



## National Silver Medal for Ilford AC Athlete

Ilford AC had 2 starters in the annual National 100 Miles Walking Championship held at Redcar, Kevin Marshall & Ed Shillabeer. Racing was held on a 2 miles' lap consisting of a mile-out-and-back along the town's seafront, commencing at noon on Saturday and continuing overnight with a cut-off time of noon on Sunday. Walkers faced warm conditions during the day but temperatures dropped considerable overnight along an exposed seafront.

Marshall belied his 56 years of age to give a good account of himself at the expense of rivals half his age, and despite leaning to one side over the closing stages, managed to maintain good progress to place 2nd in 22 hours 2 minutes and 15 seconds. Although 4th man home, 2 of those ahead of him were Netherlands' entrants, hence the Ilford man was presented with the National silver medal.

Things didn't go so well for Ilford's other entrant, Ed Shillabeer, a former event winner as it wasn't his day for he bowed-out after 40 miles which was reached in 9.14.07.

Issued by Ilford AC Walking Section