



Southend on Sea 10km

Sunday 5 October

There were 4 runners from Ilford AC in the annual 10km along the Southend seafront. The large field of 972 were headed by the home team's England International Adam Hickey in a time of 30mins 26secs. The first of the Ilford quartet home was Kieran McKenna in 62nd spot in 39m 49s, while Carol Muir recorded 56m 01s in 564th and 123rd female. Nicola Chester crossed the line in 610th place with 56m 55s and Pam Jones put in a fine run to take the award for 1st F65 in 653rd spot with a time of 58m 22s.

Enervon Activ 10km

Manila, Philippines

Sunday 5 October

Ilford Acs Blair McWhirter, who is teaching in Manila for a year, took part in his first race in the country in this event staged on the same day as the Manila Marathon. The race started at the unusual time of 5am, when the temperature was already 26C and the humidity 90%. Blair took to the conditions well finishing in an excellent 3rd place in 33m 01s.

Report by our Man in Manila

