

## Reunion 5k

Kempton Park

*Saturday 15th May*

Saturday's event was part of the Governments Events Research Programme aimed at kick starting the return of mass participation events. All runners and spectators had to take a lateral flow test 2 days before the event, as well as a PCR test on the morning of the event and another the day after.

3 Ilford AC athletes took part in the 5k race at Kempton Park racecourse, where the going was good to firm.

First past the post for the trio was Dennis Briggs who galloped home in a time of 20:37 for a personal best. Gaye Young also had a good run finishing just 3 seconds outside her PB with a time of 22:52. Nicola Chester had a very stable run finishing in 26:31, which was her fastest 5k for 10 years.





## **PB5K**

Ardingly Showground

*Wednesday 12th May*

The PB5K is a brand new event series featuring a seeded race format, run over across the flat and spacious Ardingly Showground.

Five Ilford athletes took up the challenge of recording a 5k PB, and all succeeded.

First home was Paul Grange in a time of 15:25, which also placed him 1st in the V40 category.

Next home, and 11th Senior male on the day was Alex Richards in 15:39. Next home and placing 3rd in the V35 category was Tom Gardner in 15:52.

Jak Wright placed 8th in the U20's in a time of 16:20, and completing the line up was Joseph Grange in a time of 16:28 to place him 2nd in the U15 category

A great days racing by all





## **Betteshanger 10 Mile Road Race**

Deal, Kent

*Sunday 16th May*

On Sunday in windy and rainy conditions sole Ilford AC Runner Terry Knightley travelled south of the water to compete in the Betteshanger Country Park 10 Miles Road Race at Deal in Kent !



## Press Report 18th May 2021

The race comprised of 5 Laps of 2 Miles on an enclosed cycle path that unfortunately was over distance by almost a quarter of a mile – which was a real shame as it was a fast traffic free course and this obviously affected finish times.

Knightley took this minor setback in his Stride and ran hard finishing in 13th place out of 133 runners Winning The 1st Male Veteran Over 60 Trophy in 66 minutes and 34 seconds.

There was an accompanying 5 Mile Race as well and all finishers received a quality medal.

