



Chisinau Marathon, Moldova

Sunday 1 October

Over the years Ilford AC runners have raced in many countries; France, Portugal, Spain, Finland to name a few in Europe and further afield in the USA, Canada, Australia, Brazil and South Korea but Seb Parris added to that list on Sunday when he took on the Chisinau Marathon in Moldova. The race was around the capital of the former Soviet Republic which is to the East of Romania.

Weather was ideal for marathon running, slightly overcast and 16 degrees. The weekend had over 17000 runners in different events including a 5km, 10km and a half marathon. Parris was one of the 339 entrants for the marathon. He ran a good race to finish 22nd in a new personal best for the distance of 3 hrs 10 mins 23 secs, beating his previous pb 5 years ago by 13 minutes.





Cardiff Half Marathon

Sunday 1 October

The Cardiff Half Marathon is run on a scenic route around the cities' iconic landmarks from Cardiff Castle to the Civic Centre in the middle of the city. Ilford Acs Declan Cullen made his annual visit to Wales for the race and on an overcast morning ran steadily to reach 10km in 48 minutes. He slowed a little in the second half to come home in 1hr 45mins 30secs for 2020th out of the just under 20000 runners.

Harold Wood Charity run 5 Miles

Sunday 1 October

The club had three runners competing in last Sundays Charity 5 mile race, a 2 lap multi terrain hilly course starting and finishing in Harold Wood Park.



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Leading the way for the Ilford trio, finishing in 20th place overall, was Dennis Briggs with a chip time of 35:07. Coming in at 39:09 for 43rd position was Anthony Young, followed closely by Billy Green in 45th position with a time of 39:24



WALKING REPORT

CHAMPIONSHIP WIN FOR UTTLEY

The annual Civil Service 10 Kilometres' race walking Championship which was held



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on Wednesday afternoon around Birmingham's Canon Hill Park proved a resounding success for Ilford's Steve Uttley, as he defied recent injuries to win in 61 minutes and 20 seconds with just 3 seconds in hand over 2nd placer Jason Brewer.

Completing the frame in 62.05 was former Ilford AC member John Llewelin, who came out of retirement to prove he still has what it takes to perform well. In 7th spot, clocking 70.17 came veteran Bob Dobson who completed this annual Championship for an astounding 46th time!

In conjunction was the annual Representative Match between the Civil Service and British Police, which saw another feather in Uttley's cap as he's the team Manager of the Civil Service team who won emphatically!

One Ilford member with particular cause to fondly remember this meeting was Mark Culshaw who competed as a guest - leading from start to finish, recording 58.05, his fastest time in years!