

2016 ERWL –Race 7

**LICC 5km Track**

Allianz Park 27<sup>th</sup> August

Cloudy, humid.

Men

© = Centurion - \*=pb

Women

1. Graham Chapman	(Headington)	28.54	M60
2. Mark Culshaw	(Belgrave H)	28.55	M50
3. John Ralph	(Enfield HAC)	30.48	M55.
4. John Borgars ©	(Loughton AC)	31.45	M70
5. Dan Maskell	(Surrey WC)	32.31	M65
6. Arthur Thomson	(Enfield HAC)	32.33	M80
7. Shaun Lightman	(Surrey WC)	34.08	M70
8. Amos Seddon	(Enfield HAC)	34.30	M75
9. Sean Pender ©	(Enfield HAC)	34.34	M60
10. Phil Goodwin	(Ilford AC)	35.01	M60
11. David Hoben	(Surrey WC)	35.21	M60
12. Jon May	(Enfield HAC)	39.38	M60

*NB Jon May started late. Time estimated*

1. Penelope Cummings	(Aldershot FD)	29.39	w40
2. Helen Middleton	(Enfield HAC)	30.35	w50
3. Maureen Noel	(Belgrave H)	31.05	w50
4. Melanie Peddle	(Loughton AC)	31.10	w45
5. Jo Miles	(Hillingdon AC)	34.20	w60

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1km	Henry Rugg	(Enfield HAC)	6.41	Bu11
3km	Lillian Rugg	(Enfield HAC)	24.49	w45
	Ken Livermore ©	(Enfield HAC)	26.32	M80

*Judges: Ron Wallwork assisted by Bernie Hercock*

*Recorders: LICC Officials, John Hall, Carl Lawton*