



Parkruns

After 37 unsuccessful attempts to secure victory in a parkrun Ilford stalwart Terry Knightley finally came up trumps in Beckton's parkrun last Saturday morning. Knightley braved the high winds of the morning to record a modest yet victorious 20 minutes 18 seconds over a multi terrain two lap course around Beckton Park to take the spoils with his Ilford partner Kim Baxter occupying 27th position in 37 minutes and 31 seconds. 28 runners graced the race. Elsewhere Carol Muir continued her "parkrun tourist" traditions hitting the Northampton event with a time of 31.25 placing her 161 in a field of 208. Nearer to home 144 runners took part in the Valentines Park event which included Ilford representatives Pathrose Louis (40th in 26.11) and Suki Jandu (69th in 28.55).

Bradley Brown was 3rd out of 56 in the Barking event clocking 20.53 and Robert Spelman was 44th out of 106 at Riddlesdown, Surrey in 26.12. Lastly Martin Clarke found the going not to his liking on the tough exposed Harwich Peninsula Promenade course running into the teeth of a coastal hurricane and improving his personal worst to 26.21 for 19th place in a field of 48.