



## Press Report 14th March 2023

### **BRENTWOOD HALF MARATHON**

Sunday 12th March 2023

Thirteen runners from the endurance group of Ilford AC took part in the popular 41st staging of the Brentwood Half Marathon. The undulating course is a one-loop, road race, starting and finishing in Brentwood, taking runners on a route around the roads north of Brentwood.

It continues to be the most popular race in Essex and attracts a field of over 1700 runners.

Leading the way for Ilford AC was Sam Rahman, who continues to show good form in his marathon build up, in 19th spot and 4th in the M40 category, with 1 hr 21 mins 21 secs. He was followed home by Malcolm Muir showing his usual gutsy performance with 1 hr 26 mins 03 secs for 54th and not far behind in 78th place was Diarmuid Mac Donnell with 1 hr 28mins 19 secs.

Berekhet Berakhy ran the distance for the first time in 1hr 29mins 20 secs for 91st spot. Race walker Steve Crane changed disciplines and ran home in 1 hr 34 mins 31 secs while Dennis Briggs continues his training for the Manchester Marathon with 1 hr 37 mins 38 secs.

Hannah Sheikh was the first Ilford lady home and ran very well, hitting her target of a new personal best by over 2 minutes recording 1 hr 47 mins 48 secs and finishing as 60th lady.

Gaye Young was next over the line for the club with 1 hr 49 mins 03 secs, with Steve Lacey next home recording 1 hr 51 mins 51 secs. Alison Sale was another who ran well, improving her best time for the distance in 1 hr 54mins 57 secs. Adam Coals followed in hr 57 mins 52 seconds Julia Galea finished as 2nd in the F65 grouping with 2 hrs 14 mins 47 secs.

Completing the Ilford team on the day was the ever reliable Frieda Keane, coming home in 2 hrs 17 mins 20 secs.



Founded in 1923

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### **Lisbon Half Marathon**

Sunday 12th March 2023 The Lisbon Half Marathon is Portugal's most popular race, attracting over 35,000 runners each year. Running across the Ponte de abril bridge it offers runners a great view of the Capital City. Competing in this years race was Ilfords Anna Crawley, who ran a well paced race to finish in 1,849th place for a time of 1 hr 40 mins 35 seconds





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