



## **Brentwood Half Marathon Sunday 22 March 2015**

There was another good team performance from Ilford Ac in the Brentwood Half Marathon last Sunday.

Malcolm Muir led the way for the team in second spot, losing out to Ryan Prout of the Thrift Green Club by just 3 seconds, in 71 mins 32secs, which placed him as top M40 runner. There were big improvements in personal bests from Sam Rahman, 22nd in 1h 18m 54s, and Paul Holloway, 27th in 1h 20m 07s. Robin McNelis backed them up well in 33rd with 1h 21m 33s. Peter Spelman was further down the field finishing in 2h 00m 52s

In the Women's race Bree Nordin produced her usual strong run to finish 303rd in 1.37.13.

## **7 Eleven 1500 Half Marathon Manila, Philippines Saturday 14 March**

Ilford Ac's Manila based Kiwi recently took part in this strangely named race in the Phillipino capital. As it usual in this part of the world the start time was 2am, to avoid the heat and humidity of the day, and Blair put in a strong run despite a recent virus to finished fourth in 1h 11mins 35secs, in a race dominated by the Kenyans

Report by Our Man in Manila

Blair in action in an earlier race in Manila, proudly running in Ilford colours





# Press Report 25th March





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