

**2019 ERWL Race 8****Track 5/3km Allianz Park, London****27<sup>th</sup> July**

League Leaders George Wilkinson who scored his second 5km victory for the season and Jaqueline Benson who was the second woman to cross the line strengthened their positions, whilst a special mention is warranted for young Jonathan Ellerton who sliced a huge 4.51 from the time he posted on his 3km debut in April. Also setting pb's were Maddy Shott, Emma Dyos and Silvana Alves

The League was pleased to welcome overseas visitors in the form of Vincenzo Panico and Sergio Alumbo.

Thank you to the LICC for incorporating the fixture in its programme and the officials who gave freely of their time and expense. A full result (listing times to 100<sup>th</sup> of a second) can be found on the 'Power of 10' website

1	George Wilkinson	U20	EHAC	23.58	
2	Maddy Shott	SW	Belgrave H	24.04	L1
3	Stefano Zennaro	M45	Belgrave H	26.57	
4	Vincenzo Panico	M65	BSC France	27.02	
5	Francisco Reis	M55	Surrey WC	28.01	
6	Jacqueline Benson	U20	Ashford AC	28.01	L2
7	Millie Morris	U17	Ashford AC	28.14	L3
8	Emma Dyos	W40	Ilford AC	28.35	L4
9	Melanie Peddle	W50	Loughton AC	29.00	L5
10	Silvana Alves	W45	Barnet DAC	29.11	L6
11	Grace Whittingham	U17	Ashford AC	29.32	L7
12	Steve Uttley	M60	Ilford AC	29.33	
13	Graham Chapman	M65	Headington RR	29.57	
14	Steve Allen	M60	Barnet DAC	30.51	
15	Helen Middleton	W55	EHAC	31.04	L8
16	Simon Morgan	M50	Ilford AC	31.57	
17	Maureen Noel	W55	Belgrave H	32.15	L9
18	Noel Blatchford	W70	Abingdon AC	32.34	L10
19	Sue Barnett	W65	EHAC	33.19	L11
20	David Kates ©	M70	Ilford AC	33.36	©=Centurion
21	John Borgars ©	M70	Loughton AC	33.47	
22	Alicia Drenda	W35	Belgrave H	34.02	L12
23	Malcolm Blackwood	M65	Trent Park	34.18	
24	Steve Cartwright	M60	Col/Tendring	34.30	
25	David Hoben	M65	Surrey WC	35.43	
26	Arthur Thomson	M80	EHAC	38.33	
27	Sergio Alumbo	U17	Italy	DNF	
	3km				
28	Jonathan Ellerton	U15	B & Bromley	20.27	