

## 2017 ERWL Race 3

## Five Miles

11<sup>th</sup> March - Donkey Lane, Enfield

The lowest turnout of the year so far was probably due to a goodly number of *Leaguers* saving themselves for the BMAF indoor championships at LVAC the following day.

In exceedingly mild conditions, double Olympian Neringa Aidieytyte demolished the field and looked very impressive doing it. Helen Middleton and Maureen Noel set season pb's

Men	© = Centurion - * = pb	Women	
1. Jim Ball (Steyning AC)	43.49 M50	1. Neringa Aidieytyte (Ilford AC)	40.48 w30
2. Sebastian Parris (Ilford AC)	48.12 SM	2. Helen Middleton (Enfield HAC)	49.01 w50
3. Stuart Bennett © (Ilford AC)	48.32 M55	3. Maureen Noel (Belgrave H)	50.10 w50
4. Gary Smith © (Enfield HAC)	50.01 M60	4. Fiona Bishop (Woking AC)	53.57 w55
5. John Ralph (Enfield HAC)	50.33 M60	5. Jo Miles (Hillingdon AC)	56.28 w60
6. Ken Bobbett (Hillingdon AC)	52.27 M70	6. Geraldine Legon (Bexley AC)	57.17 w55
7. John Borgars © (Loughton AC)	52.54 M70		
8. Chris Flint © (Surrey WC)	53.54 M70		
9. Andrew Cox (Hillingdon AC)	53.55 M60		
10. Dan Maskell (Surrey WC)	54.16 M65	3 miles	
11. Arthur Thomson (Enfield HAC)	55.24 M80	Peter Hannell (Surrey WC)	33.34 M70
12. Dave Hoben (Surrey WC)	57.30 M60	Sean Pender © (Enfield HAC)	36.38 M60
13. David Delaney (Surrey WC)	61.20 M70		
14. Mick Barnbrook © (Ilford AC)	63.37 M70	2 miles	
15. Dave Ainsworth © (Ilford AC)	67.13 M65	Shaun Lightman (Surrey WC)	22.12 M70
Mark Culshaw (Belgrave H)	retired M50		

*Judges:* P. Cassidy, M. Croft, R. Pearce, P. Wilson © - *Judges Runner:* B. Ralph  
*Recorders:* P. Welch, J. Hall, C. Lawton © - *Registration:* M. Livermore, J. Wallwork  
*Marshalls:* R. Powell, G. Robinson, K. Crilley © - *Event Organiser:* R. Wallwork ©, J. Hall