



## **Ilford AC Athletes Shine at the Chicago Marathon**

### **Chicago Marathon**

Ilford AC made a strong showing at the 46th edition of the Chicago Marathon, one of the world's largest marathons with over 52,000 finishers. The race, part of the World Marathon Majors, saw three Ilford AC athletes take on the notoriously fast course, with impressive results.

Leading the way for Ilford AC was Sam Rahman, who crossed the finish line in an outstanding time of 2:47:41 which was just outside his personal best for the distance.

Danny Holeyman delivered a remarkable performance, smashing his previous personal best by a significant 6 minutes. Holeyman's finish time of 3:01:05 was a testament to his hard work and dedication.

Completing the Ilford AC trio was Richard Woolterton, who finished in a very respectable time of 3:18:22.

Ilford AC's performance at the Chicago Marathon was a source of pride for the club. The athletes' dedication, training, and competitive spirit were on full display, and their results showcased the club's strength in marathon running.





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### **Loughton 5m Interclub Vets**

The annual match for runners over 40 took place at Loughton on the Roding Valley Country Park on Saturday. The rain held off for the event but the mainly grassland course was very wet underfoot.

Iford had a squad of four in action on the day, all performing well in challenging conditions.

In the men's race Seb Parris placed 5th, in a time of 34:56 and Jim Tilbrook came home in 24th position in a time of 43:45

For the ladies race Alison Sale came home in 16th place in a time of 45:18 and Frieda Keane in placing 24th in 54:48 also grabbed herself a Silver medal in her age grouping



### **Tiptree 10 (10 Miles)**

The Tiptree 10 has been awarded 'the best road race in the Essex AA area' as voted by running clubs 4 times since 2008 and offers a beautiful scenic course through the Essex village.

On Sunday 2 of Ilfords ladies represented the club, Alison Sale and Frieda Keane. Alison was the 70th female to finish, and 21st in her age grouping, in a time of 1:27:03, whilst Frieda came home in 149th position, placing 15th in her age grouping, in a time of 1:40:46

