



Track and Road lists 2020

Subject: Track and Road lists 2020

Message from Gary Floate December 21, 2020 20:21

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Attached are Track and road lists, from this very short season.

Although only 3 months of track some very impressive times were run

If I missing any results, pleas send to me, before start updating the all time road lists

As I dont think there will be any park runs this year, I have updated the all time park run list already

ilfordathleticclub.co.uk/recordsbest/best-parkrun/

As I am not a fan of park runs, this list is only one time per person and not age divided. If someone wants to do age related breakdowns during lockdown, please feel free to have a go

If you need to respond to this email please do not reply but contact Gary Floate separately



[Track2020-Copy.xls](#)



[Road2020-Copy.xls](#)