



## **ILFORD AC PRESS REPORT 31st JULY 2017**

Ilford Athlete Peter Spelman has this week been competing in the 'Swiss Alpine Davos running event' which is a series of races and trail runs in Davos, Switzerland that is very popular for running tourists.

On Tuesday 25th July Peter ran in the 4k lake race which is held on a hilly course around the Davos lake.

In very wet and cold conditions Peter was the 3rd M65 home in a time of 25:34.

On Saturday 29th Peter took part in the K31 event which is a 31k run starting in Davos, travelling through the Wiesner viaduct before finishing in Filisur.

Peter came 25th in his age group today in a time of 3:49:10.

Sunday 30th Peter competed in his 2nd race in 2 days and third in a week when he lined up for his toughest race of the week, the D22 event. The D22 is a 22k trail run which takes in 1150m of climb.

During the race the participants have the option to shorten their distance at 9k or 15k but Peter battled through to compete the gruelling course in 3:57:00 which placed him 6th in his age group.

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