

Excellent condition dry, spring-like sunshine and 11c were ideal for a really good afternoon's sport and the number of close finishes illustrates that. Malc Martin was never headed and Graham Chapman becoming known as 'the head waiter' bided his time before catching and passing Southern RWA President Chris Hobbs.

The women's battle was much closer, only a few seconds covering Helen Middleton and Maureen Noel. Melanie Peddle and Joyce Crawford both set pb's and Tessa Killingbeck caught the eye with a very good race walking debut. For Cath Duhig, it was probably her last race in UK for a while as she and husband Peter move to live in Spain in the next few weeks.

Men © = Centurion - \*=pb

1. Malcolm Martin (Surrey WC)	43.43	M60
2. Graham Chapman (Headington RR)	46.30	M50
3. Chris Hobbs (Ashford AC)	47.37	M60
4. Mark Culshaw (Belgrave H)	49.27	M50
5. John Ralph (Enfield HAC)	49.44	M55
6. Dan Maskell (Surrey WC)	51.41	M65
7. David Kates © (Ilford AC)	51.42	M65
8. Gary Smith © (Enfield HAC)	52.07	M60
9. John Borgars © (Loughton AC)	52.18	M70
10. Ken Bobbett (Hillingdon AC)	52.30	M70
11. Andrew Cox (Hillingdon AC)	53.12	M60
12. Arthur Thomson (Enfield HAC)	53.32	M80
13. Chris Flint © (Surrey WC)	53.36	M70
14. Tony Wilkinson (unattached)	56.24	M55
15. Dave Hoben (Surrey WC)	56.28	M60
16. Stephen Cartwright (Colchester)	56.38	M55
17. Sean Pender © (Enfield HAC)	58.41	M60
18. Russell Vroobel (Hillingdon AC)	60.12	M55

4m Dave Ainsworth ©(Ilford AC) 53.51 M65  
Mick Barnbrook ©(Ilford AC) 54.01 M70

5km George Wilkinson (Enfield HAC) 30.48 U17

3m Ken Livermore ©(Enfield HAC) 43.14 M80

2m Peter Hannell (Surrey WC) 22.11 M70

1m Patrick McCallister (unattached) 9.52 U17

Women

1. Helen Middleton (Enfield HAC)	49.52	w50
2. Maureen Noel (Belgrave H)	49.58	w50
3. Melanie Peddle (Loughton AC)	50.20	w45
4. Joyce Crawford (Eastern MAC)	51.02	w45
5. Cath Duhig © (Ryston R)	52.00	w60
6. Tessa Killingbeck (C Norwich AC)	52.11	sw
7. Fiona Bishop (Woking AC)	53.20	w55
8. Angela Martin (Surrey WC)	53.37	w50
9. Anne Jones (Steyning AC)	54.51	w60
10. Geraldine Legon (Bexley AC)	56.09	w55
11. Noel Blatchford (Abingdon AC)	56.21	w65
12. Sandar Wade (Abingdon AC)	64.32	w45



Photo courtesy of Nick Crawford

Damsels certainly not in distress: Fiona Bishop, Helen Middleton, Joyce Crawford, Melanie Peddle, Maureen Noel, Angela Martin and Cath Duhig

Judges: P. Cassidy, M. Croft, A. Garner, D. Hopkins ©, P. Wilson - Judges Runner: B. Ralph  
 Recorders: P. Welch, P. Ficken©, C. Lawton© - Registration: M. Livermore, J. Wallwork  
 Marshalls: R. Powell, G. Robinson, K. Crilley © - Event Organiser: R. Wallwork©, J. Hall