



## European Masters Athletic Championships Non-Stadia.

Good news for Ilford AC member Ed Shillabeer.

On Sunday, 22 May 2016, 16:49, edmund shillabeer [edmundshillabeer@icloud.com](mailto:edmundshillabeer@icloud.com) wrote:

Hil,

Our victorious M75 team (10 km Walk) proudly belting out the National Anthem in Portugal, May 20th were Norbert Will, Arthur Thompson & Edmund Shillabeer. Next day Edmund joined Steve Allen and Malcolm Martin to win M60 team Gold medals in 30 km Walk, in the process beating Olympian Christoph Hohne to become M75 Champion. A good two day's work!

Thanks go to Jan of Knight Scientific, Jason (trainer), Fiona (physio) at the Life Centre and my Practice staff and family for their support.

Yours in sport

Edbanger (aka Ed Shillabeer)

