

Loughton AC
5 Mile Road Championships
Loughton – 11th October 2011

Women

1. Lorna Gaffney 37:41
2. Gay Shillaker 39:16
3. Jill Tovey 44:16
4. Jean Hobbs 44:50
5. Fiona Petersen 46:30
6. Irene Petersen 48:38
7. Michaela Davis 50:57

Men

1. Dave Tyson 35:11
2. Steve Luton 36:38
3. Jim Whiffin 37:16
4. David Hobbs 41:59
5. Duncan Rayney 43:38 (38:38)

Walkers

1. Abdi Berleen 56:22 (Guest)
2. Peter Cassidy 63:51