



## Track Times

Subject: Track Times

Message from Gary Floate November 6, 2022 18:03

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

[ilfordathleticclub.co.uk/messages](http://ilfordathleticclub.co.uk/messages)

Track times for 2022 now uploaded on website

[ilfordathleticclub.co.uk/recordsbest/track-and-field-by-year/track-and-field-2022/](http://ilfordathleticclub.co.uk/recordsbest/track-and-field-by-year/track-and-field-2022/)

Plus all time lists updated

[ilfordathleticclub.co.uk/recordsbest/tf-records-and-best-performances/t-f-best-performances-men/](http://ilfordathleticclub.co.uk/recordsbest/tf-records-and-best-performances/t-f-best-performances-men/)

[ilfordathleticclub.co.uk/recordsbest/tf-records-and-best-performances/tf-best-performances-women/](http://ilfordathleticclub.co.uk/recordsbest/tf-records-and-best-performances/tf-best-performances-women/)

I have also created U23 record tab, not sure exactly when the u23 age category first started, we think its mid 90s if anyone knows exact date or is missing a time from the new category pleas provide details.

Will start updating the road all time lists soon, is anyone planning a marathon or 20 miler between now and end of year

Gary

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