

Race 1: 5 miles on 18th January at King George Playing Fields, Enfield

1	Dave Annetts	North Herts RR)	M55	38.00
2	George Wilkinson	Enfield H AC)	u20	39.04
3 W1	Maddy Shott	Belgrave H	SW	39.11
4 W2	Silvana Alves	Barnet & D AC	W45	44.57
5 W3	Millie Morris	Ashford AC	u20	45.37
6	Trevor Jones	Steyning AC	M60	45.54
7 W4	Jaqueline Benson	Ashford AC	u23	46.30
8	Malcolm Martin	Surrey WC	M65	46.43
9	Steve Uttley	Ilford AC	M60	46.58
10	Graham Chapman	Headington RR	M65	47.23
11 W5	Emma Dyos	Ilford AC	W45	47.52
12	Chris Hobbs	Ashford AC	M60	48.31
13	Steve Allen	Barnet & D AC	M60	48.37
14 W6	Melanie Peddle	Loughton AC	W50	48.38
15	Colin Harle	Belgrave H	M60	49.50
16 W7	Cath Duhig ©	CA M Torrevieja	W65	50.02
17	Mark Culshaw	Belgrave H	M50	50.24
18 W8	Helen Middleton	Enfield H AC)	W55	50.37
19	Stuart Bennett ©	Ilford AC	M60	51.27
20 W9	Rachel Harding	Ashford AC	u 20	51.28
21 W10	Alilja Drende	Belgrave H	W35	51.33
22	John Ralph	Enfield H AC)	M60	52.45
23	John Borgars ©	Loughton AC	M70	53.04
24 W11	Noel Blatchford	Abingdon Ac	W70	53.18
25 W12	Sue Barnett	Enfield H AC)	W70	53.24
26	Simon Morgan	Ilford AC	M50	54.40
27	Andrew Cox	Surrey WC	M65	55.02
28 W13	Catherine Davies	Belgrave H	W50	55.13
29 W14	Lesley Morris	Ilford AC	W55	56.26
30 W15	Diana Braverman	Enfield H AC)	W65	56.44
31	Tom Casserley	Enfield H AC)	M80	56.58
32	Malcolm Blackwood	Trent Park	M70	57.16
33	Tony Wilkinson	unattached	M55	57.58
34	David Hoben	Surrey WC	M65	58.00
35	Arthur Thomson	Enfield H AC)	M80	58.16
36	Shaun Lightman	Surrey WC	M75	59.14
37	Gary Smith ©	Enfield H AC)	M65	59.36
38	Chris Flint©	Surrey WC	M75	59.52
39	Bob Dobson ©	Ilford AC	M70	60.06
40 W16	Angela Martin	Surrey WC	W55	62.50
3mIs	Peter Hannell	Surrey WC	M75	38.00
	Elaine Oxley	unattached	M45	42.48
2mIs	Ken Livermore	Enfield H AC	M85	31.29