



Who's Who – Robin Answers plus Tier 4 update.

Subject: Who's Who – Robin Answers plus Tier 4 update.

Message from Billy Green December 21, 2020 15:50

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

ilfordathleticclub.co.uk/messages

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Please click the link below for Robin Davis' excellent answers to your questions following his 'Who's Who' article.

ilfordathleticclub.co.uk/2020/11/27/robin-davis/

Below is the latest guidelines for Exercise / Sport in the new Tier 4 areas which was updated on the 20th December.

Please familiarise yourself with the restrictions.

www.englandathletics.org/athletics-and-running/news/guidance-update-27-november-2020/

Also attached is a copy of this weeks Ilford Recorder

Regards

Billy

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If you need to respond to this email please do not reply but contact Billy Green separately

Athletics



Ilford's Ryan and Danny Holeyman with Terry Knightley (left) and Kim Baxter (right).

Four runners from Ilford Athletics Club completed a delayed Remembrance 10km run last weekend.

The Essex Remembrance Run had been due to take place on Remembrance Sunday in November but was postponed until December 13 due to the second lockdown.

It was held around Debden Airfield, near Saffron Walden, and first

Ilford AC athlete to complete the course was Ryan Holeyman in 36 minutes and 51 seconds.

He came in 13th place overall from around 200 competitors.

Ryan's dad Danny finished in 38.25 for 24th overall and 11th in the over-40 veteran male category.

He was followed by Terry Knightley who ran it in 40.14 and was 32nd overall and

third in the over-40 veteran male category.

Kim Baxter finished in 65 minutes to come third in the over-40 veteran female category and 142nd overall.

In the PEGS Winter Race Series, held at Ardingley Showground on Sunday, Ilford AC runner Ahmed Abdulla achieved a personal best of 14.45 for 11th place.

He came third in the under 23 category.