

CHRIS COPE EXCEEDED EXPECTATIONS IN 2019 VIRGIN LONDON MARATHON. Boston and District Athletic Club's leading endurance runner Chris . Cope finished in a splendid one hundred and sixty seventh position in Sunday's London Marathon. Exceeding all expectations Chris claimed 138th place in the 18 --39 age category in the capital and recorded a remarkable 2 hours 33 mins. 59 secs at the finish line. He completed 5K in 17 mins 55 secs and 15K in 53 mins 53 secs. and continued maintaining a good pace reaching the Half Marathon distance in a very encouraging .1 hour 15 mins 49 secs. The experienced "Gold Top" maintained form and momentum during the second half of the marathon recording 1 hour 47 mins 40 secs at 30K and 2 hours 25 mins 14 secs at 40K and then ran on strongly over the final stages to claim a massive personal best time. Congratulations .