



## 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

[Juniors Press Report 19th February 2018](#)



# Ilford Athletic Club





## Young Athletes

As part of their preparation for the final cross country race of the season Ilford Young athletes competed in the Valentines Park Run on Saturday morning. Aaron Samuel whose last two races have been effected by a bad cold showed that he was right back to form, by leading all the way and finishing in first place, a full minute ahead of the second place runner in a time of 17.28. Aaron's time was a course record for his age category at the Valentines Park run. Next home in 4th place was Jak Wright, who ran his best parkrun time and broke 19 minutes for the first time with 18.47. Bradley Deacon had a great run in 5th place, knocking 52 seconds off his previous best ...[Read more](#)

[Press Report February 13th 2018](#)



ESSEX CROSS COUNTRY LEAGUE Gloucester Park Basildon Saturday 10 February After a few days of rain it was a very muddy course that greeted the runners for the final Essex League fixture of the season at Basildon on Saturday. This was a real cross country test, with repeated ascents and descents in the mud. First up on the day, before the seniors races, was Matthew Hick in the Under 13 race. Matthew has hit a bit of form in the last few weeks and his confidence was high and this showed on the day with a fantastic 8th place in a time of 12:35 for the 3.3k course [Read more](#)

[Press Report 5th February 2018](#)



# Ilford Athletic Club

**JUNIORS – INDOOR ATHLETICS Essex Indoor Championships Lee Valley 3rd / 4th February** A fine weekend of performance from Ilford's young athletes was started off with a fine 4th place by newcomer Jordan Akinpelu in the U20M Long Jump. Having been with the club for just a few months he has progressed rapidly and will be a genuine medal contender by the time the Outdoor season comes. Gemima Massamba impressed in the heats of the U20W 400m in improving her PB by nearly 2 seconds and just missing out on making the final by just 0.10 seconds, made all the more impressive when considering she has missed much training due to playing Netball, Football, and Basketball for Top 5 nationally ranked teams. The U17M saw another newcomer, Daniel ...[Read more](#)

[Press Report. 29th January 2018](#)



South of England XC Championships Stanmer Park, Brighton Saturday 27th January The South of England Cross-Country Championship was held at Stanmer Park Brighton on a cold, wet day on a muddy course which was very slippery as the mud had a solid base of hard chalk underneath. Ilford took a small team of young athletes to the South of England Cross country championships at Brighton last Saturday. Then had been some issues with parking at the course, and some teams had even boycotted the event, but there were still some high quality races. The under 15's were first up, unfortunately Aaron Samuel who had been having a great winter season had been in bed all week, and only decided to run so that Ilford could ...[Read more](#)

[Press Report 22nd January 2018](#)







ESSEX SCHOOLS CHAMPIONSHIPS Saturday 21st January A very cold and wet day greeted the Ilford youngsters at Chelmsford on Saturday for the Essex Schools Championships. First up was Matthew Hick who after a great run the week before got a late call up to the Havering team. It was always going to be tough going for Matthew as he was racing against boys two years older than himself, but he acquitted himself really well to work his way through the field for a very good 30th place. Next up was Jordan Hinds running for Redbridge in the Senior Girls race. After a bad run in this race last year Jordan was in a determined mood and got off to a good start. The soft conditions ...[Read more](#)

### [Press Report 15th January 2018](#)



South of England AA Indoor Championships Lee Valley 13th / 14th January Three Ilford athletes competed in the South of England champs at the weekend. Opening their account for the first race of indoor season was Alex Richards in the 800m Heats in 1:59:66 with Jack Mahler recording 52:87 in the 400m Heats and ever present senior lady Krystle Bologun



recording 60:86 in the 400m ESSEX CROSS-COUNTRY LEAGUE MATCH 3 Writtle Saturday 13 January SAMUEL & HICK STAR FOR ILFORD YOUNGSTERS Ilford AC took a small but quality group of Young athletes to the Penultimate Essex X Country league on Saturday. First up was the U13s boys race where Ilford had Matthew and Aaron Hick competing. Matthew got a great start and was up with the leaders from the very beginning . The ...[Read more](#)

[Press Report. 8th January 2018](#)



South of England Indoor Athletics Championships Lee Valley 6th/7th January Ilford AC were represented by two lone competitors in Mario Dobrescu and Daniel Popoola at the South of England Indoor Athletics Championships at Lee Valley (weekend of the 6th/7th January). Both competed in the 60m and 200m sprints with Dobrescu in the U15 Boys and Popoola in the U17 Mens categories respectively. Popoola set PBs in both events and reached the semi-final in a high quality U17 Men's 60m event. Dobrescu impressed in the heats of the 60m and was just edged out of the medals in the final by an agonising 0.01. Out for revenge in his preferred 200m, he qualified fastest for the final after impressive showings in both the heat and semi-final. In a closely ...[Read more](#)



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[Ilford AC Juniors Press Report. 4th December 2017](#)





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Essex Veterans & Junior Cross Country Championships Saturday 2nd December Writtle College A small Number of Ilford AC youngsters travelled to the Essex u13s and U15s X Country Champs at Whittle on Saturday. Ilford ACs Aaron Samuel has had a great X country season so far and In the last 2 weeks has won the English Schools Team Champs, 2nd in the London Youth Games and turned up on Saturday as the favourite to add the County title to his achievements. Aaron took the lead from the start with the Woodford boy sticking on his shoulder for the majority of the race. The 2 boys pulled away from the rest of the field and were still together with 200 metres to go. Aaron then pushed away in the remaining ...[Read more](#)

### [Junior Press Report 28th November 2017](#)



ILFORD AC JUNIORS REPORT. NOVEMBER 28th 2017 Ilford young athletes raced at two venues this weekend, four athletes went to the second Essex League match at Hockley, whilst the other two represented their school in the English schools cup. Freezing cold conditions met the athletes at Hockley, however by the time the races got underway the frost had melted and the ground was firm underfoot. Ilford had three athletes lining up for the U15 boys race, and all of them made very positive starts. At the end of the small lap Farris Patel





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was in 5th place, with Jak Wright just behind in 7th and Bradley Deacon having a great run inside the top 20. The larger lap took the athletes onto the hillier ...[Read more](#)

[Press Report 20th November 2017](#)







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London Youth Games Championship Parliament Hill Saturday 18th November Ilford young athletes continued their cross country season by representing their boroughs at the London Youth Games championship held at Parliament Hill fields last Saturday. Ilford had three runners representing Redbridge, two representing Havering and one Barking and Dagenham. First up were the U15 boys in which Ilford had four runners, conditions were fairly firm under foot and the four boys all made good starts and were well positioned at the top of the first hill. Over the next mile Aaron Samuel closed in on the leaders and was in the top three at around half way. Farris Patel and Jak Wright were having their own battle back in the 30's. Bradley Deacon had made ...[Read more](#)

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