



## PLESHEY HALF MARATHON

Sunday 13 September

On a bright sunny Sunday morning Ilford AC's endurance squad enjoyed yet another successful outing at the Pleshey half marathon near Chelmsford which once again doubled as the Essex half marathon championships, as they won 6 county medals

The race, run on a gently undulating and well marshaled rural route from the picturesque village of Pleshey, saw the welcome return of New Zealander Blair McWhirter to the Ilford ranks following a spell working aboard. Blair picked up where he left off winning the race and the Essex title in a years best of 1hr 11mins 18 secs. He was supported by the in form Sam Rahman who attacked the race to set a new personal best time of 1h 18m 10s for 19th place, while Malcolm Muir, who is still hampered by a stomach injury, came home 23rd in 1h 18m 43s. This performance won him the Essex bronze medal in the M40 category These three combined to place third team in the Essex Championship.

Next home in 29th, and 6th in the M40 category, was Steve Philcox in 1h 21m 14s and there was another Essex bronze for the team as Neil Crisp took 3rd in the M50 category with 1h 25m 31s. Paul Holloway recorded 1h 26m 31s for 74th and Steve Parker recorded 1h 42m 00s in 164th. Declan Cullen finished 189th in 1h 44m 51s and Peter Spelman 272nd with 1h 54m 53s. In 380th and 5th in the M70 ageband was Graham Williams in 2h12m 15s

Leading the ladies also to a county team bronze was Bree Nordin in 12th place with 1h 38m 17s which placed her 2nd in the Essex F55 category. She was supported by Jenni Sheehan who broke 100 minutes for the first time as she lowered her best time to 1h 39m 15s in 143th overall and 15th lady, The team was completed by Mel Jones. in her first half marathon for over 10 years recorded 1h 42m 05th as 15th female and 173th overall.

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