

**ERWL****Race 4****Result****5km - LVAC****28th April***place**Name**Club*

1	REIS Fransisco	TVH	M55	23.47	
2	WILKINSON George	EHAC	u17	24.27	
3	CRANE David	Surrey WC	M40	24.31	
4	ANNETTS David	North Herts	M50	25.45	
5	MARTIN Malcolm	Surrey WC	M60	26.23	
6	CUMMINGS Penelope	AFD	W40	28.52	L1
7	MIDDLETON Helen	EHAC	W55	29.20	L2
8	PEDDLE Melanie	Loughton AC	W45	29.25	L3
9	HALL John	Belgrave H	M65	29.47	
10	ALLEN Steve	Barnett	M60	30.56	
11	BENNETT ©	Ilford AC	M55	31.16	
12	NOEL Maureen	Belgrave H	W50	31.17	L4
13	SMITH Gary ©	EHAC	M60	31.27	
14	RALPH John	EHAC	M60	32.42	
15	BISHOP Fiona	EHAC	W55	32.45	L5
16	CULSHAW Mark	Ilford AC	M50	32.52	
17	KATES David ©	Ilford AC	M65	32.54	
18	BENTLEY Pearson Jan	Ilford AC	W55	33.07	L6
19	BORGARS John ©	Loughton AC	M70	33.15	
20	LIGHTMAN Shaun	Surrey WC	M75	34.20	
21	THOMSON Arthur	EHAC	M80	34.33	
22	HARRAN Mick	Surrey WC	M75	34.48	
23	LAWLESS Rachel	Ilford AC	W55	35.04	L7
24	MARTIN Angela	Surrey WC	W55	35.38	L8
25	WILKINSON Tony	Unattached	M55	35.54	
26	HOBEN David	Surrey WC	M65	36.17	
27	CASSIDY Peter	Loughton AC	M75	36.21	
28	HANNELL Peter	Surrey WC	M75	36.22	
29	SCURFIELD Anne	Ilford AC	W65	36.23	L9
30	MORRIS Lesley	Ilford AC	W55		L10
31	AINSWORTH Dave ©	Ilford AC	M70	42.27	
32	BARNBROOK Mick ©	Ilford AC	M70	42.42	
33	LIVERMORE Ken ©	EHAC	M85		