



## Young Athletes

Information can be found on the [About Us](#) page or alternatively, contact the relevant person below for further details.

- [Contact Junior Coach \(Wayne Hick\)](#)





## Young Athletes



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## News

[Junior Press Report 16th July 2018](#)







## Young Athletes

English Schools Championships Birmingham 13th / 14th July Aaron Samuel and Mario Dobrescu were chosen to represent Essex at the prestigious English schools championships last weekend. Aaron was chosen for the Inter boys 1500m, which entailed heats on Friday. The first four in each heat, plus the 4 fastest losers progressed to the final. Aaron was in heat 2 and was in a good position for most of the race. Unfortunately he lost 2 places in the last 30 metres and missed out on a place in the final by 0.5 seconds. Mario, of Mayfield school, was picked for the Junior boys 200m, which entailed three rounds, he breezed through his heat as the fastest qualifier, and much the same in the semi ...[Read more](#)

[Junior Press Report. May 29th 2018](#)



BMC Regional races Eltham Wednesday 23rd May Jordan Hinds and Aaron Samuels, travelled across London to Eltham, to compete in the British Milers Club regional races last Wednesday. The BMC put on these races across the country with the aim of getting fast times. However the windy conditions appeared to have put pay to that. Jordan was in heat 5 of the 800m, and the pacemaker ensured a fast pace, which immediately split the field. Jordan reached the bell in around 68 seconds and was still moving well at 600m, but tired up down the home straight to finish in a time of 2.26.67, her second best time of the season. Aaron was in the second heat of the 1500m, which again had ...[Read more](#)

[Junior Press Report. May 22nd 2018](#)





Southern League Perivale 20th May Injuries and exams, hit Ilford's team for their second Southern League match at Perivale last Sunday. However in what is probably their toughest match of the season, with three of the top four teams in the division present, the scheme responded brilliantly to take 4th place. New members Miles Levy and Martins Sulanis, making their club debuts were the star performers. Despite carrying a slight injury problem Miles came a very good second in 100m, in a legal Pb of 11.16. His 200m was even better, he led all the way and just held off the fast finishing Woodford in another Pb of 22.64 Martins contested just his specialist event the High Jump and was very impressive, he only ...[Read more](#)

[Junior Press Report 14th May 2018](#)





Essex Track Championships Chelmsford 12th – 13th May Super Mario Ilford athletes won 11 medals at the Essex Championships at Chelmsford over the weekend. Star performer was Mario Dobrescu, who competed in the U15 300m on Saturday and then the 200m on Sunday. On Saturday the conditions were not great, and Mario eased through his heat. He went flat out in the final chasing a fast time, and was rewarded with first place in excellent time of 36.03. He was slightly disappointed with this having run 35.93 a few weeks earlier. Which was the 12th fastest ever time ran by an under 15 athlete in the UK. On day two the weather was much better and again he eased through the heats in 22.92. Come the final ...[Read more](#)

[Juniors Press Report April 23rd 2018](#)



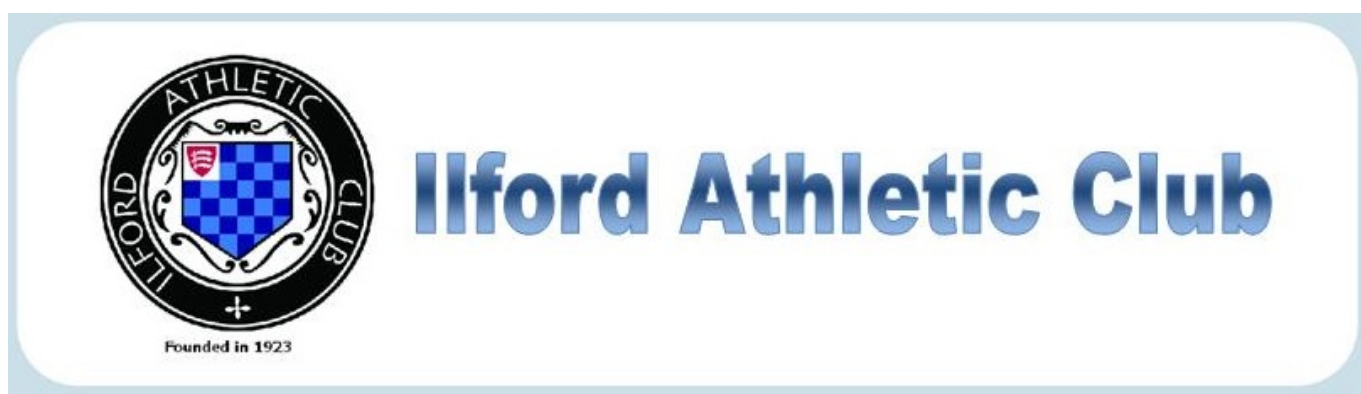




## Young Athletes

Wright sparkles in the London Mini Marathon Ilford AC youngsters continued their good early season performances by all running best times in the Mini Marathon 3 Mile race on Sunday. The course is the last 3 miles of the marathon course and a great experience for the young athletes. First up was the U15 Boys, where Ilford had 4 representatives, competing for their various London Boroughs First home for Ilford was Aaron Samuels, who came 8th position, in a high quality field. Aaron was with the leaders for the first part of the race but struggles in last mile, but still ran a big personal best of 16:24. Best performance of the day from an Ilford athlete was Jak Wright. ...[Read more](#)

[Press Report 14th April 2018](#)



Southern League Track and Field Lee Valley 14th April 2018 Ilford made a great start to their 2018, southern league campaign with a very good 3rd place at Lee Valley on Saturday. Their total points of 226, was only half a point short of last season's best point score. Star performer on the women's side was Esmeralda Mengeyele, who started the day with a pb of 4.93 in coming second in the Long jump. This was followed soon afterwards with another pb of 13.36 in taking second place in the 100m. After a short rest, she was over to the High Jump where 1m 25 was good enough for 3rd place. Her final individual event was the Javelin where a great throw of 25.96 ...[Read more](#)

[Ilford AC Juniors Press Report. April 9th 2018](#)



## Ilford Athletic Club

Havering Open Meeting 8th April 2018 Ilford young athletes were again in action this weekend. With almost the whole squad setting Pb's over 800m last weekend, some of the Athletes tried different distances. First up was Matthew Hick in the U15 1500m, Matthew made a great start and was fully committed from the gun, going through in a very fast first 800m. Matthew slowed a bit in the second half, but held onto 3rd place and new personal best time of 5.05.8 Next up was the U17 1500m, which contained Jak Wright and Bradley Deacon. It was a quick race and both Ilford athletes went with the early pace, both going through 800m in a time which until recently would have been a ...[Read more](#)

[Ilford Juniors Press Report. 2nd April 2018](#)



## Ilford Athletic Club

WOODFORD GREEN OPEN MEETINGSaturday 31st March 2018A number of Ilford youngsters opened their 2018 track season at a normal wet and windy Woodford open meeting.First up was our only u11 competitor , Aaron Hick ,competing against a large amount of Woodford youngsters.Aaron came third in his first ever long jump in a very good distance of 3 meters 27He then did the 600 and was narrowly beaten by 2 Woodford kids ,but ran 2 11 for a big personal best and finally came 3rd in the 75m.Ilford had 6 athletes in the 800m and all of them smashed their pbsFirst up was Matthew Hick who won the first 800m race in 2 32Newcomer Ryan Holeyman ,in his first ever track ...[Read more](#)





## Junior Press Report 6th March 2018 (24th-25th Feb)



England Athletics National Indoor Age group Championships Sheffield 24th-25th February 2018 Ilford flew solo in representation at the England Athletics National Indoor Age Group Championships in Sheffield (24-25th February) at the hands of Mario Dobrescu who competed in the U15 Boy's 200m event. Coming into the championship as the Essex and Eastern Counties Champion he cruised through his heat and entered the final with the second fastest time from the qualifying heats. In a time that was faster than the long standing outdoor club record of 22.9 set in 1965, Dobrescu powered home with a time of 22.80 which won him the bronze medal behind the winner (22.51, 4th fastest ever for an U15 indoors) and the silver medallist (22.58) who holds the World Record for ...[Read more](#)

## Junior Press Report. 26th February 2018





## Young Athletes

Saucony English National XC Championships Parliament hills Fields Saturday 24th February A small contingent of Ilford youngsters made their way to the “Home” of Cross Country last Saturday to take on the best young Cross country runners in the country. The course was a little drier than in previous years and the sun was out, but it was bitterly cold and the famed Parliament ‘hills’ always provide a challenge. In fields of over 500 runners Jak Wright battled well for a 170th place 17:43, followed shortly after by Bradley Deacon for 224th and 18:13 on the 4.5k course for the U15boys age category. Jordan Hinds continues to improve and was pleased with her 235th place in 24:59 in the U17 Women category which was held over a ...[Read more](#)

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