



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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