

Isle of Wight Half

20th August 2022

Ilford AC stalwart Malcolm Muir took a short break in the Isle of Wight and took part in the Half Marathon organized by Ryde Harriers.

The course is one of the toughest Half Marathons in the UK and is an undulating, town and rural, single lap course passing through Yaverland, Whitecliff, Bembridge, St. Helens and back towards Sandown via Brading taking in some of the Islands beautiful coastline.

Malcolm put in his usual gutsy performance finishing in 15th place in a time of 1 hour 26 minutes and five seconds.

