



European Masters Champion Fransisco Reis making his first ERWL appearance of the season lapped the entire field to score a convincing victory. Eight of the 33 competitors, probably aided by superb conditions, bettered distances they covered last year, albeit Peter Cassidy by a single metre. David Crane was an isolated second for most of the hour, whilst the chasing trio of Annette, Wilkinson and Martin provided some great racing to watch. Melanie Peddle who continues to impress, led the ladies home and in third place Aldershot's Sue Davies dedicated her performance to the memory of club mate Ann Lewis (also a former League champion), who passed away in June. A well-done! to 78 year old Tom Casserley who qualified for his 5 in the Hour badge, whilst at the other end of the age range 15 year old George Wilkinson more than earned his 6 in the Hour award. *Photograph courtesy of Nick Crawford*

Men

1. Fransisco Reis	(Thames Valley)	11.793	M55
2. David Crane	(Surrey WC)	11.392	M35
3. David Annette	(North Herts R)	11.243	M50
4. George Wilkinson	(EHAC)	10.864	U17
5. Malcolm Martin	(Surrey WC)	10.264	M60
6. Mark Culshaw	(Ilford AC)	9.943	M50
7. Steve Allen	(Barnet & Dist)	9.426	M60
8. John Ralph	(EHAC)	9.417	M60
9. John Borgars ©	(Loughton AC)	8.826	M70+
10. Andrew Cox	(Hillingdon AC)	8.749	M65
11. Amos Seddon	(EHAC)	8.710	M75
12. Peter Hannell	(Surrey WC)	8.676	M75
13. Shaun Lightman	(Surrey WC)	8.491	M70
14. Bob Dobson ©	(Ilford AC)	8.436	M70
15. Russell Vroobel	(Hillingdon AC)	8.341	M55
16. David Hoben	(Surrey WC)	8.313	M60
17. Tom Casserley	(Garden City R)	8.126	M75
18. Phil Goodwin	(Ilford AC)	8.089	M 65

women © = Centurion + = improved on 2016

1. Melanie Peddle	(Loughton AC)	9.620	w45 +
2. Maureen Noel	(Belgrave H)	9.383	w50
3. Sue Davies	(Aldershot FD)	9.327	w50
4. Fiona Bishop	(Woking AC)	9.087	w55 +
5. Joyce Crawford	(EHAC)	8.880	w50
6. Anne Jones	(Steyning AC)	8.877	w60
7. Angela Martin	(Surrey WC)	8.471	w50 +
8. Geraldine Legon	(Bexley AC)	8.446	w55
9. Sue Clements ©	(Cambs/Col)	7.631	w60 +

men continued

19. Peter Cassidy	(Loughton AC)	7.892	M75 +
20. Tony Wilkinson	(unattached)	7.616	M55
21. Mick Barnbrook ©	(Ilford AC)	7.381	M75 +
22. Jon May	(EHAC)	7.149	M65
23. Dave Ainsworth ©	(Ilford AC)	6.701	M65 +
24. Ken Livermore ©	(EHAC)	6.527	M80

10km times:

Fransisco Reis 50.44, David Crane 52.42, David Anette 53.18, George Wilkinson 55.13, Malcolm Martin 58.30

Essex CAA championship: Melanie Peddle. – Amos Seddon, Bob Dobson, Phil Goodwin

Judges: Ray Pearce, Sean Pender ©, Pauline Wilson ©

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Ken Bobbett, John Hall, Carl Lawton ©, Trevor Jones

Registration: Margaret Livermore - *Referee:* Ron Wallwork ©

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