

10km

1 Jonathan Hobbs	Ashford AC	51.43	SM
2 Dave Annetts	North Herts RR	51.47	M55
3 Ian Richards ©	Steyning AC	56.13	M75
4 Colin Harle	Belgrave H	64.54	M50
5 John Arthur	Ilford AC	67.11	M60
6 Simon Morgan	Ilford AC	67.19	M55
7 John Borgars ©	Loughton AC	67.40	M75/7.5km
8 Chris Flint ©	Surrey WC	81.45	M75

5km

1 Chris Hobbs	Ashford AC	33.28	M65
2 Tony Wilkinson	unattached	34.25	M60
3 Dave Hoben	Surrey WC	39.15	M70
4 Ed Shillabeer ©	Ilford AC	45.14	M80
5 Dave Ainsworth ©	Ilford AC	48.29	M70

10km

1 Grazia Manzotti	Tonbridge AC	56.51	w50
2 Jacqueline Benson	Ashford AC	61.44	u23
3 Sue Davies	Aldershot FD	70.29	w55
4 Kathy Smith	Aldershot FD	74.35	w55
5 Noel Blatchford	Abingdon AC	75.33	w75
dnf Melanie Peddle	Loughton AC	7.5km	w55

5km

1 Abigail Jennings	Aldershot FD	25.18	u23
2 Jessica Wilton	Ashford AC	27.39	u17
3 Lola-Mae Billingham	Aldershot FD	30.40	u17
4 Paula Elmslie	Ashford AC	36.24	u20
5 Shaheda Arthur	Ilford AC	54.57	w60

2.5km

Elin Wilson	Ashford AC	14.36	u13
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Timekeeper/Recorders: Andrew Garner, Pam Ficken ©, Carl Lawton ©

Judges: Shaun Lightman (Chief), Elizabeth & Simon Benson

Race Organiser/Starter: Dave Hoben - *Hospitality:* Cyclopark, Gravesend - *First Aid:* Medical Despatch

Virtual Result

Mark Williams	Birchfield H	15km	85.57	M55	Cath Duhig ©	CA Millennium	10km	63.15	w65
Mark Bernatzki	LA/Herten Ger	10km	71.42	M50	Karen Williams	Birchfield H	10km	85.05	w55
Ron Penfold	Steyning AC	5km	36.58	M80					
Tony Perkins ©	Ilford AC	5km	51.21	M70					

Veterans AC were pleased to host the eighth running of this event on the dedicated Cyclo - circuit. In all there were 24 starters which was an increase from 2022. The weather was picture perfect, with a cooling breeze on the exposed course.

There was a new winner of the ladies 5k, Abigail Jennings (AFD) in 25:18, Abigail was also the overall winner for the first time. The men's 5k was won for the 2nd year running by the present RWA President, Chris Hobbs (Ashford AC) in a fine time of 33:28.



The new winner of the ladies' 10k was Grazia Manzotti (Tonbridge AC) in 56:51, just a few seconds short of her personal best. There was also a new winner of the men's 10k, Jonathan Hobbs from Ashford AC in 51:43, after a long battle with Dave Annetts (N Herts RR) close on his heels. Ex-Olympian Ian Richards was in third place, looking forward to this year's harvest of medals, now in new M75 age group.

There were two newbies from Ashford AC, Elin Wilson and Paula Elmslie, who did well on the testing course. It probably wasn't a PB scenario, however Kathy Smith (AFD) managed one.

Jonathan Hobbs, winner of last year's UK Centurion 100 miles event presented the prizes, which were QPR souvenirs to honour Cecil Gittins football club

**Next ERWL Fixture - Experience a traditional Race Walk on
8th July at The Annual Moulton Walks
5 mile & Junior/Novice 1 mile**

More details and entries at: moulton5challenge.weebly.com or from George Wilkinson on 07376 808 650
Entry Fees u17 free others £10 – memento to all competitors

Kindly assist the organisers by entering in advance or indicating your intention to support this event