

## Ilford AC Press Report 27th April 2021



Five intrepid Ilford AC middle distance runners competed at a local open meeting over various distances. Conditions on the day were cold and windy, which in theory meant times would be slower, however the Ilford squad proved otherwise. First up Joseph Grange (13) ran in the 1500m A race against numerous local rivals. Joseph finished in 6th place achieving a new PB of 4:33.90. Joseph's dad and club team mate won the 600m later in the day setting a M40 British best time for 2021 of 1:23:88. Windy conditions did not stop Dylan Harrod from

running a very fast U20s time of 1:31:26 placing 3rd.. Next up was two club teammates Jak Wright elder brother to Joseph and Bradley Deacon both trying their ...[Read more](#)

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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



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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. [Read more](#)

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