



## Ilford AC Press Report - Great Baddow 10m

### Great Baddow 10 miles

There were 3 Ilford members in the Great Baddow 10 mile race run on a rural course around the village in good conditions. Spencer Hempstead put in a strong performance to come home 5th in a large field of around 750 in 56m 47s. He was joined in the race by Tony Partridge (217th 77m 53s) and Declan Cullen (274th 81m 36s).

Report by Hank in the Bushes