



## Brentwood Half Marathon Sunday 24th March

On a cold windy snowy morning over 2100 runners lined up for the 32nd Brentwood Half Marathon.

The field included six athletes from Ilford AC who were well up the field in the fast downhill start. They kept up their challenge as the race progressed through country lanes on the outskirts of the town with Robin McNelis heading up the team with a fine 19th spot in 1hour 20 mins 36 seconds just 12 seconds and 1 place ahead of Steve Philcox. Sam Rahman was 22nd in a new personal best time of 1hr 21m 03s while there was a big breakthrough for Richard Mould in 85th position setting a new best time for the distance by over 4 1/2mins with 1hr 28mins 28 secs. The mens team was completed by Paul Holloway who had a steady run in 189th with 1h 35m 08s

Breege Nordin was the only lady in action for the club finishing 251st overall, which placed her 19th in the lady's race and 1st in the F50 age category, in a time of 1h 38m 03s.

Report by Hank Shivering in the Bushes