

Essex Cross Country Relays. Stubbers 2017



Essex Cross Country Relays Stubbers, Upminster 7th October Ilford u15 Boys win silver at Essex relays Ilford u15 boys team came very close to retaining their Essex x country relays title, losing out by just 9 seconds First leg was Farris Patel, coming back from injury and Farris ran a steady leg in 10:07. Farris handed over to new Ilford athlete Jak Wright in 5th place in his first ever race for Ilford. Jak showed how much potential he has by running an excellent 9:56 and maintaining 5th place Jak handed over to Aaron Samuels on the last leg and Aaron

ran an amazing leg to pass all the teams in front of him apart from Woodford to come home in second place. Aaron ran the fastest time in ...[Read more](#)

[Ilford AC Press Report. Tuesday June 20th 2017](#)



Southern Athletics league Track meeting Bury St Edmunds 17th June 2017 *Ilford go fourth* For the first time this summer Ilford were greeted with hot weather for their third southern league match of the season at Bury St Edmunds. For many of the young athletes it was their first coach trip to a League match. After two very tough first fixtures, this match offered Ilford the chance of finally beating another team. On the track the meeting started with the 400m hurdles, and as one of the athletes was stuck in traffic, young Mungo Prior stepped into the breach to run in his first ever hurdle race, he did brilliantly to not only take second place, but edge his own Coach Wayne Hick who took 5th ...[Read more](#)

[Ilford AC Press Report. Monday 12th June 2017](#)



ILFORD A.C PRESS REPORT. 12th JUNE 2017 Essex Schools Championships Saturday 10th June Samuels on his way to the English Schools A number of Ilford AC youngsters competed at the Essex Schools Championship at Chelmsford on Saturday. The star of the show was Aaron Samuels, running in the Junior boys 1500m. Conditions were far from ideal with quite a heavy wind so fast times were unlikely. However from the start Aaron took the lead and continued to pull away from the field, winning in a comfortable time of 4.16, nearly 100m ahead of his nearest competitor. Aaron now hold 4 Essex separate titles in less than a year. He was part of the winning Ilford AC Essex X country relay team, he won the Essex Schools X ...[Read more](#)

[Essex Track Championships Report. 13th and 14th May 2017](#)



Essex Track Championships. Chelmsford * Saturday 13th May and Sunday 14th May*
 Aaron Samuels smashes 2 Ilford AC Club Records Aaron Samuels was Ilford's star performer at the Essex Track championship at Chelmsford over the weekend. The Under 15's 1500m was a straight final, and from the gun Aaron took total control creating a ten metre gap after the first lap, which he stretched to almost 80 metres by the finish. His time was an impressive 4.13. This was a personal best by almost 7 seconds and also beat his own Ilford AC club record by the same amount. Aaron was back the following day to compete in a



Young Athletes Items

quality 800m U 15's Heat and Final. Aaron comfortably made the final and in the ...[Read more](#)

Young Athletes Report 10th April 2017



Samuels break 36 year club record with Outstanding run A small number of Ilford AC youngsters competed at the Havering open meeting on Sunday 9th April. Aaron Samuel, who has come off a great x country season had his mind set on breaking the Ilford AC club record that has stood for over 36 years. Appropriately the previous holder of the record was one of Aaron's coaches Gary Floate. Aaron set off with an extremely fast first lap and was already 50 metres ahead of the field He continued his dominance for the remaining part of the race and sprinted down the home straight to win in an outstanding 4:20.3, half a second inside the previous record This performance ranked Aaron currently 5th in the country over 1500m . Another excellent performance came from ...[Read more](#)

Young Athletes Report Monday 20th March 2017



*Inter Counties Championship Loughborough 4.5k U15M Cross Country 11th March 2017 * As the Cross Country season draws to an end, two of Ilfords young athletes were chosen to



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represent Essex in the Inter Counties Championship, which was recently held at Loughborough. Both Mungo Prior and Aaaron Samuel have had great winters and getting their Essex Vests was well deserved. The Inter Counties brings the top 8 Athletes from all counties across the UK and is a very high standard of competition. The Ilford boys got caught up in the very fast start and spent the rest of the race working there through the field. Aaron eventually finished in 80th place in a field of nearly 300 with a time of 17:10 and Mungo was close behind in 92nd In a time ...[Read more](#)

[Young Athletes Report 14th February 2017](#)



A light falling of snow greeted the runners for the final Essex League fixture of the season at Basildon on Saturday. Although the snow meant that some of the fields were a little down in numbers, this was a real cross country test, with repeated ascents and descents of a steep hill on every lap. First up was Matthew Hick in the Under 13 race. Matthew had hit a bit of form in the last few weeks and his confidence was high and this showed in the way that he started the race. After the opening 400m, Matthew was up with the leaders nicely placed around 11th. The course then took the runners out of view to the hilly sections. ...[Read more](#)

[Young Athletes Report 7th February 2017](#)





Young Athletes Items

A small number of Ilford AC young athletes competed in some high quality races in the last week doing the Club proud with their performances. In the year 7 Essex Schools X country Championships, 253 athletes competed. Matthew Hick, representing his school, as opposed to the borough, went off with the leaders from the start. Matthew continued to battle during the race and was outsprinted by 2 athletes at the end, but came a very promising 6th. As a result of this performance Matthew has been picked to represent Essex in the intercounties in March. Subsequently Matthew's team won the team event and he won his first ever Essex medal. In the Havering Mini Marathon trials, Matthew Hick and Jack Halil ...[Read more](#)

[Young Athletes Report 31st January 2017](#)



South of England Cross-Country Championship Parliament Hill Fields Saturday 28 January 2017 The South of England Championships was held at Parliament Hill last Saturday. The course which can sometimes resemble a swamp was a little drier than usual this year which led to some very close fast racing. Star performer on a course on which he does not excel was Ahmed Abdulle competing in the Men's Under 20 race run over 5 miles. The traditional start involves a cavalry charge up a steep 400m hill and Ahmed was in contention from the off. After the initial stampede he was nicely positioned in 10th place. The second half of the race turned into a procession for Aldershot, who filled the first three places. Ahmed however ...[Read more](#)

[Young Athletes Report 24th January 2017](#)



Aaron & Ahmed storm to victory Ilford AC only had a small representation of athletes at the Essex Schools X Country Champs in Colchester on Saturday but still came away winning 2 of the 6 County individual titles available. First up on Saturday, on a very cold day, was the Junior Boys race. The Club had 2 athletes in this age group and had high hopes of success before the start of the race. Aaron Samuel, who has gradually improved during the X Country season took the lead from the very start and immediately raced into a 20 metre lead. He maintained his momentum as he continued to pull away from the field. Coming to the final part of the race he still had ...[Read more](#)

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