

This fixture fell on a busy weekend which included the CAU championships and those of the BMAF. Well done to all who supported the meeting and congratulations to Penelope and Francisco on their victories. Fifteen walkers posted seasonal bests, There was a warm welcome back for Helen Middleton following injury which has curtailed her participation thus far this season. Novice Marie Essen made a promising debut and two of the club's 'golden oldies; Bernie Hercock and Ron Powell were on hand giving support – It was good to see them both.

Men		© = Centurion - * = pb	Women				
1. Francisco Reis	(SVAC)	24.41	M55	1. Penelope Cummings (Aldershot FD)	29.11	w40	
2. Malcolm Martin	(Surrey WC)	28.21	M60	2. Helen Middleton	(Enfield HAC)	30.46	w50
3. Steve Allen	(Barnet & D)	29.40	M60	3. Lynn Jones	(Enfield HAC)	33.23	w55
4. Graham Chapman	(Headington)	29.46	M60	4. Marie Essen	(Unattached)	38.25	w50
5. Gary Smith ©	(Enfield HAC)	30.01	M55	<hr/>			
6. John Ralph	(Enfield HAC)	30.11	M55	3km			
7. John Borgars	(Loughton AC)	31.09	M70	15. Ken Livermore ©	(Enfield HAC)	25.45	M80
8. Shaun Lightman	(Surrey WC)	31.37	M70	<hr/>			
9. Dan Maskell	(Surrey WC)	31.47	M65	<i>Judges: Michael Croft, Ron Wallwork</i>			
10. David Kates ©	(Ilford AC)	31.48	M65	<i>Recorders: LICC Officials,</i>			
11. Arthur Thomson	(Enfield HAC)	32.01	M80	Pam Ficken, Carl Lawton			
12. Sean Pender ©	(Enfield HAC)	33.19	M60	<hr/>			
13. David Hoben	(Surrey WC)	35.29	M60				
14. Anthony Cotton	(BRJ)	35.53	M75				
15. Stephen Cartwright	(Colchester)	36.06	M55				
16. Jon May	(Enfield HAC)	37.58	M60				