

## 2022 ERWL Fixture 4 – LICC Track at LVAC on 12<sup>th</sup> April

Thank you for supporting yesterday's fixture at LVAC. Perfect conditions and a healthy entry made for some excellent racing.

### 5km

1	George Wilkinson	<i>Enfield H AC</i>	Mu23	22.19.37	1	Jacqueline Benson	<i>Ashford AC</i>	Wu23	27.13.02
2	Dave Annetts	<i>North Herts RR</i>	M55	23.39.96	2	Melanie Peddle	<i>Loughton AC</i>	W50	27.23.35
3	Dave Walsh	<i>Enfield H AC</i>	M60	29.00.67	3	Grazia Manzotti	<i>Tonbridge AC</i>	W50	27.42.03
4	John Arthur	<i>Ilford AC</i>	M60	30.39.21	4	Emma Dyos	<i>Ilford AC</i>	W45	28.10.64
5	Stuart Bennett ©	<i>Ilford AC</i>	M60	30.44.54	5	Rachel Lawless	<i>Ilford AC</i>	W55	31.38.72
6	Colin Harle	<i>Belgrave H</i>	M60	30.46.94	6	Maureen Noel	<i>Belgrave H</i>	W55	32.30.85
7	Steve Allen	<i>Barnet F&amp;D</i>	M65	31.56.17	7	Sue Barnett	<i>Enfield H AC</i>	W70	33.32.98
8	Simon Morgan	<i>Ilford AC</i>	M50	33.06.99	8	Amalia DaSilva	<i>Belgrave H</i>	W55	34.19.10
9	Tony Wilkinson	<i>unattached</i>	M60	34.10.64	9	Fiona Bishop	<i>Enfield H AC</i>	W60	34.54.47
					<b>3k</b>	Shaeda Arthur	<i>Ilford AC</i>	W60	30.52.65
					<b>u16</b>	Abby Thorpe	<i>Taunton</i>	u17	25.47.33
						Penelope Cummings	<i>Herne H H</i>		<i>dnf</i>