



## **Chicago Marathon**

*0730 Sunday 7th October*

Trying to complete all the Abbott Marathon majors, Seb Parris took on his 5th in the series over the pond in Chicago.

A new event record of 44,571 runners hit the downtown 'loop' headed by the speedy event winner, Mo Farah.

The race began unusually early at 0730 and conditions were cold and wet throughout.

A good recent training cycle due to an ironman event meant Seb was hunting a new marathon PB despite falling a last-minute victim to the dreaded food poisoning less than 48 hours pre-race.

The rain was persistent all morning but so too was Seb's determination. Crossing the line at the city's Grant Park in a 6-minute PB for 03.03.39 (1627th place).

Seb even found the time to stop for a mid-race photo looking very relaxed for someone on their way to achieving a pb.

Pizza pie was eaten afterwards in celebration.





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### Harold Wood Charity 5 mile race

Sunday 7<sup>th</sup> October

Six Ilford runners lined up for the third annual running of the Harold Wood charity 5 mile race which was supported and started by local West Ham and England legend Sir Trevor Brooking.

Held over a challenging 2 lap, undulating, mainly gravel course the race started and finished in Harold Wood park.

Leading the team home in 6<sup>th</sup> place, and first male vet on the day was Stephen Philcox in a time of 30:36. 2<sup>nd</sup> home was Bradley Brown in a time of 37:19 for 33<sup>rd</sup> place closely followed by Andy Catton in 37:41 for 39<sup>th</sup> place.

Finishing 4<sup>th</sup> was club captain Billy Green, who took the opportunity of a photo with his boyhood hero Trevor Brooking before the race, coming in for a time of 42:54 for 84<sup>th</sup> place.

Julie Gillender and James Huddart had a good spirited running battle throughout the race with positions changing on many occasions. Julie eventually saw her hill training give her an advantage and she finished in a time of 54:17 for 154<sup>th</sup> place with James coming in on 55:31 for 161<sup>st</sup> place





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### **Chingford League Cross Country**

Hog Hill Hainault

*Tuesday 2<sup>nd</sup> October*

4 Ilford AC Runners ran as guests in the Chingford Cross Country League last Tuesday on the hilly cycle course at Hog Hill.

Alan Pearl lead the trio home in 22:41 for 100<sup>th</sup> place followed by Anthony Young in 24:07 for 118<sup>th</sup> , Trevor Robinson in 24:51 for 125<sup>th</sup> and James Huddart in 36:06 for 166<sup>th</sup> place





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