



## Press Report 21st November 2022

### **London Youth Games Cross Country**

Parliament Hill

Saturday 19th November

On an overcast morning at the spiritual home of cross country running Parliament Hill Ilford's young athletes were selected by their home or school boroughs to race in this prestigious event against all the London Boroughs

Performance of the day came in the U17s where Joseph Grange again showed his class. He pushed the pace after the first hill and was leading after the first lap and finished strongly to claim second place. He was backed up by strong runs from Ronan Edwards (21st) and Mohammed Zergouat (113th) who earned his first cross country selection.

In the U15 girls Anika Sharma ran well in the main pack to finish 120th and beat competitors who had beaten her in the selection race. The u15 Boys had four participants Samuel Crane (44th), Aaron Hick (87th), Aron Berhe (110th) and Ryder Islam (184th) who all ran well despite some of them suffering from illness.

In the younger age groups Sofia Crane (214th) showed determination to finish well and Khalif Ali (130th) had a great run in his first selection race.





















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### **London XC Championships**

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The senior men took over the competition in the afternoon and Ilford had seven participants. Ahmed Abdulle, after finishing second in this race last year, had a tremendous run to win the title. He ran sensibly for the first half of the race and then pulled away on the 3rd of four laps to win by a good distance. The club looks forward to further strong performance in upcoming county, regional and national championships for Ahmed.

He was backed up in the team race by Alex Richards (29th), Tom Gardner (48th) and Seb Parris (259th). Also running were Steve Crane (313th), Sean Costello (418th) and Jim Tilbrook. Special mention to Sean in his first Cross Country race at Parliament Hill.









