



Mens All Time Road Lists

Subject: Mens All Time Road Lists

Message from Gary Floate January 4, 2022 09:38

All Club e-mail messages can now be viewed via the Ilford AC web site link at

ilfordathleticclub.co.uk/messages

Mens lists updated, let me know any errors

ilfordathleticclub.co.uk/recordsbest/club-records/test2/

This years additions and movements

5k

All Time

Mungo Prior 22rd All time list

Jak Wright 25th All time list

Joseph grange 35th All Time list

Bradley Deacon 41st All Time list

Rhys Edwards 46th All Time list

SM

Alex Richards 17th SM List and 18th All Time list

V40

Paul Grange 2nd V40 list and 12th All time list

Danny Holeyman 21st V40 list

Adam Coals 40th V40 list

Dennis Briggs 41st V40 list

Steve Crane 50th V40 list

V50

Amin Koikai 1st V50 Club Record

Steve Chissell 22nd V50 list

Tony Young 24th V50 list

Wayne Hick 25th V50 list

V60

Terry Knightley 2nd V60 list

Steve Cheal 16th V60 list



Mens All Time Road Lists

5m

I have not used times from Dagenham 88 5, always questions about length of course

V40 Danny Holeyman 31st V40 list

V60

Terry Knightley 2nd V60 list

Steve Cheal 21st V60 list

10k

V40

Danny Holeyman 27th V40 list

V50

Amin Koikai 4th V50 list

Tony Young 34th V50 list

V60

Terry Knightley 2nd V60 list

10M

V40

Danny Holeyman 36th V40 list

V50

Tony Young 32nd V50 list

V60

Terry Knightley 1st V60 list, Club record

Half Marathon

V40



Mens All Time Road Lists

Gary Coombes 10th Vet 40 list
Danny Holeyman 30th Vet 40 list

V50

Tony Young 36th Vet 50 list

V60

Terry Knightley 1st new club V60 record

20 Mile

V60

Terry Knightley 1st new club v60 record

Marathon

V50

Amin Koikai 2nd Vet 50 list
Tony Young 24th Vet 50 list

V60

Terry Knightley 2nd Vet 60 list
Alan Pearl 7th vet 60 list
Ray Everingham 13th vet 60 list

If you need to respond to this email please do not reply but contact Gary Floate separately