



Billericay 10k - Sunday 2nd November 2014

Double Gold For Ilford Athletic Club at The Billericay Striders 10K Road Race !

The Only Two Ilford Athletic Club members in a Field of Well Over 750 Entrants came away with respective Winners Trophies in their age categories at The Billericay Striders 10K Road Race on Sunday.

Held in Windy but cool conditions, Stephen Philcox outsprinted local Legend, John Barker of Thrift Green Trotters, to Win The Male Over 40's Veteran Trophy in 10th Place in a time of 36 Minutes and 47 seconds. He was Followed by Multiple Essex County Medallist, Terry Knightley, in 26th Position in 39 minutes and 57 seconds as he won the Male Over 50's Veteran Trophy for the 3rd Time in 4 years.

The Race was won by Paul Whittaker of Southend On Sea Athletic Club in a new course record of 31 minutes and 17 seconds.

Templeton 10 Miles Dundee - 2nd November 2014

North of the Border siblings Malcolm and Carol Muir took part in the Templeton 10miles, an event organised by Dundee Road Runners.

On a very demanding hilly anti-clockwise loop Malcolm showed great form battling strong winds to come home 2nd in a great time of 56.54 only 7 seconds behind the winner. Carol finished in 1 hour 43 min 25 seconds.



