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

НМ

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

Founded in 1923

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