

## Felsted 10k

Over 400 runners lined up for the Felsted 10k on a muggy morning last Sunday. The race which starts and finishes at Felsted school is held over a fast flat road course with some gentle undulations. It was also the Essex 10k championships and the 4th county Grand Prix Race for 2016..

Ilford AC had 12 runners competing in these championships with Malcolm Muir returning from a lay off the best of the bunch coming home in 18th place with 36.15. He was followed in by Sam Rahman, 24th in 36.56 and Paul Holloway 32nd in 37.37. Other Ilford men's times and positions were Steve Philcox, 39th 38.26, Neil Crisp 42nd 38.32, Terry Knightley 58th 39.43, Declan Cullen 153rd 45.38, Steve Parker 179th 46.29, and Satha Alaga 264th 50.59.

The ladies also managed to put out a scoring team with Ilford legend Pam Jones running in her first County Championships as an 80 year old. Pam clocked 64.36 for 438th place and was joined by Julia Galea 333rd in 55.06 and Carol Muir 416th in 61.49.

## Other Races

Elsewhere Club Captain Billy Green took part in the Vitality British 10k London Run where he clocked 48.45 for position 1260 in a mass field of over 11000 athletes. The race was won by Southend's Paul Whittaker in 32.03

Across the pond Ilford AC's Rob Sargent took part in the annual 4th July race in Greenville South Carolina USA . On a sunny hot Monday morning over 1100 lined up for the 5km race around the grounds of the picturesque Furman University (where ex Tottenham player Clint Dempsey played his college soccer) over a fast course. Rob ran a steady race in the 85F temperature to finish 439th in 26 mins 44 secs taking 10th spot in the M60 age category.

