



South of England Cross-Country Championship

Parliament Hill Fields

Saturday 28 January 2017

The Senior Men's race was contested over the usual 15km course which is one of the toughest in the country. Ilford AC entered 4 men and were led home by the ever reliable Malcolm Muir who put in his usual 100% effort to finish 136th in a field of over 1000 runners from all over the South of England in a time of 53 mins 49 secs. Paul Holloway battled away to record 61 mins 17 secs for 390th with Neil Crisp 518th in 64 mins exactly. Seb Parris was running at the venue for the first time came home 539th with 64 mins 28 secs.

100 up for Julie

Ilford AC also extend congratulations to Julie Gillender who completed her 100th parkrun at Raphels Park last Saturday

