



## **Wight Three Hills Race**

**Monday 6th April**

### **Isle of Wight**

Ilford AC's men's captain Malcolm Muir enjoyed his customary Easter break in the Isle of Wight where he won the West Wight Three hills race on Easter Monday for the third time. This race consists of an undulating/hilly very scenic single lap of 8 miles (unofficially measured with an accurate metre wheel) with approximately 900 feet of ascent taking in Golden Hill Fort, Freshwater, Headon Warren, Alum Bay, Highdown, Tennyson Down, Freshwater Bay and back to the finish at Freshwater. The Ilford man crossed the line in a time of 46.48 over a minute clear of Andy Weir of Thames Hare and Hound. There were 136 finishers in total.

### **Folkestone 10**

**Friday 3rd April**

### **Kent**

Long serving Ilford AC member Graham Williams took on the Folkestone 10 mile road race on Good Friday. The race which goes from Hythe to Folkestone and back is held over a mainly flat scenic coastal route with most of the course being on the promenade. Williams posted an impressive time for his age clocking 93 minutes and 26 seconds placing him 466th out of a record 657 finishers and in his own words "not bad for an over 75 year old".

Meanwhile on what was otherwise a fairly quiet weekend on the road race scene many of the Club's endurance runners were putting in their final training miles as they prepare for the sport's blue riband event, the Virgin London Marathon on the 26th of this month. Apart from the club having a full contingent of runners, Ilford AC volunteers will once again be manning the 19 mile water station in Canary Wharf offering cheers and encouragement to thirsty runners along their way.