

The warm autumn sunshine created perfect conditions and Fransisco Reis (M50), currently enjoying a rich vein of form led from start to finish. Fabian Deuter was content to be towed along by Malc Martin until the last quarter of the race when he opened up a decisive lead dragging the Surrey man to a 10km and 1 hour pb's. Eight other walkers bettered their performances of 2014.

© = Centurion \* = personal best

*Men*

1. Fransisco Reis	(Ilford AC)	11.904	M50
2. Fabian Deuter	(Hillingdon AC)	10.966	M35
3. Malc Martin	(Surrey WC)	*10.945	M55
4. Steve Uttley	(Ilford AC)	10.295	M55
5. John Ralph	(EHAC)	10.259	M55
6. Gary Smith ©	(EHAC)	9.673	M55
7. Amos Seddon	(EHAC)	9.527	M70
8. Arthur Thomson	(EHAC)	9.489	M75
9. Ken Bobbett	(Hillingdon AC)	9.418	M70
10. Dave Kates ©	(Ilford AC)	9.131	M 65
11. Michael Harran	(Surrey WC)	9.117	M75
12. John Borgars	(Loughton AC)	9.099	M65
13. Sean Pender ©	(EHAC)	8.907	M60
14. Russell Vroobel	(Hillingdon AC)	8.705	M55
15. Stephen Cartwright	(Colchester)	8.614	M55
16. Malcolm Smith	(unattached)	8.331	M65
17. David Hoben	(Surrey WC)	8.214	M60
18. Jon May	(EHAC)	7.822	M60
19. Dave Ainsworth ©	(Ilford AC)	7.693	M65
20. Ken Livermore ©	(EHAC)	6.773	M80
21. Bernie Hercock	(EHAC)	6.008	M80

*women*

1. Maureen Noel	(Belgrave H)	9.704	w50
2. Helen Middleton	(EHAC)	9.526	w50
3. Anne Jones	(Steyning AC)	9.104	w60
4. Angela Martin	(Surrey WC)	*9.045	w50
5. Jo Miles	(Hillingdon AC)	*8.574	w55

*Mile/Km conversions*

1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477

5miles/8,045 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

*Judges:*

Peter Cassidy, M.Croft (*Chief*) Pauline Wilson

*Timekeeper/Recorders:*

Phil Welch, Pam Ficken, John Hall,

Trevor Jones Carl Lawton

*Refreshments:*

Margaret Livermore, Joan Wallwork