



Mens All Time Road Lists

Subject: Mens All Time Road Lists

Message from Gary Floate December 31, 2020 13:00

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-and-best-times-men/

Marathon

Nobody did one

20M

Ray Everingham 5th V60

Tony Young up to 19th V50

Dennis Briggs up to 27th V40

Diarmuid MacDonnell 17th Vet 40

Paul Holloway 46th All time, 2nd Vet 50

HM

Ray Everingham 11th V 60

Gaye Young 6th Vet 50

Tony Young up to 36th Vet 50

Paul Holloway up to 4th V50

Amin Koikai 1st Vet 50

Danny Holeyman up to 29th vet 40

10M

Nobody did one

10K

Terry Knightley 3rd V60

Danny Holeyman up to 38th V40



Mens All Time Road Lists

Paul Grange 36th All time, 9th vet 40

5M

Ray Everingham 22 V60

Terry Knightley 6th V60

Alan Pearl up to 5th V60

Jim Tilbrook 50th V50

Danny Holeyman up to 32nd Vet 40

5k

Ahmed Abdulle 3rd All time, 3rd Senior men

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