



## Press Report August 11th 2020

The Chelmsford 'Mile of Miles' which is normally held on the track was held this year in a completely different format due to the ongoing covid restrictions.

The event was held at Writtle college on a multi terrain course which allowed for social distancing.

The races were spread out over the course of five hours with each race consisting of 6 athletes going off at 6 minute intervals.

It was an Impressive day for the Grange Wrights as they picked up three wins.

The first race for the three was Joseph Grange's(13) who ran in the U15s race. He won in 5:26 leveling his PB.

Next was Jak Wright who attacked his over 20 race strategically, going of slow to out sprint the opposition on the final straight. This led to a time of 4:49

Shortly afterwards came Paul Grange's race. The B race of the mens!

Paul stayed on the shoulder of the early leader Zach Bridgland (Chelmsford) for most of the race until 500m were he kicked right to the finish creating a respectable lead. He finished in 4:39.

This completed the amazing family treble.

Also representing Ilford AC was Adam Coals who ran an impressive 6:19 to finish 23rd vet on the day

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