



## **Rome Marathon**

*Sunday April 7th*

The endurance team from Ilford AC opened their spring marathon season last Sunday. First at the start was Sam Rahman who took to the streets of Rome for the 25th staging of their city marathon. The route passes many historical buildings including the Colosseum and the Vatican but there are some cobbled sections on the way.

The first half hour of the race was run in pouring rain, however Sam started well reaching the halfway point in 1 hr 26 mins 29 secs.

He found the second half slightly tougher and came home in 143rd place in a field of around 10000 in 2 hrs 59 mins 28 secs., his 7th sub 3 hour marathon.

## **Manchester Marathon**

*Sunday April 7th*

The ASICS Manchester Marathon is billed as the fastest and flattest marathon in the UK and takes runners from Old Trafford, down to Sale and Altrincham before looping back up through Urmston and Stretford.

If watching local celebrity and Manchester City mayor, Andy Burnham pound the pavements wasn't exciting enough two of Ilford AC finest donned their white vests to compete.

Diarmuid MacDonnell and Sebastian Parris joined 13,000 other runners on a warm but cloudy day to hit the 'classic course' for the last time. Next year the marathon will include a 'city loop' which will be visually pleasing for runners and attract more spectators.

Diarmuid had the run of his life keeping a consistent pace throughout to record his best marathon time for 13 years finishing in 3.08.09 for 1405th spot. Seb was close behind recording 3.10.42 for 1332nd.



## **Blyth BMAF 10k**

*Sunday 7th April*

Tony Young travelled up to his native North East to take part in the Blyth 'British Masters Athletics Federation' 10k.

On a fast course consisting mainly of footpaths and cycle ways, Tony ran an impressive race and finished in a time of 46:45 beating his previous 10k PB by almost a minute.

Tony goes in to the London Marathon in a few weeks time on an impressive run of form.





## **St. Claire Hospice 10k**

Harlow

*Sunday 7th April*

In Harlow this Sunday Ray 'Sparra' Everingham' ran the St. Claire Hospice annual charity race which takes place on the grounds of the Hospice in Harlow.

Ray was the second Ilford runner with a 10k PB this weekend with a time of 56:11, his third PB of 2019.





**Adidas City Run**  
St Pauls, London



## Press Report April 9th 2019

### *Sunday 7th April*

Sunday saw the second staging of the Adidas One-hour city run, where the aim is to run as far as you can in one hour.

The course is a one-mile loop, with timing mats at every 0.1m, starting at St. Pauls Cathedral and taking in St Mary-Le-Bow church (famous for the Bow Bells), Guildhall and Mansion house.

Three Ilford runners who had been out of action for a while took part in the event with Rhoad Gabbidon completing 7.4 miles in the hour, club captain Billy Green 7.3 miles and Brennie Gabbidon completing 4.7 miles.





