



## **Bath Half Marathon**

Sunday 1st March

Ilford AC's brother and sister act, Malcolm and Carol Muir, travelled to the West Country last weekend to compete in Sunday's Bath Half Marathon. Running a well judged even pace of 5.30 per mile Muir crossed the line in an excellent 22nd place in a very high class field. He was well pleased with his time of 72.08 which gave him 2nd place in the vet40 category only losing out to the classy Christopher Greenwood of Kent AC who finished some 2 and a half minutes ahead.

The winner was Paul Martelletti of Run Fast clocking 65.27 to record his 4th major half marathon win this year already! Yet the most outstanding run of the day came from the Wales and GB international Martin Rees who recorded an incredible time of 73.20 in the M60 category.

Carol Muir has been carrying a hamstring injury for the past 8 weeks and only changed her mind to run on the way to the race. After donning her race number she wisely decided to run with the fancy dress competitors and enjoyed jogging around in 2.29.54 finishing in position 9570 out of 11,588 finishers!

## **Last Friday of the Month 5km**

Hyde Park, London

Friday 27 February

The monthly 5km promoted by Serpentine Running Club was held on a sunny mild day over a fast course

Sam Rahman of Ilford AC took advantage of the conditions to record a new personal best time of 17m 02s in 10th spot, indicating his training for London is on target. Team mate Ben Jones was also on form in 23rd with 17m 45s.

## **Meriden 10km**

Greenwich Park

Sunday 1 March

Ilford Race Walker Peter Ryan changed code last Sunday to take part in the hard and hilly 2 lap Meriden 10km in Greenwich Park. On this rare outing running Peter tackled the blustery conditions to come in 47m 03s for 75th place in a field of 350 plus. His performance won him the M60 category silver medal in the Veterans AC Championship, which has held in



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conjunction with this race.