



## Press Report 16th November 2021

### **STEBBING 10**

Sunday 14 November

The Stebbing 10 took place over a rolling course from the picturesque village of Stebbing on an unseasonably mild November morning..

The race started just after 11 o'clock and a short Remembrance Sunday service. It was a good day for Ilford Ac with 7 Essex medals and 6 personal best times.

The race incorporated the Essex 10 mile championship and the Ilford AC challenge was headed by Malcolm Muir who is in excellent form at the moment coming home in 15th place overall in a time of 59:53. Malcolm was closely followed by Danny Holeyman 24th place in 1:02:02 who attained a new PB over the distance. Next home, and continuing to add to his V60 achievements was Terry Knightley in 30th place 62:55, a time that broke his own V60 club record and secured him an Essex V60 Silver medal.

This completed the team of 3 which finished in 5th place.

Backing up the team with excellent performances were Stephen Philcox 34th 1:03:48 for a Silver V55 medal, Dennis Briggs 95th 1:11:34 with an impressive PB and Tony Young who also secured a PB for 160th position in a time of 1:17:28

Leading the ladies home, continuing her fine form with a new PB was Carlie Qirem in 87th place in 1:10:50. Gaye Young was next home securing the first of 5 ladies Essex medals with a Bronze V50 medal for 180th place in 1:19:44. Completing the ladies scoring team was Hannah Sheikh who earned a Bronze V45 medal to finish 183rd in a time of 1:20:25.

The ladies secured 4th place on the day.

The team were excellently backed up by Alison Sale and Freida Keane who took Silver and Bronze in the V55 category in 305th and 361st positions in times of 1:30:34 and 1:35:40. These were followed by Julia Galea in 388th in 1:39:37 for a Silver V65 medal and Carol Muir in 423rd in a time of 1:43:18









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