

One more walker turned out than at the last race four weeks previously and at least four walkers posted better times than they did in that race and for Jo Miles it was her best time since 2012. Three under 15's walked, two having their first race and all three showed potential.

<i>Men</i>			<i>Women</i>		
	© = Centurion - * = pb				
1. Steve Allen	(Barnet & D)	27.47 M55	1. Grazina Narviliene	(Belgrave H)	26.18 w40
2. John Hall	(Belgrave H)	27.54 M65	2. Maureen Noel	(Belgrave H)	30.30 w50
3. John Ralph	(Enfield HAC)	28.45 M55	3. Helen Middleton	(Enfield HAC)	31.24 w50
4. Gary Smith ©	(Enfield HAC)	30.03 M55	4. Lynn Jones	(Enfield HAC)	*32.41 w50
5. Amos Seddon	(Enfield HAC)	30.48 M70	5. Jo Miles	(Hillingdon AC)	33.39 w60
6. Shaun Lightman	(Surrey WC)	30.53 M70	<hr/>		
7. Arthur Thomson	(Enfield HAC)	31.20 M75	<i>men continued</i>		
8. Dan Maskell	(Surrey WC)	31.28 M65	3km		
9. David Kates ©	(Ilford AC)	31.34 M65	Isabelle Bridge	(Blackheath & Brom)	19.54 u15
10. John Borgars	(Loughton AC)	32.19 M65	Bernie Hercock	(Enfield HAC)	29.12 M75
11. Brian Boggenpoel	(Ilford AC)	33.30 M55	1km		
12. Russell Vroobel	(Hillingdon AC)	33.35 M55	George Wilkinson	(Enfield HAC)	5.52 u15
13. Ron Powell	(Enfield HAC)	35.00 M75	Ethan Kitteridge	(Blackheath & Brom)	6.08 u13
14. Tony Wilkinson	(unattached)	35.55 M50	<i>Judges: Michael Croft, Sean Pender, Ron Wallwork</i>		
15. Mick Barnbrook ©	(Ilford AC)	38.21 M70	<i>Officials: LICC, Pam Ficken, Carl Lawton</i>		
16. Jon May	(Enfield HAC)	40.33 M60	<hr/>		
17. Dave Ainsworth ©	(Ilford AC)	41.42 M65			
18. Eddie Trotter	(Ilford AC)	46.24 M65			
Mark Culshaw	(Belgrave H)	retired M45			