



## **Weald Park 10k**

14th September

The Essex Cross Country Summer 10k series takes place in 5 spectacular country parks across Essex running from April to September. These races offer an opportunity to get away from the road and experience trail running in the summer.

The final race of the Summer was on Saturday at the beautiful Weald Country Park offering runners great scenery to make up for the tough hills the course offers.

Ilford's only runner was one of our junior stars Ryan Holeyman who at only 14 years old took on a field made up almost entirely of runners older than himself and finished in a fantastic 8th place out of a field of 260 runners in a time of 39 mins 6 secs.



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