

There was definitely an ‘end of season’ feel to this, the final ERWL fixture of 2016. The weather was dry, sunny, but chilly which combined to make good conditions for the 29 walkers who made the journey to West London.

The young Portuguese walker Helder Santos simply walked away from the rest of the field which was headed by another, 35 years older Portuguese walker; Fransisco Reis who was having his second race since being afflicted by an acute muscle injury back in the summer.

Melanie Peddle put almost a minute between herself and Centurion Cath Duhig in the ladies race and who, like third placer Maureen Noel probably felt the chill after their recent stay in Australia for the World Masters championships.

Men

© = Centurion - \* = pb

1. Helder Santos	(T.V.H. Portugal)	45.08	M20
2. Fransisco Reis	(SVAC)	52.29	M55
3. Sebastian Parris	(Ilford AC)	57.39	SM
4. Malcolm Martin	(Surrey WC)	57.54	M55
5. Colin Vesty ©	(Leicester WC)	59.37	M50
6. Mark Culshaw	(Belgrave H)	60.36	M45
7. John Hall	(Belgrave H)	63.19	M65
8. Kevin Pedley	(Aldershot FD)	63.27	M60
9. Arthur Thomson	(Enfield HAC)	64.44	M80
10. Robert Batchelor	(WW Runners)	66.13	M45
11. Dan Maskell	(Surrey WC)	66.18	M65
12. Andrew Cox	(Hillingdon AC)	67.05	M60
13. Chris Flint ©	(Surrey WC)	67.21	M65
14. Mark Byrne ©	(Redcar RWC)	69.24	M55
15. David Delaney	(Surrey WC)	70.53	M70
16. John Borgars ©	(Loughton AC)	71.33	M70
17. David Hoben	(Surrey WC)	72.13	M60
18. Peter Cassidy	(Loughton AC)	75.23	M75
19. Bob Dobson ©	(IlfordAC)	78.10	M70
20. Dave Ainsworth ©	(IlfordAC)	87.51	M65

Women

1. Melanie Peddle	(LoughtonAC)	62.49	w45
2. Cath Duhig ©	(Ryston R)`	63.40	w60
3. Maureen Noel	(Belgrave H)	64.42	w50
4. Joyce Crawford	(EMAC )	66.18	w45
5. Anne Jones	(Steyning AC)	67.01	w60
6. Angela Martin	(Surrey WC)	68.24	w50
7. Jo Miles	(Hillingdon AC)	68.28	w60

### 5km

Artur Domingos	(T.V.H Portugal)	33.42	u20
Ken Livermore ©	(Enfield HAC)	44.41	M80

*Judges:* Michael Croft, Stephen Cartwright, Shaun Lightman, Verity Snook, Pauline Wilson ©

*Time-Keeper/Recorders:* Phil Welch, Pam Ficken ©, Carl Lawton ©

*Marshalls/ Course:* Andy Cox, Trevor Jones

*Registration/refreshments:* Margaret Livermore - *Referee:* Ron Wallwork ©