



Last Friday of the Month 5k

Hyde Park

28th October 2022

On a fine, unseasonably, sunny day the October edition of the Last Friday of the Month 5km took place in London's Hyde Park.

The race, organized by Serpentine Runners, was an undulating 2 lap course around the north side of the park

Carol Muir of Ilford AC is a regular at this event and her hard work in training recently saw her record her best time of the year, securing 200th place in a time of 30.22 which also placed her 7th female in her age category.

October's event was the 30th Anniversary of the monthly event, with all finishers receiving a memento to mark the occasion.

