



## **Essex Remembrance Day 10k**

### *Saffron Walden*

13th December 2020

On a Very Cold and wet Sunday, Four Quality athletes from Ilford AC travelled to Saffron Walden in North Essex for The Essex Remembrance Day 10K Road Race.

Held around an old disused World War 2 Airfield near Debden Army Barracks, the two lap race with socially distanced wave starts, was originally scheduled for Remembrance Sunday in November, however due to Lockdown it was rearranged for 13th December.

First home in the biting wind and torrential rain running his first 10K on a course that was unfortunately 'long' by 150 metres was Ryan Holeyman in 36 minutes and 51 seconds for 13th place from around 200 competitors.

Next home was Ryan's dad, Danny Holeyman in 38 Minutes 25 seconds for 24th position and 11th Male Veteran Over 40.

He was followed by Super-Veteran Terry Knightley in 32nd place for 40 Minutes and 14 seconds for 3rd Male Veteran Over 60.

Kim Baxter ran well to finish in 65 Minutes exactly to finish 142nd and 3rd in the Female Veteran Over 60 category.







## **PB5K Winter Race Series**

*Ardingly Showground*

13th December 2020

The PB5K Winter series is held on a flat straight course to encourage quality athletes from around the country to come and race against other top athletes and aim for a PB.

Although the poor weather meant that conditions were not ideal, Ilford AC athlete Ahmed Abdulle did indeed achieve a PB, racing in Wave 1 and finishing in a time of 14:45 for 11th place and third athlete in the U23 category