



## **HAMPTON COURT PALACE HALF MARATHON**

*18<sup>th</sup> March 2018*

Last weekends weather caused the cancellations of most races around the country including the Brentwood Half Marathon, The Colchester 15, Fulham 10k and Reading Half Marathons, all of which had Ilford AC entrants.

One race that did go ahead however, by Royal decree of King Henry VIII no less, was the Hampton Court Palace Half Marathon which is the only race in the country to start and finish in the grounds of a Royal Palace.

Over 3,500 hardy runners lined up on a bitterly cold morning including Ilford AC members Dennis Briggs, club captain Billy Green and Pramila Monroe.

The 3 Ilford members were joined by Josnara Uddin who also trains with the club.

The course itself is popular in that it is one of the flattest Half Marathons in the country and takes runners along the gravel paths of the River Thames, out into the town of East Molesey for 2 laps before the final two miles which are run in the gardens of the Historic Palace, finishing behind the main Palace building.

Despite the recent weather, the course itself contained no hazards and provided beautiful snow covered scenic views for the runners along the river banks.

It was a race that suited the runners far more than the stewards and spectators who watched on in sub-zero temperatures.

**Dennis Briggs** was the first Ilford runner home in an impressive time of 1:40:38 and 254<sup>th</sup> place, which stands him in good stead for this years London Marathon

Second Home for Ilford was club captain **Billy Green** in a time of 1:52:14 for 584<sup>th</sup> place.

Next home was **Pramila Monroe** who was very pleased with her time of 2:11:06 for 1800<sup>th</sup> place.

Also pleased with her run was **Josnara Uddin** who came in at 2:19:39 for 2,220<sup>th</sup> place.



