



Dublin Marathon

Monday 27th October 2014

Iford AC.s Kevin Newell and Sam Rahman were among an estimated 14,000 runners from 47 countries in the 35th running of Sunday's Dublin Marathon. The breezy conditions and few extra hills thrown in this year following a course change due to the city-centre Luas works proved no obstacle to Newell as he stormed round the 26.2miles in a new personal best of 2hrs 48 minutes and 57 seconds for an impressive 81st place.

Sam Rahman was a harsh judge of his own performance confessing to be slightly disappointed with his own run and struggled in comparison but nevertheless returned 2hours 57. 59 a time that many runners would be delighted with and good enough for 233rd place overall.

The smell of deep heat and tiger balm wafting through the patchy drizzle surrounding the Georgian streets of the Capital as runners set off in 3 waves this year to ease the normal congestion at the start. Newell, in the form of his life, judged his race to perfection setting off steady with a first 10k split of 40.10 negotiating the gusty conditions of Phoenix Park and going through halfway in 1.23.14 passing Brickfields Park. Maintaining good pace he then went through 30kin 1.58.51 before tackling the aptly named Heartbreak Hill on the Roebuck Road at 22 miles. It was then just a turn for home at University College for the last few miles leading to a jubilant finish at Merrion Square at an average pace of 6min 27 sec per mile. Kenya's Eliud Too was the overall winner in 2.14.48whilst the ageless Irish national champion Maria McCambridge just failed to defend her ladies title being just edged out, by a mere four seconds, behind another Kenyan, Esther Wanjiru Macharia. However in the process, McCambridge defied wind, hills and age, to lower her personal best time by a minute, to 2:34:19.

GREENVILLE RUNFEST 10km

Saturday 25 October

Iford AC's Rob Sargeant took the opportunity to take part in the annual Runfest in Greenville South Carolina while on his annual visit to the local Greenville Track Club. The running festival consists of 4 races; marathon, half-marathon, 10 km and 5km and totals over 2000 entries. Rob ran in the 10km over a challenging course, to be expected in a town nestled in the foothills of the great Smokey mountains, and on a perfect morning for running was pleased to cross the finish line, by homeplate in the local baseball stadium, in 47 mins 37 secs to place 30th overall and win the M60 category trophy.



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