

A number of regulars were absent, some to race the following day at the Inter-counties championships at Bedford and some keeping their powder dry for the World Masters championships in Lyon, France, which were scheduled to commence just a few days later. Fabian won easily and Grazina was comfortably clear of the second man. However, there had been quite a tussle in the early stages between the top five walkers, as indeed there was right up to the end for the four who were chasing tenth position.

Men	© = Centurion - * = pb	Women	
1. Fabian Deuter (Hillingdon AC)	24.44 SM	1. Grazina Narviliene (Belgrave H)	26.49 w40
2. Steve Allen (Barnet & D)	27.23 M55	2. Maureen Noel (Belgrave H)	30.30 w50
3. John Ralph (Enfield HAC)	28.28 M55	3. Helen Middleton (Enfield HAC)	30.49 w50
4. Mark Culshaw (Belgrave H)	28.57 M45	4. Lynn Jones (Enfield HAC)	33.38 w50
5. Ken Bobbett (Hillingdon AC)	29.24 M70	5. Geraldine Legon (Bexley)	34.08 w55
6. Gary Smith © (Enfield HAC)	29.42 M55		
7. Andrew Cox (Hillingdon AC)	29.55 M60	<i>men continued</i>	
8. Arthur Thomson (Enfield HAC)	30.42 M75	16. Ron Powell (Enfield HAC)	34.52 M75
9. Dan Maskell (Surrey WC)	32.10 M65	17. David Hoben (Surrey WC)	35.45 M65
10. David Kates © (Ilford AC)	32.19 M65	18. Stephen Carwright (Colchester)	37.11 M55
11. Sean Pender © (Enfield HAC)	33.01 M60	19. Jon May (Enfield HAC)	39.13 M60
12. Brian Boggenpoel (Ilford AC)	33.03 M55	20. Mick Barnbrook © (Ilford AC)	39.58 M70
13. Peter Hannell (Surrey WC)	33.05 M70	21. Dave Ainsworth © (Ilford AC)	40.20 M65
14. Russell Vroobel (Hillingdon AC)	33.13 M55		
15. Phil Goodwin (Ilford AC)	34.21 M60	3km Bernie Hercock (Enfield HAC)	34.52 M75

*Judges:* Peter Cassidy, Pauline Wilson

*Recorders:* LICC Officials, Pam Ficken, Carl Lawton

## CAU Inter-Counties & AAA championships.

East Anglian walkers dominated the men's race at the CAU/AAA 3km championships at the Bedford International stadium on Sunday 2<sup>nd</sup> August. Representing Essex, Olympian Dominic King 12.07.14 and twin Daniel 12.49.56 finished first and third respectively, but were split by Suffolk's Callum Wilkinson who clocked 12.35.22.

In addition to Callum, the club was represented in the women's race which was won by Bethan Davies in a new Welsh Best Performance of 13.03.66, by Helen Middleton (Bedfordshire) 17.53.25 and Pamela Abbott (Cambridge) 20.43.27.

Congratulations to club members and *Leaguers* who gained their county colours for this event were Fransico Reis (Middlesex) who finished 6<sup>th</sup> in 13.39.35, Steve Allen (Hertfordshire) 9<sup>th</sup> 15.29.75, Steve Uttley (Oxfordshire) 10<sup>th</sup> 15.47.11 and Roger Lilley (Cambridge) who unfortunately collected three red cards.

**BEST WISHES TO ALL the WALKERS COMPETING at the  
WORLD MASTERS CHAMPIONSHIPS  
Over the next couple of weeks**