

Club 5 Mile Road Championships 2013

Loughton – 22nd October

Walk

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|----|---------------------|-------|
| 1. | Sean Pender (V55) | 53:20 |
| 2. | John Borgars (V65) | 53:52 |
| 3. | Peter Cassidy (V70) | 65:04 |

Men

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|----|---------------------|-------|
| 1. | Mark Howard (SM) | 29:26 |
| 2. | Mike Rolfe (V50) | 34:48 |
| 3. | Steve Luton (V40) | 35:11 |
| 4. | Duncan Rayney (V40) | 36:18 |
| 5. | Josh Jenner (SM) | 36:45 |
| 6. | Gary Hooper (V40) | 36:52 |
| 7. | Jim Whiffin (V55) | 38:36 |
| 8. | John Hart (V65) | 41:20 |
| 9. | Scott Hurley (V40) | 43:36 |
| 10 | David Hobbs (V65) | 47:29 |

This is first sub 30-minute clocking for several years.

Women

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| 1. | Lorna Gaffney (V45) | 37:12 |
| 2. | Hayley Aguda (SW) | 41:15 |
| 3. | Jean Hobbs (V65) | 43:40 |
| 4. | Heather Gregory (SW) | 48:30 |
| 5. | Michaela Davis (V45) | 49:40 |