



## ILFORD AC MAKE CAPITAL GAINS IN BERLIN, LONDON AND CARDIFF

### Ilford AC Athletes Shine at 2023 Berlin Marathon.

Five Ilford AC athletes travelled to Berlin for the 49th edition of the annual Berlin marathon, one of the Six Marathon Majors, along with London, Tokyo, Boston, Chicago and New York City.

In a field of 48,000 runners, from 156 different countries, all 5 of our athletes had outstanding performances on what is a notoriously flat and fast course

In near perfect conditions the first athlete back was Sam Rahman running a personal best of 2:47:26 placing 225th in the M40 age category.

Running together for most of the 26.2 miles Richard Woolterton and Danny Holeyman pushed each other to personal bests, 3:07:20 (265th M50) and 3:07:47 (270th M50) respectively.

Finishing in a respectable 3:15:43 (440th M50) Diarmuid MaC Donnell also completed his 4th world marathon major.

Rounding up the quintet with a solid run in 4:13:09 (2110th M50) was Stephen Lacey.

The race was won by Eliud Kipchoge for a record 5th time and saw a new women's world record of 2:11:53 by Ethiopia's Tigst Assefa.









## Press Report 3rd October





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### **Vitality London 10k**

Last weekend over 15,000 runners took to the streets of our capital city, for the iconic Vitality London 10k.

Included in the line up were 7 runners representing Ilford AC

The race starts on the Mall, takes in such landmarks as Trafalgar Square, St Pauls, Horse Guards parade and Parliament Square before finishing in front of Buckingham Palace.

Leading the team home was Amin Koikai with an impressive 35:09 which placed him 119th and 2nd in his age category.

Emma Ellender led the ladies home with an impressive run of 43:27

Billy Green was next home in a time of 53:08 followed closely by Mandy Reid in 55:13

Launa Broadley came home in a time of 1:06:30, followed by Julie Gillender in 1:12:26 and Sheila Sinclair in 1:15:12









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### **Cardiff Half Marathon**

The Cardiff Half is Wales' largest mass participation event and raises around £3m for good causes every year.

This year over 20,000 runners crossed the finishing line including Ilfords Malcolm Muir, who put in his normal gutsy performance to record his fastest Half Marathon time of the season of 1:22:58 to come home in an impressive 302nd place.





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