



## Great South Run

Portsmouth

Sunday 25 October

The city of Portsmouth on the South Coast provided the setting for Sunday's Great South Run on a calm morning with warm sunshine. A trio of runners representing Team Ilford AC, all giving good performances, were amongst a massive field of nearly 14000 finishers. Sam Rahman was first from the club to complete the 10 mile race around the city passing a number of the area's notable landmarks including Spinnaker Tower and HMS Victory. Sam continued his excellent form of late finishing in a superb 73th spot clocking a new personal best of 58 mins 36secs. Jenni Sheehan is another running well at the moment and also recorded a new best time for the distance of 72 mins 31 secs in 886th place overall and 83rd female. Club coach Rob Sargent also ran recording 79mins 55 secs in 2260th.

The men's and women's elite races were won by Moses Kipsiro of Uganda and Kenyan Vivian Cheruiyot. Kipsiro clocked a time of 46 minutes while Cheruiyot was 17 seconds outside the course record, with a time of 51 minutes 17 seconds. Jo Pavey, the reigning European 10,000m champion and two-time winner of the Great South Run, came second in the women's race with a world-over-40 best time of 52 minutes 44 seconds.

## MarathonNews

Baldev Singh completed in the Toronto Marathon recording 4hr 35 mins 59 secs for 2934th and 291st in the M65 age category.

