

With the mercury pushing 27c, nineteen walkers came under starters orders.

David Crane was untroubled, but the continuing rivalry twixt Helen Middleton and Melanie Peddle provided lots of interest and it was Melanie, who didn't head Helen until the last km, who came out on top on this occasion.

That wasn't the only close contest; a shared time and five finishers within 32 seconds, created a really good atmosphere and a great deal of mutual respect as walkers congratulated each other just beyond the finish line.

Debutants Emma Dyos and Monica Harrington (400) pictured with Judge Shaun Lightman after the race, showed promise and several recent newcomers to the event posted pb's

**Men**

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1. David Crane	(Surrey WC)	26.23	M40
2. Seb Parris	(Ilford AC)	28.13	M35
3. Mark Culshaw	(Ilford AC)	29.21	M50
4. Steve Bennett ©	(Ilford AC)	31.13	M55
5. Steve Allen	(Barnet)	31.20	M60
6. John Ralph	(Enfield HAC)	31.48	M60
7. Gary Smith ©	(Enfield HAC)	34.50	M60
8. Tom Casserley	(Enfield HAC)	*34.57	M75
9. Michael Harran	(Surrey WC)	35.19	M80
10. Dave Hoben	(Surrey WC)	35.53	M65

Women

1. Melanie Peddle	(Loughton AC)	29.37	w45
2. Helen Middleton	(Enfield HAC)	30.04	w55
3. Emma Dyos	(Ilford AC)	32.27	w45
4. Monica Harrington	(Highgate H)	33.53	w45
Sue Barnett	(Enfield HAC)	33.53	w65
6. Rachel Lawless	(Ilford AC)	*35.21	w55
7. Anne Scurfield	(Ilford AC)	*35.38	w65
8. Lesley Morris	(Ilford AC)	*35.53	w55
9. Geraldine Legon	(Ilford AC)	33.57	w55

Track/Timekeeper/Recorders: As Appointed by LICC – Judges: S.Lightman, R.Wallwork ©