

Mens 5 miles

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|-----------------------|-------------------|-------|-----|
| 1. Dominic King | (Colchester AC) | 36.01 | SM |
| 2. Callum Wilkinson | (Enfield HAC) | 38.11 | U20 |
| 3. Fransisco Reis | (Ilford AC) | 40.03 | M50 |
| 4. Fabian Deuter | (Hillingdon AC) | 41.14 | SM |
| 5. Trevor Jones | (Steyning AC) | 42.09 | M55 |
| 6. Peter Ryan © | (Ilford AC) | 42.31 | M55 |
| 7. Steve Uttley | (Ilford AC) | 42.40 | M55 |
| 8. Steve Allen | (Barnet & D AC) | 44.20 | M55 |
| 9. Mal Martin | (Surrey WC) | 44.27 | M55 |
| 10. Stuart Bennett © | (Ilford AC) | 46.21 | M55 |
| 11. Arthur Thomson | (Enfield HAC) | 47.09 | M75 |
| 12. Andrew Cox | (Hillingdon AC) | 47.47 | M60 |
| 13. Ken Bobbett | (Hillingdon AC) | 48.03 | M65 |
| 14. John Constandinou | (Birchfield H) | 48.44 | M40 |
| 15. Dan Maskell | (Surrey WC) | 49.12 | M65 |
| 16. Russ Jackson | (Yoks RWC) | 49.20 | M65 |
| 17. David Kates© | (Ilford AC) | 49.36 | M60 |
| 18. Roger Lilley | (Cambs/Col AC) | 49.49 | M50 |
| 19. Shaun Lightman | (Surrey WC) | 50.22 | M70 |
| 20. Sean Pender © | (Enfield HAC) | 51.02 | M60 |
| 21. Glyn Jones | (Coventry Godiva) | 51.29 | M70 |
| 22. Michael Harran | (Surrey WC) | 52.09 | M75 |
| 23. Kevin Marshall© | (Ilford AC) | 52.16 | M50 |
| 24. John Turner | (Ely R) | 53.27 | M65 |
| 25. Richard McKenzie | (Hillingdon AC) | 53.47 | M45 |
| 26. Russell Vroobel | (Hillingdon AC) | 55.12 | M50 |
| 27. David Hoben | (Surrey WC) | 55.31 | M60 |
| 28. Les Scrivens | (Worcester AC) | 57.04 | M70 |
| 29. Len Ruddock | (Ilford AC) | 58.38 | M60 |
| 30. Paul Firmage | (Ryston R) | 58.41 | M55 |
| 31. Phil Nutley | (St.Eds Pacers) | 58.59 | M65 |
| 32. Malcolm Smith | (unatt/Moulton) | 61.22 | M65 |
| 33. Bill Sutherland © | (Highgate H) | 63.45 | M65 |
| 34. Dave Ainsworth © | (Ilford AC) | 66.31 | M65 |
| 35. Eric Horwill © | (Dudley/Stour) | 66.42 | M80 |
| 36. Jon May | (Enfield HAC) | 67.25 | M60 |
| 37. Ken Livermore © | (Enfield HAC) | 67.32 | M80 |
| 38. Tony O'Meara | (unatt/Moulton) | 71.46 | M70 |
| 39. Eddie Trotter | (Ilford AC) | 71.48 | M60 |

Womens 5 miles

© = Centurion - *=pb

| | | | |
|------------------------|-----------------|-------|-----|
| 1. Helen Middleton | (Enfield HAC) | 50.47 | w50 |
| 2. Cath Duhig © | (Ryston R) | 51.27 | w55 |
| 3. Anne Jones | (Steyning AC) | 51.42 | w55 |
| 4. Fiona Bishop | (Woking AC) | 52.30 | w55 |
| 5. Angela Martin | (Surrey WC) | 54.08 | w45 |
| 6. Elizabeth Blakie | (Ryston R) | 55.21 | w55 |
| 7. Valarie Nutley | (St.Eds Pacers) | 55.40 | w55 |
| 8. Diana Braverman | (Enfield HAC) | 56.53 | w60 |
| 9. Pamela Abbott | (Enfield HAC) | 57.33 | w50 |
| 10. Sue Clements © | (Unatt) | 60.40 | w55 |
| 11. Marie Weaver-Smith | (Unatt/Moulton) | 67.30 | w40 |
| 12. Laura Briggs | (Unatt/Moulton) | 67.30 | w40 |
| 13. Ann Scriven | (Unatt/Moulton) | 71.12 | w80 |
| 14. C.Ghaziai | (Unatt/Gazeley) | 75.43 | w40 |
| 15. Michelle Owen | (Unatt/Ashley) | 75.43 | w40 |

Team (Mixed three to score)

Ilford AC
Hillingdon AC
Enfield H AC
Surrey WC

Junior Races

U10's 100m Mia King
Elissia Deuter

U10's 300m George Wilkinson
Daniel Spinks
Amira Price
Ella Briggs

Suffolk Championship

Val Nutley Callum Wilkinson
Marie W-Smith Phil Nutley
Laura Briggs Malcolm Smith