

A number of regulars were missing at this event, but three newcomers; Roger Lilley, Pamela Abbott and Elaina Crehan were among five walkers who bettered the hour for the first time. The others were Jenny Middleton and Sandra Campbell. The Martin's set pb's as did Richard McKenzie. The next step is six-in-the-hour and by way of encouragement would point out that some years ago in a *League* race, Rebecca Collins attained the 5iH and look how she has improved since.

Among the people giving support along the course were Anne Lewis a three-time *League* winner and Nick Silvester who won the *League* on two occasions.

Men

© = Centurion - *=pb

1. Callum Wilkinson (Enfield HAC)	39.25	u20
2. Fabian Deuter (Hillingdon AC)	40.16	SM
3. Fransisco Reis (Ilford AC)	40.41	M50
4. Trevor Jones (Steyning AC)	42.57	M55
5. Malcom Martin (Surrey WC)	*43.46	M55
6. John Hall (Belgrave H)	44.25	M65
7. John Ralph (Enfield HAC)	47.34	M55
8. Andrew Cox (Hillingdon AC)	47.55	M60
9. Ken Bobbett (Hillingdon AC)	48.07	M65
10. Shaun Lightman (Surrey WC)	48.38	M70
11. Stuart Bennett © (Ilford AC)	48.50	M55
12. Arthur Thomson (Enfield HAC)	49.21	M75
13. Dan Maskell (Surrey WC)	49.56	M65
14. Paul King © (Belgrave H)	50.41	M60
15. Sean Pender © (Enfield HAC)	51.54	M60
16. Ron Penfold (Steyning AC)	51.57	M70
17. John Borgars (Loughton AC)	52.04	M65
18. Roger Lilley (Cambs.Col AC)	*52.24	M50
19. Gary Smith © (Enfield HAC)	52.52	M55
20. Richard McKenzie (Hillingdon AC)	*54.11	M45
21. John Brock (Southend AC)	56.49	M65
22. Jon May (Enfield HAC)	58.57	M60
23. Mick Barnbrook © (Ilford AC)	66.44	M70
24. David Ainsworth © (Ilford AC)	66.44	M65

Women

1. Grazina Narviliene (Belgrave H)	42.57	w35
2. Rebecca Collins (North Down AC)	43.42	sw
3. Maureen Noel (Belgrave H)	50.26	w50
4. Helen Middleton (Enfield HAC)	51.31	w50
5. Angela Martin (Surrey WC)	*52.19	w45
6. Fiona Bishop (Woking AC)	52.33	w55
7. Cath Duhig © (Ryston R)	53.51	w55
8. Linda Spinks (Enfield HAC)	56.34	w45
9. Pamela Abbott (Enfield HAC)	58.48	w50
10. Jenny Middleton (Hillingdon AC)	58.58	w40
11. Jo Miles (Hillingdon AC)	59.12	w55
12. Sandra Campbell (Surrey WC)	*59.28	w45
13. Elaina Crehan (Loughton AC)	*59.40	sw

1 mile George Wilkinson (Enfield HAC) 11.23 u13

2 miles Dave Stevens (Steyning AC) 23.38 M75
Tony Wilkinson (Enfield HAC) 25.39 M50

3 miles Anne Jones (Steyning AC) 36.31 w55
Ken Livermore © (Enfield HAC) 40.36 M80

Team: Hillingdon AC

Judges: P.Cassidy (Chief), M.Graham, R.Wallwork, P.Wilson,

Recorders: P.Welch, P.Ficken -

Registration/Refreshments: Margaret Livermore, Joan Wallwork and Enfield Town FC



Andy Cox, Ken Bobbett and Fabian Deuter (Winning Team)



Fiona Bishop & Angela Martin



George Wilkinson, Linda Spinks
Elaina Crehan

Sport Relief One Mile Walk (picture on back page)

1. Lilly Barrett	13.04	7. Paula Farson	14.29
2. Kevin Barrett	13.05	8. Ruth Hastings	14.29
3. Heather Hall	13.40	9. Julie Barrett	14.34
4. Mark Sharman	13.41	10. Stuart Dench	14.34
5. Rosie Barrett	14.23	11. Andy Coleman	14.35

Junior Run

1. Holly Dench	8.28
2. Abby Dench	10.38
3. Lilly Short	10.57
4. Willow Dench	