



Chelmsford Marathon incorporating The Essex County Marathon Championships

Sunday 17th October

On Sunday a Dynamic Duo of Ilford AC athletes had a very successful morning of racing at the Chelmsford Marathon which incorporated The Essex County Marathon Championships.

The race of over 550 athletes was held On a One Lap Course starting at Chelmsford City Centre and then heading out to the surrounding country lanes and finishing back in Central Park in Chelmsford.

First Home for the Club in 4th Overall position was Amin Koikai in a superb time of 2 Hours 42 Minutes and 18 seconds to Win The Bronze County Senior Medal as well as winning Essex Gold in the Male Veteran Over 50 category.

Following him home in 54th Position was Terry Knightley in 3 Hours 8 Minutes and 11 Seconds to Win The Essex County Gold Medal in The Male Veteran Over 60 Category.

Terry continues to break long standing Ilford AC V60 records, this time smashing a 40 year old Ilford Half Marathon record by 8 minutes and 12 seconds.





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Yorkshire Marathon

Sunday 17th October

The Yorkshire Marathon has quickly established itself as one of the highlights of the UK's sporting year. This popular and picturesque one lap run,, takes participants past some of York's most historic sights and along scenic country lanes.

This year's race was also part of the England Athletics 'England Masters' programme where 100 athletes from across the country are chosen to wear the England vest and represent the country. Amongst these was Ilford AC's Paul Holloway, who finished in a very respectable time of 3:02:20

The London Mini Marathon

Sunday 3rd October.

The Virgin Money Giving Mini London Marathon is the official British road championships for young athletes aged between 11 and 17 years.

The course takes place over the final miles of the London Marathon course, stretching from Old Billingsgate to The Mall.

Representing their schools were 4 Ilford AC Youngsters who all put in superb performances on the 2.6k course.

Joseph Grange finished 13th overall and 3rd U15 in a time of 8:13

Ryan Holeyman finished 92nd overall and 33rd U17 in a time of 8:36

Ronan Edwards finished 105th overall and 46th U17 in a time of 8:47

Matthew Hick finished 144th overall and 82nd U17 in a time of 9:26



Lullingstone 10K

Sunday 17th October

Hosted by Eynsford Running Club [ERC] the Lullingstone 10K is a hilly off road two lap course with an elevation gain of over 800 feet. Parts of the course feature some enticing names such as: DeFrib Hill, Leg Stretcher, Root 66 (tree roots), Death Drop and Ankle Break Alley.

Ray 'Sparra' Everingham took on the course which he found tough going just 2 weeks after competing in the London Marathon. Despite the challenging course he finished in a time of 1:14:13 placing him 117th on the day and 9th VM60

