

Blue skies and sunshine, although on the chilly side made excellent conditions for racing, but not for standing about, so a special thanks to the officials for their contribution to the event's success. Being Armistice Day there was a start line quiet time of reflection for the fallen in the service of their country and of course the passing of the much respected Leaguer Noel Blatchford.

It turned out to be a historic edition of the race. Grazia Manzotti became the first woman in the long history of the event to win the overall race, which she did in convincing fashion. Perhaps not too surprising bearing in mind her recent medal haul in the Euro Masters championships. However, four more ladies crossed the finishing line before Mark Culshaw did to take the men's title.



Photo by Dave Annetts

Thanks to Belgravian John Hall a local resident, the Council had swept the course a couple of days previously and John was out sweeping the course of any conkers that had fallen since.

Past winner Adrian James was on hand and joined the friendly atmosphere at the Presentation buffet where the prizes were handed out by Centurion Pam Ficken.

**7 miles**

1	Grazia Manzotti	Tonbridge AC	64.30	W50
2	Melanie Peddle	Loughton AC	66.57	W55
3	Jaqui Benson	Ashford AC	69.53	SW
4	Penelope Cummings	Hern Hill H	71.09	W45
5	Maureen Noel	Belgrave H	23.28	W60
6	Mark Culshaw	Cambridge H	74.14	M55
7	Stuart Bennett ©	Ilford AC	75.26	M65
8	John Borgars ©	Loughton AC	79.27	M75
9	Fiona Bishop	Enfield HAC	81.14	W60
10	Sue Barnett	Enfield HAC	81.26	W70
11	John Arthur	Ilford AC	83.24	M60

**5 miles**

1	Sian Baum	Herne Hill H	59.37	W55
2	Lesley Hall	Ashford AC	61.06	W65
3	Sheila Leavy	N.Herts RR	67.38	W70

**3 miles**

David Ainsworth ©	Ilford AC	47.08	M75
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**Youngsters mile**

Lily Ann Cooper	Nkt Joggers	12.40	Gu13
Sophie Blundell	Nkt Joggers	11.58	Gu11

**B Race Results****7 miles**

1	Ian Richards ©	Steyning AC	70.08	M75
2	Simon Morgan	Ilford AC	76.07	M55
3	Tony Wilkinson	unattached	80.55	M60

**6 miles**

1	Dave Hoben	Surrey WC	74.52	M70
2	Chris Flint ©	Surrey WC	75.06	M75
3	Stephen Cartwright	Gt. Bentley RC	77.46	M65

**5 miles**

1	Jon May	Enfield HAC	71.15	W70
2	Shaheda Arthur	Ilford AC	88.30	W60

Starter: John Hall

Timekeeper/Recorders: Phil Welch, Pam Ficken & Tracey Wilkinson

Judges: Elizabeth (Chief) & Simon Benson, Peter Cassidy, Mick Graham &

Race Organiser: Tracey Wilkinson. Five First Aiders in attendance

Shaun Lightman

**Virtual Result**

Mark Williams	Birchfield H	7 miles	61.08	M55	Ron Penfold	Steyning AC	5km	37.47	M80
Cath Duhig ©	CA Millennium	7 miles	72.59	W65	Mick Graham	Belgrave H	5km	40.05	M70
Richard Emsley	Corby AC	7 miles	81.22	M70	Karen Williams	Birchfield H	5km	42.29	W70
					Tony Perkins ©	Ilford AC	5km	50.32	M70

Next Fixture is the

**2023 Finale 5000m Track Races**

(Permit RWA 23074-1)

**u13 2000m, u15 3000m, u20/Seniors 5000m**

**EAPB Certificate event**

**2<sup>nd</sup> December - 10.45am QEII, Donkey Lane, EN1 3PL**

**ENTRY ONLINE ONLY Now OPEN at <https://www.fabian4.co.uk> Before midnight on Thursday 30<sup>th</sup> November**

**If you have problems entering on line contact [traceywilkinson17@aol.co.uk](mailto:traceywilkinson17@aol.co.uk) or 07532 397 528**