



## Press Report 26th February 2019



National success for Super Mario The weekend of 23-24th February saw Mario Dobrescu in action at the England Athletics Indoor Age-group Championships. He opted for the longest of the sprint events and competed in the U17M 400m. Easing through Saturday's heat, he set himself up for Sunday's final which proved to be an exhibition in both speed and endurance of the highest order. Going through the bell comfortably in 23.4, he turned up the intensity and separated himself from the chasing pack down the backstraight of the second and final 200m lap. Coming into the homestraight he was urged on by his coaches to make a final push for the line in order to have a chance at the sub49 time that he himself had predicted ...[Read more](#)

## Press Report 22nd January 2019



Essex Schools XC Championships Hockley Saturday 19th January 2019 Seven of Ilford's young athletes travelled to Hockley at the weekend, to compete in the Essex Schools Cross country championships. In each race the first 20 would be chosen to represent Essex at The South East Inter Counties, with the top 6 also automatically picked for the English schools Championships later in the year With the Athletes representing their Boroughs rather than

the clubs, it was hard to keep an eye on the athletes in their unfamiliar vests. First up was Matthew Hick representing Havering in the U15 boys, Matthew has been lacking in confidence lately and this was shown by his very cautious start., which meant he was always going to be leaving himself a ...[Read more](#)

### Press Report 7th January 2019



JUNIOR PRESS REPORT Essex Cross Country Championships Writtle College Saturday 5th



## Young Athletes Items

January History Boys Saturday was the start of a busy month for Ilford young athletes, with 5 races including three championships in the next 5 weeks. Writtle college was the venue for the Essex championships and after the excess of Christmas, the form book is usually thrown out of the window. Due to some controversial messing about with race distances the U17 and U20 races were combined boys and girls. Ilford had four boys in the U17 race and prior to the start they thought they were in with a team medal opportunity. A slight downhill meant that it was a very fast start and the four Ilford boys all made good starts, with ...[Read more](#)

[Press Report 17th December 2018](#)







## Young Athletes Items

Essex Cross Country League Horseheath Saturday 15th December Hick wins Bronze Ilford AC had 6 brave youngsters who turned out for the latest Essex League X Country race. The conditions were terrible with freezing conditions and a strong wind First up in the under 11 s race was Aaron Hick Aaron went off slowly over the 2k course but picked off other runners during the race. With only 500 meters to go Aaron moved into 3rd position and steadily caught the front 2 but time ran out and had to settle for a bronze medal In the under 13s race Joseph Grange battled through to come a credible 17th In the under 15s race Ilford had 2 athletes compete ,who were Matthew Hick and Ryan Holeyman Both athletes competed well ...[Read more](#)

[Press Report 27th November 2018](#)



Ilford youngsters enjoyed a successful awards evening last weekend where the club recognised the fine achievements of the team over the last year. Full list of winners below -

Male Track athlete of year	Mario	Female Track athlete of Year	Gemma
Male Field athlete of year	Anthony	Female field athlete of year	
Esmeralda Male middle distance performer	Aaron	Samuels Clubman of Year	
Dan Wheeler Coaches male athlete of year	Farris	Coaches female athlete of year	
Ayshe Southern league top points scorer	Sam	Club record breakers	

Mario U15 100,200,400 and Long jump - Aaron U17 1500 U17 4 x 400 Relay Aaron,



Farris, Mario, Anthony ...[Read more](#)

[Press Report 29th October 2018](#)



Essex League Hockley 27th October 2018 JUNIORS After some success with recent relays, Ilford young athletes were ready to go at the first cross country race at Hockley last weekend, with added incentive of the first six finishers being chosen to run for Essex at the Southern Inter counties. First up were the U13's, Ilford's two runners were Joseph Grange and Aaron



## Young Athletes Items

Hick, both of whom are U11 and therefore giving over two years to some of the other runners. In the circumstances that both had very good runs, Aaron started steadily and worked his way through to a very good 47th. Joseph was a bit more ambitious and despite a mid race fall came home in 19th place. Which we believe ...[Read more](#)

[Press Report 22nd October 2018](#)





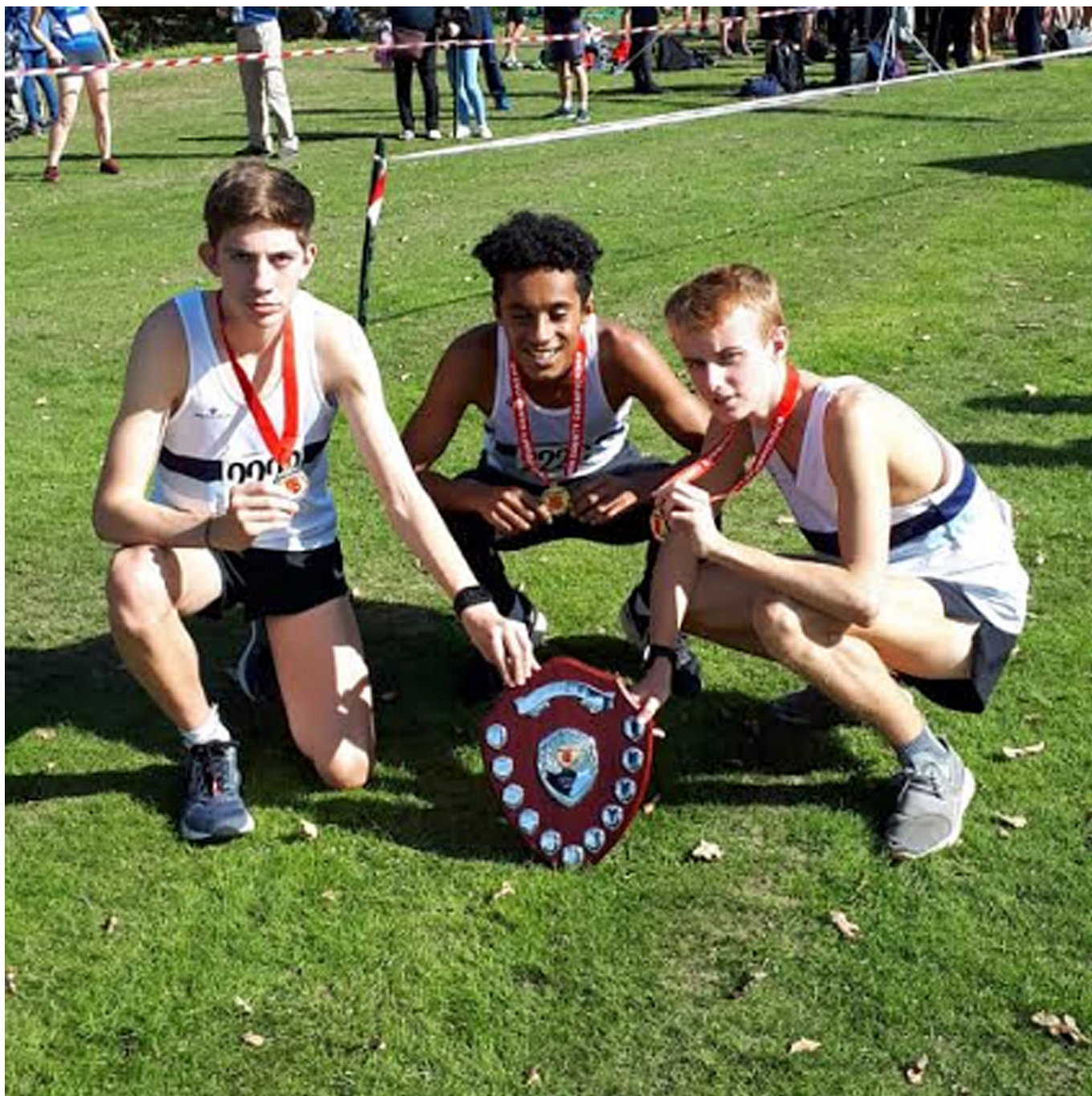


## Young Athletes Items

South of England XC Champs Wormwood Scrubs 20th October Ilford ACs under 17s team competed in the Southern England X country champs at Wormwood Scrubs last weekend. Full of confidence after their exciting win in the recent Essex champs, the boys had high hopes of doing well. It shows the strength of the team that Ilford are able to replace a class athlete like Jak Wright, who was unavailable, with another class athlete in Farris Patel. Over 30 teams from all over Southern England participated in the race .Farris Patel ran the first leg and ran a great leg to run the 20th fastest time of the day ,bringing Ilford into 10th position, in a time of 11.02 Mungo Prior chased down 3 of the athletes ...[Read more](#)

[Press Report 1st October 2018](#)





Essex County Relay Champs Halstead Essex Saturday 29th September Ilford AC youngsters win the Essex XC relays U17 A stunning run by Ilford youngsters on saturday brought them home first to be crowned Essex champions beating some high quality teams Jak Wright ,Mungo Prior and Aaron Samuels all ran superb on the day and were worthy winners of their title. [Read more](#)

[Press Report Monday 24th September 2018](#)





Southern Counties Road Relays Crystal Palace Sunday 23rd September On a wet day at Crystal Palace, Ilford AC u17s competed in the Southern Counties road relays over 4.5km. This is the first time for many years Ilford AC have been in a position to enter a team in this event. Three of the team have just moved up to the u17 group so have another year left in the age group..The whole team performed extremely well so early in the season and came 15th out of 49 top class teams performing First leg saw Mungo Prior run a very consistent leg in 17.02 to bring the team home in around 28th . Next up was Farris Patel, who slightly struggled over the longer ...[Read more](#)

[Press Report. August 14th](#)



South of England Champs Lee Valley Saturday and Sunday 11th/12th August Saturday 11th August Three Ilford Youngsters competed in the South of England Champs over the weekend. First up on Saturday was Farris Patel in the 800m, there were three heats and qualifying was tough with only the first two going into the final. Farris was in heat three and positioned himself in a great position the whole way, but unfortunately, in the home straight was unable to get a qualifying spot and his time of 2.01.58 was not one of the fastest losers. Aaron Samuel was in the 1500m which had two heats, Aaron was up with the leaders for the first two laps, but was slightly boxed in, but as the ...[Read more](#)

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