



## Press Report 9th May 2022

### **Halstead Marathon**

8th May 2022

On Sunday a Trio of Ilford Athletic club Athletes tackled the Notoriously Hilly 26.2 Miles of The Halstead Marathon in Very Hot and Sunny Conditions.

The Race incorporated The Essex County Marathon Championships and attracted a high quality field of over 500 entrants.

First Finisher for the Club was the ever reliable Sam Rahman in 17th position in 3 Hours and 59 Seconds.

Next Finisher in 28th place Winning the Gold First Over 60 Essex County Medal and retaining his title from last year was Terry Knightley in 3 Hours 10 Minutes and 45 Seconds.

Anthony Young Completed the three man Team and put in a Sterling effort finishing in 4 Hours 26 Minutes and 36 seconds for 183rd Place, which considering his lack of training due to injury was a great performance

All finishers received a Well Deserved T-Shirt and Medal and Goody Bag for their efforts



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