



2018 ERWL – 1st Fixture - at QEII Playing Fields, Enfield

The 21st ERWL season got underway on 20th January in dismal conditions. Dave Annetts won comfortably from David Crane and international Masters champion Ian Richards.

Newcomer Maddy Shott (pictured) made a most promising debut with sub 45 minute performance to lead the ladies home and looks to have the potential to go far in the race walking discipline. Another newcomer to the League, Ashford's 17 year old Jacqueline Benson also showed great promise easily qualifying for her 5 in the hour badge.

Iford AC (pictured) with eleven walkers in action including five novices, two of which broke the hour, look set to make a serious challenge to regain the League title that they last held in 2008.



The next Fixture is on 17th February at QE11 Playing Fields, Donkey Lane, Enfield, EN1 3PL, **starting at 11.45am**. The main race 5 miles supporting races 1, 2, 3 and 4 miles.

5 miles Men

© = Centurion - *=pb

1. David Annetts	(North Herts RR)	40.34	M50
2. David Crane	(Surrey WC)	40.57	M40
3. Ian Richards ©	(Steyning AC)	41.26	M65
4. George Wilkinson	(Enfield HAC)	*41.58	U17
5. Sebastian Parris	(Ilford AC)	42.14	SM
6. Graham Chapman	(Headington RR)	44.45	M60
7. Mark Culshaw	(Ilford AC)	48.17	M50
8. John Hall	(Belgrave H)	48.37	M65
9. Stuart Bennett ©	(Ilford AC)	50.00	M55
10. John Ralph	(Enfield HAC)	52.05	M60
11. David Kates ©	(Ilford AC)	52.13	M65
12. John Borgars ©	(Loughton AC)	52.15	M70
13. Gary Smith ©	(Enfield HAC)	53.24	M60
14. Shaun Lightman	(Surrey WC)	53.31	M70
15. Andrew Cox	(Hillingdon AC)	54.48	M65
16. Paul King ©	(Belgrave H)	55.48	M65
17. Arthur Thomson	(Enfield HAC)	56.21	M80
18. Keith Shurlock	(Ilford AC)	56.57	M60
19. Peter Cassidy	(Loughton AC)	61.57	M75

Women

1. Maddy Shott	(Belgrave H)	44.14	sw
2. Helen Middleton	(Enfield HAC)	48.27	w55
3. Melanie Peddle	(Loughton AC)	48.51	w45
4. Maureen Noel	(Belgrave H)	49.51	w55
5. Jacqueline Benson	(Ashford AC)	52.23	u20
6. Fiona Bishop	(Woking AC)	54.03	w55
7. Jan Bentley-Pearson	(Ilford AC)	56.15	w55
8. Rachel Lawless	(Ilford AC)	60.04	w55
9. Kathy Crilley ©	(Surrey WC)	62.32	w70
10. Anne Scurfield	(Ilford AC)	63.35	w60
11. Lesley Morris	(Ilford AC)	63.35	w55

4 miles

Mick Barnbrook ©	(Ilford AC)	56.11	M70
Dave Ainsworth ©	(Ilford AC)	56.20	M65

3 miles

Tony Wilkinson	(unattached)	35.45	M55
Edward Trotter	(Ilford AC)	42.51	M65

2 miles

Linda Mountford	(unattached)	21.01	w50
Val Mountford	(unattached)	24.45	w70

Judges: Steve Cartwright, Mick Graham, Ray Pearce, Pauline Wilson - Judges Runner: Barbara Ralph
 Recorders: Phil Welch, Pam Ficken©, Carl Lawton© - Registration: Margaret Livermore, Linda Spinks
 Marshalls: Ken Livermore, Len Ruddock, and Daniel Spinks - Event Organiser: R. Wallwork©

The Second Fixture of the 2018 ERWL is on

Saturday 17th February at QEII Stadium, Donkey Lane, Enfield, EN1 3PL,

Note the START TIME is 11.45am

RUSSELL VROOBEL RIP

Russell passed away on Sunday 28th January and Ken Bobbett sent in this tribute to him.

“It was with great sadness that I learned of Russell’s death. He was a well-known and liked man who communicated easily with all in the race walking fraternity.

His race walking career, like many of us, began at school. To those walkers active in the 1970’s and 1980’s Russell would have been well known. His Club in those days was Highgate Harriers. He was a reliable club member and was an accomplished racer achieving the 7 mile in the hour standard on a number of occasions. His ambition was to become a Centurion and indeed on a number of occasions Russell did attempt the 100 mile distance. Sadly, due to lack of time for appropriate conditioning he was not successful. This, however, remained a goal that Russell hoped to achieve when retired.

His race walking career took a backseat when he graduated in Law and started to build a business specialising in Conveyancing.

I first met Russell in 2012 when he joined Hillingdon AC, his local club, to restart his race walking career. He joined the club at a time when Hillingdon AC race walking section was beginning to enjoy team success. His contribution to the team ensured success for Hillingdon in the Enfield League when finishing in the frame in 2012, 2013 and 2014.

A lasting memory for me will be his competitiveness and gritty determination to finish. This determination can be best exemplified by his performance in the BMAF 30k at Coventry in 2014. On an extremely hot and sultry day, conditions not best suited to Russell, he soldiered on to the finish to earn himself a Bronze medal.

His death is a sad loss for our sport in general but for Hillingdon AC in particular.

Russell is survived by Jackie his wife, Anna his daughter and Jonny his son and I’m sure that everyone connected with the ERWL extend condolence’s to them.



Photo by Mark Easton

The League Tables after one fixture show that Ilford AC occupy 1st (337pts) and 3rd (244) team positions, split by EHAC (286) and not far behind Belgrave H (234). Making up the top six are Surrey WC (164) and Loughton AC (159). The individual table is as the finishing order in the opening fixture.

Leaguer’s in Action (*Club name/L*) = ERW Leaguer – if no club indicated the athlete is EHAC))

Under 23 Cambridge Harrier Luc Legon won the **indoor 3km Winter Challenge** at LVAC on the same day as the opening League race. The winning time was 13.02 with Francisco Reis (TV/L) clocking 14.08 in second place. Twelve walkers contested the senior race and encouragingly eight of them were juniors.

Steyping Open 15km – Nine walkers braved the dour conditions at Steyping on 27th January. Light rain at the start turning heavier with lying water to contend with as well as a southerly wind getting up for the return, on this out and back course, which slowed the return times of everyone except Ed Shillabeer, who was two seconds faster, and therefore took the Spot Prize for the closest even split.

The men’s race was easily won by Ian Richards 77.14. Trevor Jones (Steyping/L) was 3rd 95.47, Peter Hannell (SWC/L) 6th 113.57 Fiona Bishop (Woking/L) 103.47 won the Ladies race with Anne Jones (Steyping/L) 105.01 chasing her all the way.

Eastern Counties and Essex indoor 1 mile championships were staged at LVAC on 3rd February and attracted nine starters. First to cross line was George Wilkinson u17 (EHAC/L) 8.24.14, ahead of Stuart Bennett (Ilford AC/L) and the 2017 winner Adam Hills (Bedford AC) 9.04.69. Melanie Peddle (Loughton/L) 9.05.54, Pamela Abbott (EHAC/L) 11.09.71, Dave Ainsworth (Ilford AC/L) 11.56.24 Sebastian Alexander u11 (Havering AC) (pictured with Ron Wallwork) 12.29.37.





Conditions were cold with a stiffish wind for the **London Walks** (start pictured by Mark Easton) promoted by Loughton AC Donkey Lane, Enfield on 4th February.

In the women's 5km an unfit Neringe Aidietyte (Ilford AC) 25.28 romped home a clear winner as did u20 Chris Snook (AFD) 47.14 in the men's 10km. Melanie Peddle (Loughton AC/L) was 6th 29.37 catching Helen Middleton 29.47 in the last half mile as they finished 2nd and 3rd in the Southern championship.

Maureen Noel (Belgrave/L) 31.27 was 9th and Fiona Bishop (Woking AC/L) 33.00 was 12th. In the men's race

Graham Chapman (Headington RR/L) clocked 56.47, John Hall (Belgrave/L) 61.20 was 1st Vet, Stuart Bennett (Ilford AC/L) 64.22 was 1st Centurion, John Borgars (Loughton AC/L) was timed in at 67.21, Shaun Lightman (Surrey WC/L) 69.11, Arthur Thomson 72.20 and Chris Flint (Surrey WC/L) 72.30

Peter Cassidy expressed Loughton AC's grateful thanks to the Officials, supporters and the 40 or so athletes who braved the conditions and to ensure a successful event and Enfield Town F.C. and Enfield Ignatians R.F.C. for the use of their premises.

Dave Hoben (Surrey WC/L) 72.31 turned out in the LWC's **Sam Shoebottom 10km** on 10th February. The race was won by multi-Centurion Martin Fisher in 57.35, who was followed home by Tony Bell (Lancs WC/L) 64.50 and Glyn Jones (Coventry Godiva) 65.16.

VAC 2018 Fixture List

Dave Hoben has forwarded the VAC 2018 fixture list. All the races are at the Millennium Stadium, Battersea Park, SW11 4N1 and start at 7pm and over 5 miles. The dates are: 17th April, 15th May, 19th June, 10th July, 7th August.

ERWL Review 2017 - Corrections

page 1 2017 New Leaguers: delete David Crane (previously qualified) and insert "Geraldine Legon"
 page 13 Heading should read "LVAC, 14th October" (not 23rd September)
 page 15 Top line 2013 second column, second line should read "Ken Bobbett" not Fabian Deuter.
 Page 16 Individual championship records: Fabian Deuter should read "1/02 3"
 Add "Ken Bobbett 0/1/0 1"

The 2018 ERWL March and April fixtures (Provisional)

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Always check the enfieldleague.weebly.com website for last minute changes

3 rd March	11.45am	5 miles 1/2/3 miles	League Race 3 at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers
14 th April	1pm	10km	Cecil Gittins Meeting (ERWL race 4 at Gravesend Cycle track 5/15km + Young age groups and Newcomer distances
28 th April	<i>to be confirmed</i>	5 /3/1kms	London Inter-Clubs Challenge at Allianz Park 1km Young age groups and Newcomers

PLEASE NOTE

It has yet to be confirmed, but this year the ERWL may have three fixtures that will be held in conjunction with the **London Inter-Club Challenge**. Because of the pressure on track time, there will be three distances: 5km with a time limit of 35 minutes. Almost every walker will know whether this standard is personally attainable, it equates to 21.00 for 3km). For walkers unable to attain this standard times at 1km and 3km will be recorded. Hopefully this will be confirmed in the next issue.