



## **Great South Run**

### **Portsmouth**

*Sunday 22 October*

The Great South is a 10 mile run starting and finishing on Clarence Esplanade in Southsea. The fast and flat course takes you through Old Portsmouth, home of the Portsmouth Cathedral, through the Historic Dockyard before the final two miles on the scenic seafront. The finish was particularly challenging with the runners facing a strong headwind along the seafront.

The race attracts a field of over 16000 and is the English Championship for the distance which were won by popular athletes Chris Thompson and Gemma Steel.

Ilford AC had 4 runners in the event. They were led home by an impressive performance from Amin Koikai who came home in 23rd place in 55 minutes exactly and was the first finished in the M40 age category.

Carlie Qirem and Tony Young were close together all the way around with Carlie crossing the line in 80 mins 00 secs and Tony 1 second behind for 2502nd and 2507th place respectively. Both gave good performances in the wind which slower the runners by 2 to 3 minutes from the times they would expect.

Completing the Ilford line up was Doris Gaga with 1hr 51 mins 23 secs in 12156th.

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Press Report. October 23rd 2017



