

10km

1	Dave Annetts	North Herts RR	49.27	M55
2	Steve Crane	Surrey WC	51.31	M40
3	Stefano Zennaro	Belgrave H	62.12	M50
4	Mark Culshaw	Cambridge H	65.07	M50
5	Stuart Bennett ©	Enfield H AC	65.47	M60
6	John Arthur	Ilford AC	71.16	M60

10km

1	Jessica Wilton	Ashford AC	55.48	u20
2	Grazia Manzotti	Tonbridge AC	56.45	W50
3	Melanie Peddle	Loughton AC	58.17	W50
4	Sue Barnett	Enfield HAC	71.14	W70
6km	Noel Blatchford	Abingdon AC	43.45	W75
5km	Shaheda Arthur	Ilford AC	56.34	W60

B Race Result

10km	John Borgars ©	Loughton A	68.02	M75	10km	Fiona Bishop	Enfield HAC	77.02	W60
	John Ralph	Enfield HAC	75.02	M65	7km	Maureen Noel	Belgrave H	48.00	W60
5km	Simon Morgan	Ilford AC	33.15	M55					
	Dave Hoben	Surrey WC	39.11	M70					

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, John Hall, Carl Lawton ©

Judges: Steve Cartwright, Peter Cassidy, Andrew Garner, Mick Graham. (Ch), Shaun Lightman, - J/Runners: Barbara Ralph

Race Organiser: Tracey Wilkinson

Virtual Result

10km	Mark Williams	Birchfield H	56.05	M55	5km	Ron Penfold	Steyning AC	37.25	M80
	Jaqueline Benson	Ashford AC	64.25	SW		Mick Graham	Belgrave H	42.06	M70
	Cath Duhig ©	CA Millennium	64.46	W65		Karen Williams	Birchfield H	42.23	W65
	Richard Emsley	Corby AC	69.20	M70		Tony Perkins ©	Ilford AC	50.34	M70
	Mark Bernatzki	LA/Herten Ger	72.06	M50					



The Award winners with Pat Furey:
Jessica, Grazia, Melanie and Dave,

Next Fixture **The "Cecil Gittins 2.5km 3km, 5km, 10km & 15km Walks"**

(Permit RWA 23031-1)

4th June - 2.30pm at Cyclopark, Gravesend, DA11 7NP

Full details on VAC website or dave.hoben@mottmac.com or 07507 158 605

Further Fixture Dates for your Diary

Saturday 8th July, Moulton Walks

Saturday 5th August races up to 10km, Donkey lane