



Ilford AC Press Report - 04/02/2013

Chingford League Fixture There were 5 Ilford AC members running as guests in the latest Chingford League match, a 4.9 mile road run in Hackney's Victoria Park. On a chilly afternoon all 5 showed that there training for this years' London Marathon is on target. leading home the squad was Kevin Newell in 19th place in an excellent time of 27mins 44secs. Next home was Steve Philcox with 28m 29s for 29th while Sam Rahman improved by over a minute from his run last year recording 28m 42s in 33rd spot. Richard Mould impressed on his club debut finishing 61st in 30m 50s and the only lady in action for the club, Rachel Allen came home in 40m 49s, which is over 2 minutes faster than she has run for the full 5 miles. Report from Hank in the Bushes