



## Press Report 6th October 2015

Blair McWhirter of Ilford ran his first marathon since London last year at Chester on Sunday and put in another great performance. Starting off with the lead pack Blair went through halfway in 73 mins 17 secs in 5th place. In the second half he gained a place to come home 4th in 2h 27m 50s.

In Wales Declan Cullen took part in the Cardiff Half Marathon finishing in 2676th in a field of almost 16000 in a new personal best time of 1h 41m 34s.

Nearer to home Ilford AC had 3 runners in a mass field of over 1300 competitors at the Southend Classic 10k on Sunday. Steve Philcox posted the best of the Ilford times clocking 37.52 for 30th place. Bradley Brown was next home in 42.19 for 111st followed by Carol Muir in 63.25 for 978th.

