

## **Club 5 Mile Road Championships**

**Loughton – 16<sup>th</sup> October 2007**

### **Women**

- |    |                |       |
|----|----------------|-------|
| 1. | Mary Knapman   | 33:52 |
| 2. | Helen Real     | 37:31 |
| 3. | Lorna Gaffney  | 37:46 |
| 4. | Gay Shillaker  | 41:30 |
| 5. | Hayley Aguda   | 43:37 |
| 6. | Jean Hobbs     | 43:59 |
| 7. | Michaela Davis | 50:47 |

### **Men**

- |    |                |       |
|----|----------------|-------|
| 1. | Chris Martin   | 32:35 |
| 2. | Rioch O’Gorman | 32:43 |
| 3. | Steve Luton    | 35:59 |
| 4. | Duncan Rayney  | 36:55 |
| 5. | Mike Rolfe     | 38:06 |
| 6. | Rob Hyatt      | 38:56 |

### **Walk**

- |    |               |       |
|----|---------------|-------|
| 1. | John Taylor   | 56:25 |
| 2. | Peter Cassidy | 69:03 |