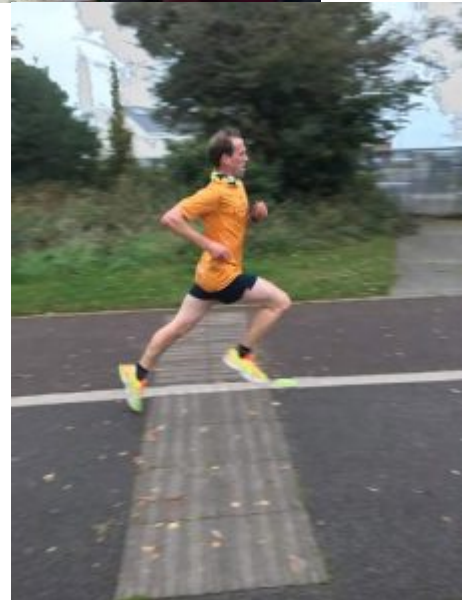




## Dublin Marathon

30th October 2016

Iford AC siblings Carol and Malcolm Muir both competed in the Dublin Marathon the previous weekend. Malcolm was really there mainly to support a great “sister act” by Carol who smashed her marathon PB by a massive 45 minutes. Carol was delighted with her time of 5hours 11 minutes and 53 seconds especially as only two months ago a knee infection had seriously curtailed her training. Malcolm for his part targeted the Father Collins parkrun the day before which he won easily in a speedy time of 16.47. As a result he suffered in the latter part of the following day’s marathon after going through halfway in around 1 hour 21 minutes. Nevertheless he still crossed the line in 3hours 3 minutes and 22 seconds.



## Billericay 10k

Sunday 6th November 2016



## Press Report 8th November 2016



On a cold and crisp Sunday morning, Ilford AC Super-Veteran Terry Knightley, was the sole club representative in the Annual Billericay Striders 10K Road Race.

Held over an undulating one lap course through the country lanes of Billericay, Terry finished in 46th position from a huge field of 750 entries in 40 minutes and 45 seconds and claimed 2nd position in the Male Veterans Over 50 category as he continued his recovery from a serious Back injury.

Terry won the race outright in 1998, however this year The race was won by Ryan Prout from Chelmsford AC.

### **World Masters Championships**

Perth Australia - Sunday 6th November

The second week of the world masters championships in Perth saw the temperature rising to a high of 37C on Saturday. Fortunately it dropped for the road races the next day but was still in the high 20s for the finish of the half marathon despite a 7am start. Rob Sargent of Ilford AC put in a battling performance clocking 1hr 57mins 29seconds on the scenic course along the banks of the Swan river to take 20th in the M60 category and 5th Brit where the top 3 from GB combined to take the team gold medals.