



## Roding Valley Half Marathon 03/03/2013

There were two runners from Ilford AC in action in last Sunday's Roding Valley half marathon. Breege Nordin was in good form finishing 8th in the ladies race and taking first place in the F55 category with a time of 1hr 38min 32 secs. Team mate Satha Alaganandasundaram recorded 2h 07m 41s.