



## Press Report 17th July 2020

The England Athletics 5k virtual road running Champs 2020 took place over the period of 11th - 13th July.

2 Ilford athletes took part in the event, which involved athletes from all around England, and they socially distanced by running 2 miles and 5 hours apart.

First out of the blocks was Trevor Robinson with an early 7:49am start. Trevor's run took him on and out and back course down Crow Lane and Oldchurch road and he was pleased with his finishing time of 24:28 which placed him 1,425th nationally.

Later in the day Danny Holeyman set off with his official photographer, son Ryan, in pursuit on a bike at 12:56pm. Danny's route took him down Pettits Lane, Eastern Avenue, Main road and a couple of local roads to finish at home.

Danny set out with the aim to run his first sub 18 min 5k, which he achieved finishing in a new pb time of 17:56 to place him 409th nationally.



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