



Womens All time road lists

Subject: Womens All time road lists

Message from Gary Floate December 29, 2020 12:56

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

ilfordathleticclub.co.uk/messages

As we know covid restricted everyones season, but there were a few additional to the all time road lists

ilfordathleticclub.co.uk/recordsbest/club-records/road-records-best-times-women/

Marathon

Zuzana Sinalova was the only club athlete to do a marathon, and ran a very good 3 hours 39 50ss at the Kosice marathon

This took to 9th fastest Senior lady and 14th on the All Time list

20M

Mandeep Bassi 33rd on All Time list, 8th on Vet 40

Alison Sale 28th on All Time List, 7th vet 50

Gaye Young 23rd on All Time list, 5th Vet 50

Carlie Qirem moves up to 10th on All time list, and 2nd on V35

HM

Mandeep Bassi 13th on Vet 40

Gaye Young 6th Vet 50

Amy Bird 14th on all list 11th Senior Ladies

10M

Nobody did one

10K

Sameena Ahmed 22nd on All time list, equalled vets 40 record

5M



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Carlie Qirem up to 27th on All time list and 4th on V35

Anna Crawley up to 22nd on All time List and 19th on senior ladies

5k

Nobody did one

I did not use Hog Hill as over distance, thanks to Alex "Wrong-Way" Richards

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