

LOUGHTON ATHLETIC CLUB

5 MILE ROAD CHAMPIONSHIPS

4th November, 2008

Loughton – Chigwell Loop

WOMEN

1	Gabrielle Brooks	37:29
2	Helen Real	38:32
3	Gay Shillaker	41:09
4	Jean Hobbs	42:10
5	Claire Hay	48:27
6	Michaela Davis	48:43

MEN

1	Mick Rolfe	31:39
2	Tony Babbs	32:25
3	Dave Tyson	33:01
4	Joe Halliday	38:20
5	Matthew Blundy	38:21
6	Jim Whiffen	38:25 *
7	George Georghiou	40:43
8	David Hobbs	41:07

* started 4:10 late; figure shown is actual time taken.

P.J.C.