

### Carol Muir's 100th Different Parkrun

A large contingent from Ilford AC turned out to offer some superb support for their fellow clubmate Carol Muir as she completed her 100th different Parkrun at Raphaels Park, Romford last Saturday morning. This community event has developed its own terminology over the years and Carol who has competed in Parkruns the length and breadth of the country certainly now qualifies as "Queen of the Parkrun Tourists". This was also Carol's 209th completed Parkrun over 100 different 5k courses that began at the first Valentines Parkrun back in February 2011. For the record Carol clocked 27.38 in this fun event which recorded a certain Elvis Presley also from Ilford AC as a first timer in 4th place.



