



Press Report 15th November 2016

British and Irish Masters Cross-Country International

Tollcross Park, Glasgow

Saturday 12 November

Ilford Ac's Pam Jones was called up as a reserve for the strong England team for the International match, featuring England, Scotland, Northern Ireland, Eire and Scotland, held on a testing grassland course at Tollcross Park in Scotland. Pam ran in the open and reserves 6km race and ran a steady pace throughout the 3 lap race finishing strongly in 35 mins 53 secs for 25th spot. England were victorious in the match