



Press Report 16th January 2024

Mercury 10

Epping Forest

Saturday 13th January

Saturday morning saw the 101st running of the Mercury 10 in Epping Forest.

Incorporating tough muddy hills the race, whilst picturesque in places, is a real challenge for runners and one really only for the brave.

This year saw a large field of 176 runners ready to take on the challenge, including 4 from Ilford AC.

Leading the team home in 29th place was Seb Parris in 29th place in a time of 77 minutes 09 seconds.

Seb was followed just 5 places later in 34th by Danny Holeyman in a time of 77 mins 49 seconds which was good enough to earn him 2nd place in the M50 category.

There were 2 very impressive performances also by our two female runners on the day.

Alison Sale came home in 124th Place in 99 minutes 11 seconds, a time that earned her the 3rd W50 placing on the day.

Alison was followed home by Mandy Reid, a regular at this event, in 144th place in a time of 112 minutes and 37 seconds.



