



## Press Report 17th October 2016

Ilford Ac's Malcolm Muir continued his return to form with a fine run at the Wix 5 mile near Manningtree on Sunday. The Ilford man just missed out on a podium place but nevertheless his time of 27.50 was good enough for the top M40 prize of the day. He was joined by the legendary Pam Jones who posted an incredible time of 50.06, her fastest time for the distance to date as an 80 year old, to finish 248th in a field of 306 runners.

The Club had 5 runners in the Harold Wood 5 mile event held on Sunday morning. The course comprised 2 loops of multi terrain starting and finishing in Harold Wood Park.

Leading them in was Steve Philcox, 5th overall in 32.23 and providing the top male over 50 run of the day. Next home was Dennis Briggs in 30th place clocking 39.43. Club captain Billy Green followed with 42nd place finishing in 41.21. For the ladies Nichola Fairbairn placed 98th in 49.45 with Julie Gillender 122nd in 54.18. 173 runners completed the course.

Peter Spelman completed his 5th Marathon of the year in excellent conditions in Vannes, Brittany in 4.39.18. He was 39th in his age category.

