



St Clare Hospice 10K Road Race – 17th March 2013

On A Cold, Wet And Windy Sunday Morning at Hastingwood in Harlow, Sole Ilford Athletic Club Representative, Terry Knightley, Ran in the The St Clare Hospice 10K Road Race. Battling for position over the undulating country lanes with David Johnson of Thurrock Harriers, Terry Finally Finished in 5th Position Overall out of a field of well over 300 Athletes to claim The First Veteran Over 50 Trophy in a time of 37 minutes and 9 seconds and also beating the first veteran over 40 by almost 2 minutes. The Race was won By Mike Briggs of Benfleet Running Club in a time of 34 minutes 55 seconds.





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