



Young Athletes

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- Contact Junior Coach (Wayne Hick)





Young Athletes





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News

Young Athletes Report 19th April 2016



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A number of the Ilford AC youngsters competed over the weekend with great success. At the Opening Southern league Senior competition, 14 year old Jordan Hinds competed in her first ever senior race. In very testing conditions Jordan showed her full potential by coming second overall in both the 800m and 400m races in times of 2.35 and 67 seconds respectively. For somebody so young, Jordan gets better with every run. In the Open race at Lee valley on Sunday, in much better conditions on Sunday, the Ilford AC youngsters once again performed to a very high standard. First up in the Mens 800 race was Farris Patel and Mungo Prior. Competing against adults Farris and Mungo once again were very competitive. Farris ...[Read more](#)

[Young Athletes Report 5th April 2016](#)



Ilford AC athletes smash personal bests The outdoor Track season started for Ilford AC youngsters this weekend at the Havering athletic club open meeting. A perfect day for racing resulted in some very good performances from the Ilford AC athletes. First up was Matthew Hick, competing in the U13s Boys for the first time. In a strong field Matthew battled to come second in the 800m in a time of 2.47, just slightly behind his best time ever. Next up was the under 15 Girls 800m race where Isabella Hick ran 2.52 to come home in 6th position. 14 Year old Jordan Hinds was placed in the Senior Womens 800m event. Jordan took the lead from the start and ran away from a quality ...[Read more](#)

[Young Athletes Report 29th March 2016](#)



Ilford Athletic Club

Valentines parkrun Ilford AC's young endurance squad continued their build up for the summer track season by taking part in this weekend's parkrun at Valentines Park. Many of the squad have been picked by the Borough for the Mini Marathon which is part of the London Marathon. So the parkrun was ideal preparation. After the bright sunny weather on Good Friday, the field of over 200 were greeted with a cold windy Saturday morning. However this did not stop the Ilford youngsters being immediately to the front of the field. After the first 400m there was a breakaway group of three containing Mungo Prior and Jack Halil. Also inside the top 20 were Jordan Hinds and Bradley Deacon with both Matthew Hick ...[Read more](#)

[Mungo's pleasing school report 15th March 2016](#)



Ilford Athletic Club

Mungo Prior ,who only joined Ilford AC a few months ago ran a brilliant debut in the English schools cross country championships held last weekend in Nottingham. Competing in the junior boys race Mungo was the second Essex under 15 boy home and came a superb 55th position in a high quality field. [Read more](#)

[Young Athletes Report 16th February](#)



Ilford Athletic Club

South East Schools Inter Counties Championships – Bexhill Ilford AC had 4 young athletes winning their first county vest by representing Essex in the South East Schools Inter Counties Championships held recently at Bexhill. Farris Patel in the Junior boys ran a solid race for 85th place. Mungo Prior put in another good run in the inter-boys for 56th place and in the inter-girls Jordan Hinds put in solid run for 84th place. In the senior boys Ahmed Abdulle kept his current good form going with 3rd place. Essex and Eastern Counties Indoor Championships – Lee Valley – 7th February In the indoor arena at the Essex & Eastern Counties Indoor Championships held at Lee Valley on 7th February, Ilford AC were once again ...[Read more](#)

[Young Athletes Report 9th February](#)



Ilford Athletic Club

ESSEX CROSS COUNTRY LEAGUE Colchester Garrison Sunday 7 February 2016 In the junior races the Club were well represented in both the under 13 and under 15 age groups. In the under 13 boys race Bradley Deacon was first home for Ilford in 21st closely followed by Matthew Hick in 23rd with Evan Johnstone following in 35th. The under 15 Girls saw Isabella Hick finish in 22nd and in the boys under 15 Jack Halil was 31st. [Read more](#)

[Young Athletes Report 2nd February](#)



Ilford Athletic Club

South of England Cross Country Championships Parliament Hill Fields Saturday 30 January
Ilford AC's young athletes section continued its resurgence with another excellent turnout in the South of England Cross Country Championships held last Saturday at Parliament Hill Fields, the traditional home of English Cross Country. For some this was to be their toughest test to date with the course's infamous hills and strength sapping mud as ever in abundance. Opening the Ilford account were four boys competing in the U13 event, an age group in which the Club has not fielded a team for some years. Leading the team home was Farris Patel in a creditable 59th place. He was backed up by Matthew Hick in 147th, Bradley Deacon in 166th, and Euan Johnstone ...[Read more](#)

[Young Athletes Report 26th January](#)



Ilford Athletic Club

ESSEX SCHOOLS CROSS-COUNTRY CHAMPIONSHIPS HILLY FIELDS COLCHESTER Four of Ilford's emerging young middle distance squad representing Redbridge competed at County Schools Cross Country Championships last Saturday. Opening the account was the ever improving Mungo Prior placing an excellent 7th place in the Junior boys. His training partner Farris Patel was less fortunate taking a tumble in the race but picked himself up to finish in 17th place. Junior girl Jordan Hinds who is more at home on the track had an outstanding run in 9th place. Senior boy Ahmed Abdulle continued his good form adding the Essex schools title to



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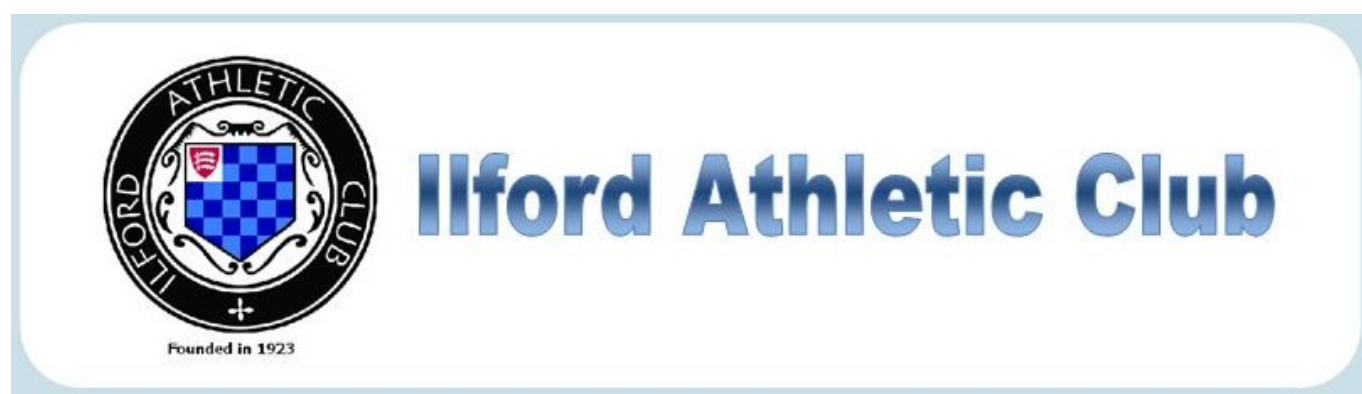
his Essex clubs one. The squad are now in good shape for the SOE cross country champs on the 30th January at Parliament Hill. [Read more](#)

[Young Athletes Report 17/03/2014](#)



Newham 60m Indoor Series – 16th February Today saw only one Ilford athlete compete in what was the last of the Newham 60m Sprint Series of 2014. Here, Gabriel Yiadom displayed his good form and fine sprinting as he was victorious in his first heat and in doing so, he ran his third fastest time this season (7.35). Though, fatigue was evident in his final heat as he finished a respectable second with the time 7.47. Lee Valley Middle Distance Evening – 19th February A handful of Ilford athletes (particularly from Jeffery's sprint group) competed in the 800m – an event that they do not usually partake in, at the Lee Valley Middle Distance Indoor Evening. Here, Amazigh Laoudi displayed his strong form as ...[Read more](#)

[Essex and Eastern Counties Indoor Championships – 8th and 9th February 2014](#)



Many Ilford athletes competed in the annual Essex and Eastern Counties Indoor Championships which commenced over two days on both the 8th and 9th February. The star showing came from Gabriel Yiadom who ran his way to the top of the podium for Essex with a



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personal best time of 7.31 in the under 17 men's 60m. Amazigh Laoudi proved to be the athlete of the day in day two as he completed his 400m and 800m double with an Essex county silver medal in the under 20 men's 400m (52.68 pb) and a gold medal in the latter (2:09.36 pb). The full results are as follows: Taha Undre (SNR MEN): 60m Heat 1 - 7.78 Asad Ahmed (U20 MEN): 60m Heat 1 - 7.46 200m Heat ...[Read more](#)

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