



Southend 5 Miles Rudolph Run

On a beautifully sunny and mild Sunday morning, two ILFORD AC athletes joined a huge field of 445 runners, with many dressed as Santas, Elves and snowmen, for the Festive themed 6th Annual Southend Five Miles Rudolph Run.



Held over a mainly out and back course on the promenade at Southend Seafront, the improving Bradley Brown led the duo home in 23rd place in 32 minutes and 48 seconds.

Following him in 28th Position and still carrying a long standing debilitating hamstring injury, was inaugural winner of the race in 2011, Terry Knightley, in 33 minutes and 53 seconds for 2nd place in the Male Veteran Over 55 Age category.

The race was won by a speedy James Caldon of Benfleet Running Club in 26 minutes and 57 Seconds.

Dame Kelly Holmes 10k

Olympic Park

Peter Spelman ran the Dame Kelly Holmes 10k at the Olympic Park today in 52.17 with which he was well pleased. Over 500 runners completed the course.