

ERWL Race 10 Result*(RWA Permit No No. RWA8078-1*

Lee Valley Athletic Centre - 13th October 2018

Men's 5 miles

1	David Annetts	M50	N.Herts RR	40.37
2	George Wilkinson	u17	EHAC	42.29
3	Fransisco Reis	M55	Thames VH	44.01
4	Jim Ball	M55	Steyning AC	47.48
5	Stuart Bennett	M60	Ilford AC	48.48
6	Martin Fisher ©	M55	Redcar RWC	48.51
7	Mark Culshaw	M50	Ilford AC	50.39
8	John Ralph	M60	EHAC	51.57
9	Dan Maskell	M70	Surrey WC	54.02
10	David Kates ©	M65	Ilford AC	54.43
11	Steve Cartwright	M60	Tol/Tend AC	55.03
12	John Borgars ©	M70	Loughton	55.12
13	Tom Casserley	M75	EHAC	56.49
14	Shaun Lightman	M75	Surrey WC	57.21
15	Sean Pender ©	M65	EHAC	57.28
16	Arthur Thomson	M80	EHAC	58.01
17	David Hoben	M65	Surrey WC	58.47
18	Malcolm Blackwood	M65	Trent Park	58.55
19	Bob Dobson ©	M75	Ilford AC	59.03
20	Michael Harran	M80	Surrey WC	59.18
21	Gary Smith ©	M60	EHAC	59.21
22	Peter Hannell	M75	Surrey WC	62.52
23	Tony Wilkinson	M55	unattachrd	68.44

Women's 5 miles

1	Penelope Cummings	W40	AFD	48.19
2	Helen Middleton	W55	EHAC	48.54
3	Melanie Peddle	W45	LoughtonAC	49.52
4	Maureen Noel	W55	Belgrave H	53.02
5	Noel Blatchford	W70	Abingdon AC	54.48
6	Fiona Bishop	W55	EHAC	55.08
7	Sue Barnett	W65	EMAC	55.16
8	Rachel Lawless	W55	Ilford AC	56.03
9	Lesley Morris	W55	Ilford AC	57.04

4 miles

1	Andrew Cox	W65	Hillingdon AC	43.30
2	Peter Cassidy	M75	Loughton AC	50.02