



Press Report 17th April 2023

Manchester Marathon

Sunday 16th April 2023

The Manchester marathon was held last weekend.

The race was held over the usual fast flat course from the Old Trafford cricket ground running into the city for a short loop before heading out to Altrincham and back to the finish at the cricket stadium.

Ilford Ac had three members running with Dennis Briggs being the first of the team home, coming in at 3 hrs 24 mins 04 secs. Dennis ran a good even paced race, going through half way in 1 hr 41 mins and set a new personal best for the distance by over 18 minutes.

Craig Livermore, who was next home, ran through halfway in a faster 1 hr 34 mins but found the last few miles tough crossing the line in 3 hrs 24 mins 52 secs.

Gaye Young was the only Ilford lady running on the day. Gaye was very pleased with her run, coming home in a time of 3 hrs 54 mins 53, for a new personal best time, beating her previous best by nearly 3 minutes.



Boston Marathon

Monday 17th April 2023

Further afield Ilford AC were represented at the 127th Boston Marathon on Monday, which was Patriots day, a holiday in Massachusetts. The day was particularly poignant in that the event marked the 10 year anniversary of the terror attack on the Boston Marathon in 2013, and a small ceremony was held prior to the race.

On a cool damp morning with outbreaks of rain. Sam Rahman of Ilford tackled the point to point course from Hopkinton to the center of the city.

He set off at a steady controlled pace reaching the halfway point in 1 hr 26 mins, saving himself for the tougher second half which includes the notorious Heartbreak Hill. He ran this second half slightly faster coming home in 2 hrs 51 mins 33 secs, his second fastest time over the marathon distance, for 2016th place in a large field of over 30000 runners

