

Hasting Runners Five Mile Road Race

13th May

Ilford AC Super-Veteran, Terry Knightley, continued with his “More comebacks than Elvis” regime by competing on Sunday in the Hastings Runners Five Miles Road Race.

On a reasonably flat out and back course starting at the Town Hall moving on to the Seafront, Terry finished in 63rd place out of 525 runners with a time of 32 Minutes and 41 seconds and was 3rd In the MV55 age category as his long path on return from injury continues.







Harwich 5k Race Series

8th May

The Harwich 5k race series is a 5 race series that has taken place every summer since 1992, and sees runners taking a lovely coastal route

On Tuesday Ilford's Super-Veteran Anthony Nixon ran 19:49.6 which now means he tops the UK over 70 rankings for both 5k and parkrun.