**Hertfordshire County Walks Championships**

**Senior Men Open 10000m walk**

**Ilford - 27 July 1993**

1 D Cross Verlea 47:00

**Ladies championship**

1 M Worth Steyning 63:18

2 P Ficken Surrey 67:01

**Senior Men 10 Mile Walk**

**Enfield - 28 February 1993**

1 D Cross Verlea 82:17

2 S Allwood Enfield 86:07

3 G Smith Enfield 87:28

4 J Rossiter Enfield 97:43

 K Livermore Enfield DNF

**Hertfordshire Ladies 5 Mile Walk**

1 M Worth Steyning 50:07

2 P Ficken Surrey 56:58

3 M Livermore Loughton 60:15

**Senior Men 20 Mile Walk**

**Blackheath - 22 May 1993**

1 D Cross Verlea 3:00:30

2 G Smith Enfield 3:01:37

3 K Livermore Enfield 3:38:10

**Senior Men 3000m Track Walk**

**Woodford - 27 July 1993**

1 D Cross Verlea 13:28

2 S Allwood Enfield 14:53

3 G Smith Enfield 15:19

4 K Livermore Enfield 17:06

**Ladies 3000m Track Walk**

1 M Worth Steyning 17:22

2 P Ficken Surrey 18:38

[Source B5.200]