

2021 VERWL Fixture 7 Result – 12th/13th June**10km men**

| | | | |
|--------------------|---------------------|-------|-----|
| 1 Jonathan Hobbs | (Ashford AC) | 51.14 | SM |
| 2 Mark Williams | (Birchfield H) | 52.18 | M55 |
| 3 John Ralph | (Enfield H AC) | 64.20 | M60 |
| 4 Chris Hobbs | (Ashford AC) | 64.39 | M65 |
| 5 David Kates © | (Ilford AC) | 65.09 | M70 |
| 6 Keith Vallis | (Overton H) | 65.58 | M55 |
| 7 David Kemp | (Arena 80) | 66.11 | M60 |
| 8 Simon Morgan | (Ilford AC) | 68.37 | M50 |
| 9 Richard Emsley | (Crawley S & S) | 68.47 | M65 |
| 10 Paul Gaston | (Surrey WC) | 69.08 | M70 |
| 11 Marco Bernatzki | (LA Herten/Germany) | 69.24 | M50 |
| 12 John Borgars © | (Loughton AC) | 69.32 | M75 |
| 13 Brian Adams © | (Leicester WC) | 77.28 | M70 |

8km

| | | | |
|-------------------|---------------|-------|-----|
| 1 Steve Kemp © | (Eastern MAC) | 62.27 | M60 |
| 2 Terry Braverman | (Enfield HAC) | 72.10 | M75 |

5km

| | | | |
|-----------------|-------------------|-------|-----|
| 1 David Annetts | (North Herts R) | 26.04 | M55 |
| 2 Greg Smith | (Lancs WC) | 32.25 | M65 |
| 3 Glyn Jones | (Coventry Godiva) | 34.37 | M75 |
| 4 Tom Casserley | (Enfield HAC) | 35.45 | M80 |
| 5 Ron Penfold | (Steyning AC) | 35.47 | M75 |
| 6 Andy Tweed | (Enfield HAC) | 36.11 | M70 |

10km women

| | | | |
|--------------------|------------------------|-------|-----|
| 1 Jaqueline Benson | (Ashford AC) | 57.52 | U23 |
| 2 Emma Dyos | (Ilford AC) | 59.10 | W45 |
| 3 Dianne Bradley | (Tonbridge AC) | 62.52 | W55 |
| 4 Cath Duhig © | (CA Millennium, Spain) | 64.58 | W65 |
| 5 Helen Middleton | (Enfield HAC) | 66.05 | W55 |
| 6 Fiona Bishop | (Enfield HAC) | 71.14 | W60 |

8km

| | | | |
|-------------------|----------------|-------|-----|
| 1 Angela Martin | (Surrey WC) | 59.38 | W55 |
| 2 Diana Braverman | (Enfield HAC) | 62.19 | W65 |
| 3 Karen Williams | (Birchfield H) | 62.43 | W65 |

5km

| | | | |
|-------------------|---------------|-------|-----|
| 1 Maddy Shott | (Belgrave H) | 23.15 | SW |
| 2 Rachel Harding | (Ashford AC) | 31.44 | U20 |
| 3 Sarah Sowerby | (unattached) | 32.35 | W55 |
| 4 Noel Blatchford | (Abingdon AC) | 34.10 | W70 |
| 5 Sue Clements © | (Cambs & Col) | 40.46 | W65 |

Men's 5km continued

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|----------------------|--------------|-------|-----|
| 7 Malcolm Blackwood | (Trent Park) | 37.17 | M70 |
| 8 Ed Shillabeer © | (Ilford AC) | 39.29 | M80 |
| 9 Brian Milsom | (unattached) | 39.40 | M75 |
| 10 Mick Graham | (Belgrave H) | 40.19 | M70 |
| 11 Bill Sutherland © | (Highgate H) | 43.15 | M75 |