

It was a delight to see Peter Marlow back after his recent enforced absence from the sport and he received a warm and enthusiastic welcome from the walkers and supporters prior to starting the race.

Fabian Deuter employed a waiting strategy to get the better of evergreen Fransisco Reis and set a Hillingdon AC club record in the process. The morning's torrential rain had tempered to light occasional drizzle making for good racing conditions, evinced by sixteen of the thirty-six walkers improving on their performances of the previous month's race. Among them was Diane Bradley who in the March race was forced to retire with breathing difficulties.

Ladies

1. Diane Bradley	(Tonbridge AC)	44.47	W50
2. Helen Middleton	(Enfield HAC)	46.25	W45
3. Cath Duhig	(Ryston R)	49.02	W55
4. Sue Barnett	(Enfield HAC)	51.41	W60
5. Jo Miles	(Hillingdon AC)	53.12	W55
6. Anne Pickard	(Loughton AC)	54.07	W45
7. Diana Braverman	(Enfield HAC)	54.52	W60

Men

1. Fabian Deuter	(Hillingdon AC)	39.20	SM
2. Fransisco Reis	(Ilford AC)	39.41	M50
3. Steve Uttley	(Ilford AC)	42.48	M50
4. Steve Allen	(Barnet & Dist AC)	44.32	M55
5. Alan Ellam	(Enfield H AC)	45.09	M55
6. John Ralph	(Enfield H AC)	*45.19	M55
7. Martin Fisher ©	(Redcar RWC)	45.27	M45
8. David Crane	(Surrey WC))	46.43	SM
9. Andy Cox	(Hillingdon AC)	46.48	M55
10. Amos Seddon	(Enfield H AC)	46.55	M70
11. Ken Bobbett	(Hillingdon AC)	47.17	M65

Men

12. Ron Penfold	(Steyning AC)	47.57	M70
13. Alan O'Rawe ©	(Ilford AC)	48.52	M70
14. Sean Pender ©	(Enfield H AC)	50.42	M55
15. Steve Crane	(Surrey WC)	52.02	SM
16. Ron Powell	(Enfield H AC)	53.24	M75
17. Peter Crane	(Surrey WC)	54.00	M65
18. Dave Stevens	(Steyning AC)	55.08	M75
19. Jon May	(Enfield H AC)	56.34	M60
20. Mick Barnbrook ©	(Ilford AC)	58.16	M70
21. Stuart Halsall	(Enfield H AC)	59.26	M80
22. Peter Cassidy	(Loughton AC)	60.02	M70
23. Bernie Hercock	(Enfield H AC)	62.32	M75
24. Peter Howard	(Enfield H AC)	63.19	M65
Garry Smith	(Enfield H AC)	ret	M65
David Kates ©	(Ilford AC)	d/q	M60
Abdi Berleen	(Ilford AC)	d/q	M45
2.5 miles			
Ken Livermore	(Enfield H AC)	33.46	M75
Paul Ray	(Enfield H AC)	33.46	M75

Starter: P.Marlow - *Judges:* M.Croft, P.Wilson - *Time Keeper/Recorder:* P.Welch, P.Kates - *Course Manager:* B.Hercock
Marshalls: P.Ficken, T.Perkins - *Refreshments:* M.Livermore, R.Gibbins, - *Results:* J.Wallwork