



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

