



Young Athletes Report 16th January 2017



Essex Cross Country League Braintree 14/01/2017 Ilford Young Athletes had some encouraging runs at the fourth Essex League held at Braintree on Saturday. The snow from Thursday had but gone, but the freezing conditions meant that parts of the course were still frozen and slippery underfoot. First up was Matthew Hick in the Under 13 race. After a slow start Matthew began to move up through the field and on the twisty part of the course he was flying along. The final part of the course involved a switchback followed by a steep uphill section and long downhill run into the finish. After negotiating the switch back, Matthew flew up the hill and was still taking people as he came into the finish for ...[Read more](#)

Young Athletes 11th October 2016



ESSEX CROSS-COUNTRY LEAGUE One Tree Hill, Langdon Hills, Stanford-Le-Hope Saturday 8th October Young Athletes Although the weather is still warm, Saturday saw the start of this year's cross country season. The first race was the opening Essex Cross Country League at One Tree Hill in Thurrock. The Ilford youngsters had athletes in three races. First up was Aaron Hick who is only 8 years of age and was in the Under 11's race, despite giving away almost 3 years to some of the athletes Aaron had a great run to claim 22nd place. Next up were the U13's in which Ilford had three athletes, Matthew Hick made a great start and was always up with the leaders, Mario Dobrescu a sprinter by trade was having his first ...[Read](#)



Young Athletes Items

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Young Athletes Awards Evening – 30th September 2016



The Young Athletes Awards evening was held on Friday 30th September. President Robin Davis was in attendance to present the awards and photos of the winners can be viewed in the gallery and here [Read more](#)

Young Athletes Report 27th September 2106





Young Athletes Items

Ilford Youngsters Triumph at Weekend Ilford AC Youngsters competed over the weekend with great success. The first big Cross Country race of the season was the Essex relays, held in Hockley. All the major Essex Clubs were competing and there was a large turnout. Ilford entered 2 Teams in the u15s Boys race. In the A team, Farris Patel ran a great opening leg to run the 6th Fastest time of the day in 9:05 and bring Ilford in 3rd Position. Aaron Samuel ran the second leg and went off very quickly to catch up the 2 leading teams. Aaron has missed some training over the summer but he ignored that fact and went away from the field to run an outstanding ...[Read more](#)

Young Athletes Report 30th August 2016



Essex Track and field Championships Southend 27th August 2016 Ilford AC had a highly successful day at the final day of this year's Essex Track Championships at Southend last Saturday. The meeting consisted of a few individual events, but most of the meeting comprised of relays in which Ilford contested eight and picked up medals in six of them. First up were the women in the Under 17 4x 100 where the team consisted of Isabella Hick, Jordan Hinds, Ayshah Lawrence and Ellie Wright. The competition was pretty stiff and they did great to reach the final, where they took 8th place. Next up were the under 15 boys also in the 4x 100. The Ilford team of Jack Halil, Aaron Samuel, Mungo Prior and Farris Patel are all middle ...[Read more](#)

Young Athletes Report 21st June 2016

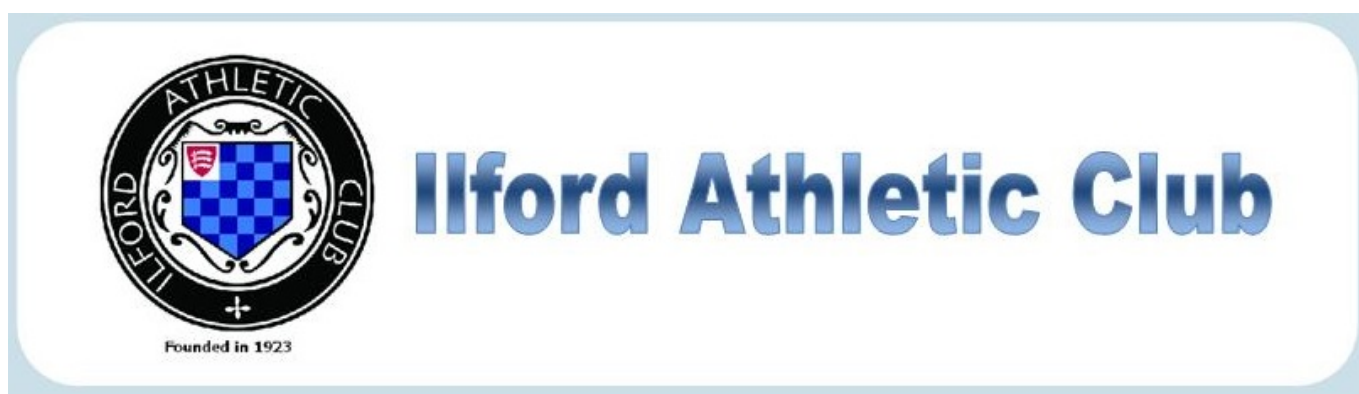




Young Athletes Items

Essex Schools George Jumps to EssexSchools Gold and top ranking in the country Ilford's young athletes had 4 representatives at the Essex Schools champs , held at Chelmsford on Saturday June 11th All 4 athletes competed to an extraordinary high level and showed how much progress they have all made in their short athletics career to date. All rounder Anthony George was chosen to compete in the Triple Jump very late in the day and after a few training sessions, jumped to win Gold in the u15s Age group in 12.38m. To add to Anthony achievements , his jump on the day pushed him to the highest ranked Triple jumper in the country and will be making his way to the English Schools, ...[Read more](#)

[Young Athletes Report 14th June 2016](#)



Woodford Open Graded Meeting Ilford Youngsters Make the Grade Ilford's young athletes had a great night at the recent open graded meeting at Woodford. The late afternoon thunderstorms had finished and it was a perfect night for running, with for the first time in living memory, no gale force wind at a Woodford Open meeting. First up was new member Temi Adeoshun, who despite getting lost on route and only turning up 15 minutes before the start, ran a great 100m in a time of 12.12. Next up in 100m was Ellie Wright who achieved a personal best time of 13.98 in placing 2nd in the 100m, followed up less than an hour later with another personal best of 29.23 for 3rd place ...[Read more](#)

[Young Athletes Report Ilford 31st May 2016](#)



Westminster Mile Personal bests galore for Ilford youngsters Ilford ACs Young middle distance



Young Athletes Items

group competed in the Vitality Junior British Champs this weekend, with all athletes achieving a personal best. It was great to see so many Ilford youngsters competing in the various Boys and Girls events. Some of the best junior athletes from all over the country travelled to St James Park for this prestigious event and the Ilford athletes delivered strong performances in perfect weather conditions. First up was the under 11s Boys where Matthew Hick battled through the field to come 12th position, in a time of 5.49. Euan Johnstone was not far behind in 29th in a very encouraging time of 6.16. A special mention goes to Aaron Hick, who competed in ...[Read more](#)

[Young Athletes Report 17th May 2016](#)



Ilford Young Athletes go Fourth Ilford's young athletes produced some impressive performances in the Essex T&F Championships held at Chelmsford last weekend but unfortunately were unable to bring home a county medal. Three of Ilford's young stars just missed out by taking 4th place. First up was Mungo Prior in the Under 15 boys 1500m, in his first ever 1500m race running a great race to finish 4th in a time of 4.40.8. On the Next day Farris Patel claimed the same position in a very fast under 15 boys 800m, with a time of 2.14.0, which was just 2 tenths outside his personal best. Best performance of the weekend was from Jordan Hinds in the U17 girls 800m, having recently missed a ...[Read more](#)

[Young Athletes Report - London Mini Marathon - 26th April 2016](#)



London Mini Marathon 24th April Ahmed shines at the Marathon Nine Ilford athletes had to previously come through tough Trials to represent their local borough in this years London Mini Marathon on Sunday. All of the young athletes competed to a very high standard, but it was Ahmed Abdulle ,who shined through to win the U17s Boys 3 mile race. Ahmed beat a very high quality field to win by over 20 seconds in an outstanding 15:05. In the same race Usamah Patel , running with an injury came home in 91st with a time of 18:07 In the U15 Boys, Mungo Prior gets better with every performance and came a very promising 19th place. His time of 16:57 was outstanding , for an ...[Read more](#)

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