

The BMAF championships at Derby probably affected the turn out in this fixture which was held in first class conditions. Helen Middleton retained her title bettering her 2011 time by over two and a half minutes whilst Fransisco Reis won the men's race for the first time after a close tussle with club mate Steve Uttley.

The records for this challenging course set in 2010 remain with Julie Drake 2.06.33 and German Nieto 1.46.44.

Women

* = PB © = Centurion

1. Helen Middleton	(Enfield HAC)	*2.09.56	w45
2. Noel Blatchford	(Headington AC)	*2.23.22	w60
3. Fiona Bishop	(Aldershot F & D)	2.34.50	w50
4. Diana Braverman	(Enfield HAC)	2.42.14	w60
5. Norma Grimsey	(Enfield HAC)	2.44.25	w55

Men

1. Fransisco Reis	(Ilford AC)	2.00.12	M50	
2. Steve Uttley	(Ilford AC)	*2.00.14	M55	
3. Peter Ryan	(Ilford AC)	2.06.00	M55	
4. John Ralph	(Enfield HAC)	2.08.09	M55	<i>Also walked and timed in:</i>
5. Steve Allen	(Ilford AC)	2.09.20	M50	16.5km Jon May (Enfield HAC) 1.57.13 M60
6. Ken Bobbett	(Hillingdon AC)	2.17.45	M65	15km Andrew Cox (Hillingdon AC) 98.37 M55
7. Sean Pender ©	(Enfield HAC)	2.19.04	M55	15km Bernie Hercock (Enfield HAC) 2.06.18 M75
8. Michael Harran	(Surrey WC)	2.22.37	M70	10.5km Amos Seddon (Enfield HAC) 68.04 M70
9. Alan O'Rawe ©	(Ilford AC)	2.28.46	M70	10.5km David Ainsworth (Ilford AC) 92.58 w55
10. Ron Powell	(Enfield HAC)	*2.30.49	M75	10km Anne Belchambers (Hillingdon AC) 66.58 w55
11. Russell Vroobel	(Hillingdon AC)	2.43.21	M50	10km Linda Spinks (Enfield HAC) 69.47 w45