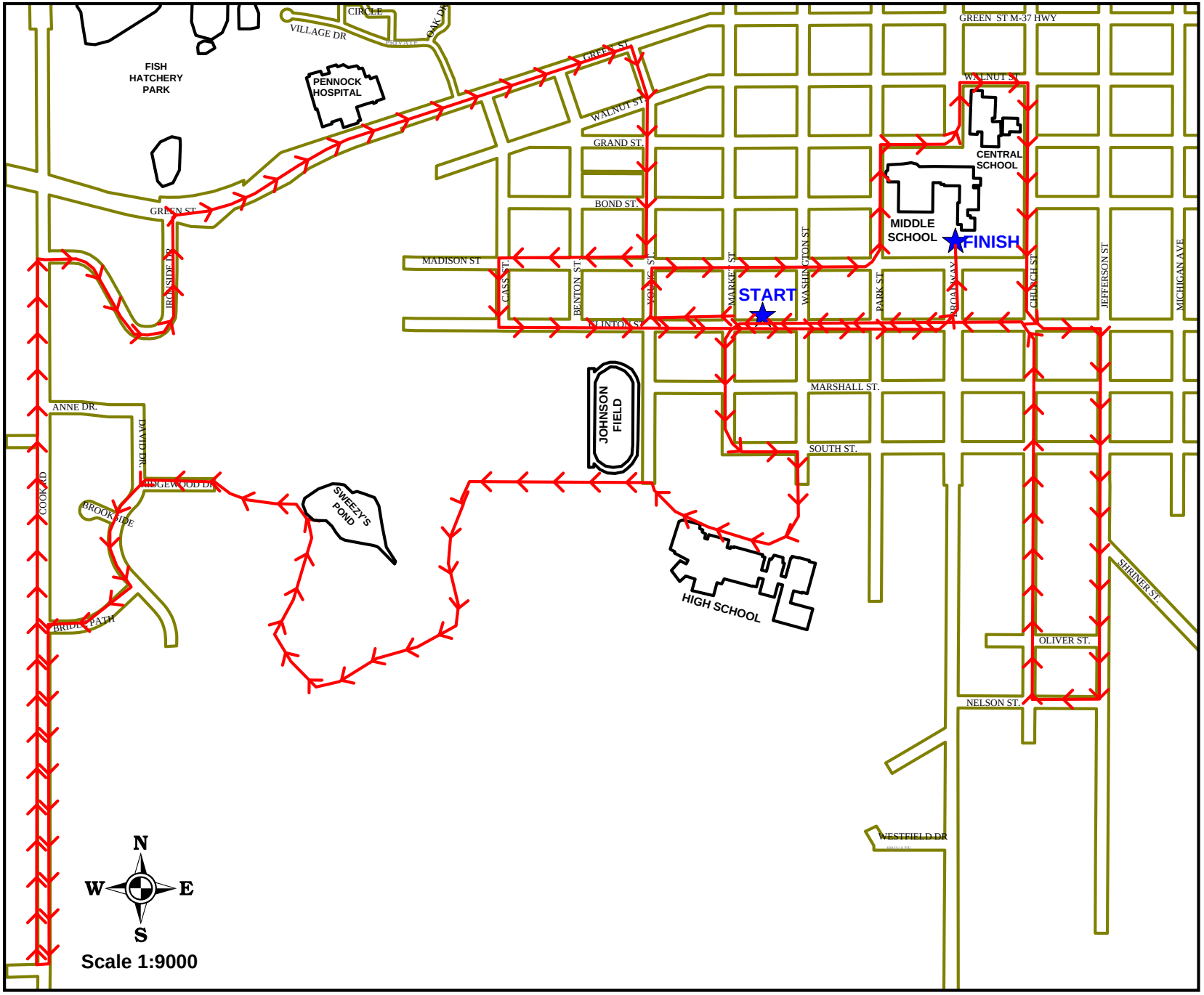Hastings 10K Run