot of training but still proves he can compete at this level with a very good 25th position and Oliver Blainey, in his 2nd ever x country race battled round in 39th place.

In the u20s Women race Jordan Hinds, has competed in all the league races thus far and this was her best position to date coming 14th. However, each age group has a scoring across the season for athletes taking part in 4 of the 5 league races and Jordan is in 2nd place, with one race to go











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