

It was a busy day for officials who after their morning stint at Donkey Lane were in action again mid-afternoon at the Kent, Middlesex and Herts Indoor championships at LVAC. Some of the morning protagonists also contested the indoor event.

10km

1	Dave Annetts	North Herts RR	48.46	M55
2	Jonathan Hobbs ©	Ashford AC	49.46	SM
3	John Arthur	Ilford AC	67.24	M60
4	Chris Hobbs	Ashford AC	68.51	M60
5	John Ralph	Enfield H AC	71.44	M65
	Ian Richards	Steyning AC	dqd	M70
	Simon Morgan	Ilford AC	dqd	M55

10km

1	Melanie Peddle	Loughton AC	60.41	W50
2	Maureen Noel	Belgrave H	64.39	W60
3	Fiona Bishop	Enfield HAC	71.52	W60
4	Sue Barnett	Enfield HAC	71.55	W70

5km

1	Abigail Jennings	Aldershot FD	24.44	SW
2	Grazina Manzotti	Tonbridge AC	28.28	W50
3	Shaheda Arthur	Ilford AC	dqd	W60

B Race Result

10km	John Borgars ©	Loughton A	68.33	M75
9km	Paul Firmage	LRyston R	76.48	M65
5km	Tony Wilkinson	unattached	68.33	M75
	Dave Hoben	Surrey WC	38.34	M70
	Dave Ainsworth ©	Ilford AC	48.12	M70

Timekeeper/Recorders:

Phil Welch, Pam Ficken ©, John Hall, Carl Lawton ©

Judges: Peter Cassidy (CJ), Elizabeth & Simon Benson, Mark Culshaw,

Mick Graham. - J/Runners: Barbara Ralph & Amalia daSilva

Race Organiser: Ron Wallwork ©

Virtual Result

10km	Cath Duhig ©	CA Millennium	67.23	W65
	Richard Emsley	Corby AC	67.56	M70
	Mark Bernatzki	LA/Herten Ger	71.06	M50
	Ed Shillabeer ©	Ilford AC	103.57	M80

5km	Di Braverman	Enfield HAC	36.27	W65
	Ron Penfold	Steyning AC	36.50	M80
	Mick Graham	Belgrave H	43.25	M70
	Terry Braverman	Enfield HAC	46.09	M75
	Tony Perkins ©	Ilford AC	50.34	M70

League tables - Ladies Dominate with four in top six after three fixtures.*Individual* Ladies

1.	200/3	Melanie Peddle (50)
2.	188/3	Maureen Noel (60)
3.	172/3	Sue Barnett (70)
4.	166/3	Fiona Bishop (60)
5.	133/3	Shaheda Arthur (60)

Men

1.	193/3	John Arthur (60)
2.	166/3	Chris Hobbs (60)
3.	150/3	Simon Morgan (55)
4.	146/3	John Borgars ©
5.	140/2	Dave Annetts (55)

points awarded as if amalgamated with real league

1.	189/3	Cath Duhig © (W65)
2.	174/3	Marco Bernatzki (50)
3.	138/3	Di Braverman (65)
4.	135/2	Mark Williams (M55)
5.	125/3	Tony Perkins © (M70)

Team Table

1.	Ilford AC'	615	193 Arthur J, 150 Morgan, 142 Arthur S & 130 Dyos
2.	EHAC	567	172 Barnett, 166 Bishop, 112 Walsh & 117 Ralph.
3.	Ilford AC "B"	374	121 Bennett ©, 107 Morris, 101 Ainsworth © & 45 Smith.
4.	Ashford AC	372	166 Hobbs J, 138 Hobbs C © & 68 Wilton.
5.	Loughton AC	346	200 Peddle & 146 Borgars ©.

Next Fixture**The "Pat Furey 3km, 5km & 10km Walks"**

(Permit Applied for)

29th April- 11.00am QEII, Donkey Lane, EN1 3PL**Entries on the Day****Further Fixture Dates for your Diary****Cecil Gittins Meeting on Sunday 4th June****Moulton Walks on Saturday 8th July****LICC/ERWL on Saturday 12th August**

Best wishes to Leaguers and all GB Masters competing at the forthcoming World Indoor championships in Torun Poland between 27th & 31st March!