



## **Essex Half Marathon**

Debden

*Sunday 18th April 2021*

On Sunday club stalwart, Terry Knightley, was the sole Ilford AC representative at the Essex Half Marathon at Debden disused airfield in Saffron Walden in Essex.

Over a three lap course around the old airfield designed in the shape of an aeroplane, Terry smashed the 26 Year Old Male Veteran Over 60 Club record by 1 minute and 13 seconds that was held previously by Ilford AC Great, Gerry Pells.

Terry recorded a new Ilford AC Club MV60 record time of 1 Hour and 28 minutes and 31 seconds to finish 54th Overall in the race out of 256 runners that incorporated the socially distanced 'Rolling' Start.

All finishers received a superb commemorative medal.



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