



Ilford AC Press Report Week Ending Sunday 13th October 2013

TIPTREE 10M

Sunday 13th October

in wet & windy conditions 286 runners lined up for the annual Tiptree 10 on a fast slightly undulating course. 1st home was Ilford's new recruit from "Down Under", Blair Mcwhirter in 52.38, next was the in form Kevin Newell in a new personal best time of 59.06 for 10th place, next came Stephen Parker in a seasons best time of 75.29 and then came Carol Muir in 266th in 1.46.46

Report from the Cowboy in the Jam factory

LOCH NESS MARATHON

Sunday 29th September

Robin Mcnelis was the sole Ilford AC representative at the recent Loch Ness marathon which was blessed with unusually warm temperatures. With a field of 3980 entered in the Marathon, the scenic course gave some beautiful views as a distraction when the going got tough. After a brisk start on the largely downhill first 8 miles and going through half way in 1.26, he fell-foul to "The Monster", a mile of uphill from 18.5 miles which broke many of the runners. Several walking breaks followed over the closing miles to finish in 3.03.13 for 78th overall. Next stop the London Marathon in April for the 14th year in a row.

Report courtesy of Robin Mcnelis