

To everyone's relief the rain ceased half an hour before the race got underway and but for an occasional squall toward the end, it held off. Fabian Deuter made it to wins out of two in this year's campaign and in the absence of Fransisco Reis (racing in Portugal) had things all his own way. Suzanne Beardsmore and the other four *Centurions* in the race thrived at this distance and in only his second race Keith Vallis walked exceptionally well. Local's Ken Bobbett and Russell Vroobel set pbs; Ken by two minutes and Russell by over ten minutes. Sue Barnett was more than pleased with her debut at the distance.

<i>Men</i>	© = Centurion - *=pb	<i>Women</i>
1. Fabian Deuter	(Hillingdon AC) 2.00.04 SM	1. Suz Beardsmore © (Abingdon A) 2.15.34 W35
2. Peter Ryan ©	(Ilford AC) 2.09.35 M60	2. Cath Duhig © (Ryston R) 2.25.04 W55
3. John Ralph	(Enfield HAC) 2.11.43 M55	3. Sue Barnett (Enfield HAC) 2.28.49 W60
4. Ken Bobbett	(Hillingdon AC) *2.12.12 M65	4. Jo Miles (Hillingdon AC) 2.37.04 W55
5. Steve Allen ©	(Ilford AC) 2.15.25 M50	5. Linda Spinks (Enfield HAC) 2.38.07 W40
6. Paul King ©	(Belgrave H) 2.19.33 M60	<u>6. Norma Grimsey (Enfield HAC) 2.42.30 W55</u>
7. Keith Vallis	(Overton Harriers) 2.22.09 M45	<i>also took part</i>
8. Andrew Cox	(Hillingdon AC) 2.26.37 M60	12km Bernie Hercock (Enfield HAC) 1.44.06 M75
9. Russell Vroobel	(Hillingdon AC) *2.32.56 M50	10km Steve Whelan (Headington AC) 1.05.19 M50
10. David Hoben	(Surrey WC) 2.39.21 M60	Peter Howard (Enfield HAC) 1.19.59 M70
11. David Delaney	(Surrey WC) 2.41.26 M70	Dave Ainsworth © (Ilford AC) 1.27.45 M60
12. Jon May	(Enfield HAC) 2.42.37 M60	3km Callum Wilkinson (Enfield HAC) *14.29 U17

*Judges:* Pauline Wilson (*Chief*), Peter Cassidy, Andrew Garner, Ray Pearce – (*J/Runners*) N.Blatchford, B.Ralph

*Timekeeper:* P.Welch

*Recorders:* Pam Ficken

*Refreshments:* R.Spinks, J.Wallwork

*Clerks of Course:* Ken Bobbett, Andy Cox