



## Press Report 13th December 2022

### **Sikh's In The City Running Festival**

Woodford Green

Sunday 11th December

The 'Sikh's In The City Running Club' held its 10th Anniversary running festival on a bitterly cold, sub zero temperature, Sunday Morning in Woodford Green.

Over 200 competitors took part on a short 2k course around the Woodford area in various distances ranging from 10k right through to the Marathon distance.

Iford's bright young running star Ryder Islam took part in the 5 lap 10k distance race and led the field to take home a Gold Medal in a time of 39 minutes and 30 seconds.

Seasoned veteran Ray 'Sparra' Everingham took on the 11 lap Half Marathon challenge and was pleased with his 22nd place in a time of 2 Hours 37 minutes and 58 Seconds.

### **Telford 10k**

Sunday 11th December

Meanwhile Brother and Sister team, Malcolm and Carol Muir took on the 2 lap, Traffic free Telford 10k in equally challenging cold conditions..

In a large field of over 1,100 runners Malcolm put in a strong performance to finish in a time of 36 minutes and 08 seconds for 358th place, with sister Carol pleased with her finishing time of 1 hour, 2 minutes and 23 seconds for 1,000th place.

Spending the weekend in Telford both also took part in the Telford parkrun on the Saturday morning with Malcolm winning the event in 18:30 on his 150th parkrun, and Carol finishing in 31:18 in her 523rd running of the event. for 135th place













