



YOUTH REPORT

Harrow open track meeting

Thursday 24th September 2020

Several of Ilford youngsters went to Harrow last Thursday, in what was a well organised open meeting of middle distance races.

First up was recent recruit Rhys Edwards in the 800m, staying slightly off the pace and going through 800m in 61 seconds, Rhys looked really strong along the back straight and was still moving through the field at the finish. He was rewarded with new pb of 2.03.54

The other three athletes ran in the 1500m.

Jordan Hinds was in race 4 and by this time of night the temperature had dropped slightly. Jordan has never been a fan of the cold, but managed to run a very good race to record a pb of 5.09.44

Ryan Holeyman was in race 9 , and the pace of the race was much quicker than he had ever run before. Ryan started off at the back of the field as the race went on he gradually moved his way through and produced a very good last lap to finish with a time of 4.33.74, a 6 second pb, his second pb of the season.

Aaron Samuel was in the last race of the night and the pace was quick from the off. Aaron was in good position for the whole race, but just could not make contact with the leaders to make a decisive move.

Nevertheless he knocked a second off his own pb in only his first race of the season. His time was 3.56.12 which is only 1/10 th of a second outside the club u20 1500m record.