



## Press Report 5th July 2022

Ilford AC stalwart Carol Muir achieved a magnificent milestone on Saturday when she competed in her 500th parkrun at Valentines park in Ilford.

This achievement is even more remarkable in that Carol has competed at 302 different parkrun locations over the last 12 years, regularly traveling the 4 corners of the United Kingdom to find a new venue.

To support Carol on the day, 28 of her teammates supported her by volunteering at the event and 15 other Ilford AC members also ran in the event including 2 Ernie Forsyth and Andrew Catton running their first ever parkrun.

Carol was pleased to finish under her target of 30 minutes, coming in on 29 mins 44 seconds in 111th place.

Other Ilford members competing in the run were Stephen Philcox 3rd 18:16, Richard Woolterton 5th 19:38, Diarmuid MacDonnell 15th 22:12, Bradley Brown 23rd 22:41, Breege Nordin 25th 22:48, Andy Catton 35th 23:52, Mandy Reid 84th 27:34, Shelagh Buckley 141st 31:52, James Huddart 142nd 31:53, Julie Gillender 163rd 34:39, Sheila Sinclair 178th 36:26, Karen Kufuor 195th 38:28, Wendy Everingham 206th 40:07 and Launa Broadley 231st 52:13.

Breege was 3rd lady and 1st in her age group





