



CHICAGO MARATHON

Sunday 9 October

On a sunny cold day in Chicago two runners from Ilford AC tackled the Chicago Marathon. The course around the Windy City is fast and flat and Diarmuid Mac Donnell went through half way in 1 hr 34 mins 54 secs and pushed on to finish 4232th in a field of over 40000 in 3 hrs 16 mins 25 secs.

Steve Lacey recorded 1 hr 59 mins 42 secs at the halfway stage. Steve found the last 10 miles challenging but still managed to finish in 4 hrs 25 mins 50 secs, a 13 minute improvement on his last run at the distance.







Richmond Park Half Marathon

Sunday 9 October

The Richmond Park Half Marathon is a tough hilly trail race, but does offer a lovely panoramic view of London en route and the chance to run through one of London's most scenic parks and witness its famous Deer. Two Ilford runners took part in this year's event and both achieved first place in their respective age categories.

Joel Denning finished 8th in a time of 1 hr 36 mins 16 secs to grab 1st place in the Male V40 category, whilst Joanne Reeves achieved first place in the female V40 category finishing in 12th place overall with a time 1 hr 38 mins 32 seconds. Joanne was also the 3rd lady to finish overall









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Tiptree 10 (10 Miles)

9th October 2022

The Tiptree 10 has been awarded 'the best road race in the Essex AA area' as voted by running clubs 3 times since 2008 and offers a beautiful scenic course through the Essex village

This year the ever reliable Frieda Keane headed up an Ilford team of one, but did the club proud over the undulating course with a time of 1 Hr 38 mins 04 seconds for 283rd place



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Royal Parks Half Marathon

Sunday 9th October

This stunning central London Half Marathon, takes in some of the capital's world-famous landmarks on closed roads, and four of London's eight Royal Parks - Hyde Park, The Green Park, St James's Park and Kensington Gardens.

Iford AC had 2 runners taking part this year, both putting in fine performances.

Batmanaden Ramen finished in 2 hrs 33 mins and Karen Kufour in 2 hrs 58 mins.





Run the River 10k

Lee Valley

9th October 2022

Starting and finishing at Lee Valley Athletics Centre, running along the River Lee, the 'Run The River 10k' is a popular picturesque race.

Competing just a week after the London Marathon Ilfords Julia Galea produced a great performance to win the FV60 category and 131st overall in a time of 59 Mins 41 seconds.

