



## Ilford AC Press Report 16th May 2023

Subject: Ilford AC Press Report 16th May 2023

Message from Billy Green May 16, 2023 09:38

All Club e-mail messages can now be viewed via the Ilford AC web site link at

[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

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A very successful weekend for the club in the Essex T+F Champs in Thurrock where 10 medals were brought home, alongside plenty of PB's and good performances.

Elsewhere Terry Knightley adds to his medal collection with his 76th county medal in the Halstead Marathon and Sam Rahman gains a 5 mile PB in Battersea.

Read all about it on the link below

[ilfordathleticclub.co.uk/2023/05/16/press-report-16th-may/](http://ilfordathleticclub.co.uk/2023/05/16/press-report-16th-may/)

Regards

Billy

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If you need to respond to this email please do not reply but contact Billy Green separately