

Enfield League race 7 10km, Donkey Lane 5th Aug 23

The total number of competitors starting was a fairly healthy 20 spread across various distances down from the main 10km which was heavily weighted towards the ladies who took the three fastest time starting with 51 and a half from Aldershot's Abigail Jennings.

Unfortunately, there was no junior contingent with more important races elsewhere. Surrey Walking Club's representation was the usual two but doing different distances.

Chris Flint completed 9km but his intended 10th lap was not completed by the desired time although his performance up to that point was better than expected. David Hoben, fearing a similar fate targeted 5km and ended some time inside recent performances and, unusually, in first place. As ever this Enfield event was concluded with a very friendly atmosphere for the presentation.

Results: (20 starters overall)

10 km Men

1. J.Arthur (Ilf M60) 1 hr 6 min 58 sec; 2. S.Bennett (Ilf M60) 1 hr 9 min 33 sec; 3. J.Borgars (Loughton M75) 1 hr 9 min 57 sec; 4. J.Ralph (E&H M60) 1 hr 11 min 49 sec.

10 km Women

1. A.Jennings (AFD U23W) 51 min 39 sec; 2. G.Manzotti (Ton W50) 58 min 8 sec; 3. J.Benson (Ashf U23W) 1 hr 2 min 37 sec; 4. A.Wilson (Unatt W55) 1 hr 7 min 22 sec; 5. F.Bishop (AFD W60) 1 hr 12 min 8 sec; 6. L.Morris (Ilf W55) 1 hr 12 min 33 sec; 7. S.Barnett (E&H W70) 1 hr 12 min 45 sec.

10 km Men B race

1. I.Richards (Steyn M70) 1 hr 1 min 18 sec.

9 km Mixed

1. **C.Flnt** (Sy WC M75) 1 hr 11 min 4 sec; 2. L.Corneclu (Loughton W40) 1 hr 11 min 24 sec.

8 km Men

1. T.Wilkinson (Unatt M60) 57 min 48 sec; 2. S.Cartwright (Col H M60) 1 hr 3 min 37 sec.

5 km Mixed

1. **D.Hoben** (Sy WC M65) 38 min 20 sec; 2. P.Firmage (Ryst M65) 40 min 24 sec; 3. Leavy (N.Herts W70) 41 min 28 sec; 4. S.Arthur (Ilf W60) 56 min 38 sec.