



Little Bromley 10k

Sunday 10th April 2016

Four Members of Ilford Athletic Club travelled to the small village of Little Bromley in Manningtree in Essex on Sunday for the Inaugural Little Bromley 10K Road Race organised by Harwich Runners.

A field of 394 starters toed the line to run on one lap, accurately measured, fast and flat course around the country lanes in ideal conditions.

First home for the Club was long serving member, Terry Knightley, in 22nd position in a seasons best 37 minutes and 35 seconds and was 2nd Veteran Over 50 in his age category.



Next home and winning the 1st Over 60's prize was Tony Nixon in 50th place for 40 Minutes and 9 Seconds.

Andy Catton followed him home in 71st place and 3rd Veteran Over 60 in 42 Minutes and 38 Seconds.

Kim Baxter finished in a seasons best 70 Minutes and 10 Seconds in 380th place.

All finishers received a plastic Harwich Runners beaker as reward for their efforts !

Photo attached of Terry and Kim with finishers award !

Hillingdon Half Marathon

29th March 2016

Ilford AC's Rohan Alexander recently took part in the Hillingdon half marathon where he had to battle some extremely



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windy, very wet and cold conditions courtesy of storm Katie.
Nevertheless he was very happy with his finishing time of 1:35:35 which was just off his personal best.