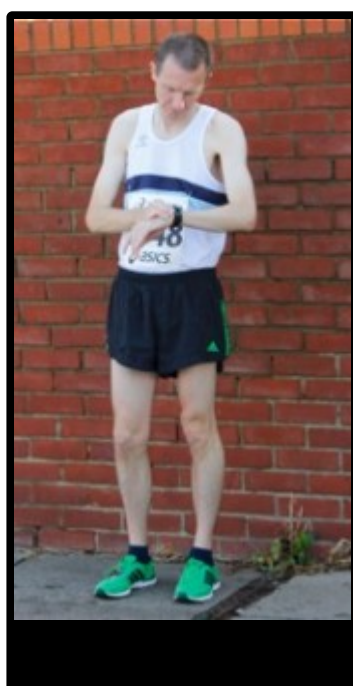




Southend 10K Classic Race Report By Kim 'The Blur'

The Attached Photos and Race report on The Southend 10K were done by Kim 'The Blur' Iain Campbell disguised in his Metropolitan Police AC Vest lead the Ilford AC squad home in 34.26 at the Southend 10th Classic on Sunday 7th October, snatching the 1st male V50 prize from Billericay Strider Dave Butler. A large crowd, brought out by the pleasant late summer sun, enthusiastically cheered the 1255 strong field onto success. Ilford Ac Stephen Philcox ran an impressive 36:32 over the new seafront course and Terry Knightley showed excellent progress on his comeback trail by taking the 4th V50 place in 38:31. Rohan Alexander came home in 100th place in 41:30 and Pam Jones took the 1st female V65 prize in 53:55. Carol Muir pipped new club member Julia Ridley to the post in 61:13 and Steve Allen dressed as a Postman raced walked over the finishline in 62:02





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