

3 Ilford AC Athletes entered into the Christmas Spirit on the seafront at Shoeburyness on a cold, grey and drizzly Sunday morning for the 5th Annual Southend Five Mile Rudolph Run. The race was held over an out and back course on the promenade and In a field of over 330 Runners comprising of many dressed as Santa's, Elves, Reindeers and Christmas Trees. Ilford AC Super-Veteran, Terry Knightley ran a seasons best for Five Miles this year in 31 Minutes and 31 seconds to secure 9th place and win the First Veteran Over 55 Prize. Knightley won the inaugural race in 2011. Following him home in 17th position and winning the First Veteran over 40 Prize was Bradley Brown in 33 minutes and 12 seconds. Next in for 270th place was club photographer Kim Baxter in 56 minutes and 55 seconds. Ilford AC also had 2 athletes in Sunday's Mo Farah 5k/10k series of races held in London's Olympic Park. Krystle Balogun ran in the 5k where she recorded 4th female in a chip time of 20.19. Peter Spelman competed in the 1st of 2 10k races finishing in position 454 with a chip time of 54.10. Krystle Balogun ran in the 5k where she recorded 4th female in a chip time of 20.19.

The following photos are from the Rudolph Event.



