



Young Athletes set the pace

Three races into the 2019 series and it's the juniors setting the pace; George Wilkinson and Jacqueline Benson (both under 20's and pictured) heading the overall table and Ashford AC with three of its six scorers from the junior ranks opening a gap in the team championship.

It is early days and things could change drastically over the next eight months and nine races, but with four 5km races in the programme over the summer months, the youngsters have a wonderful opportunity to consolidate their positions.

Participants this year so far number 55 (of which 22 women) representing 15 clubs.

League Tables after 3 fixtures

Ladies

1. 196/3 Jacqueline Bensons YA
2. 158/3 Lesley Hall
3. 132/2 Mille Morris YA
4. 121/2 Emma Dyos
5. 115/2 Maureen Noel
6. 115/2 Melanie Peddle
7. 115/2 Helen Middleton
8. 113/2 Grace Whittingham YA
10. 104/2 Maddy Shott

Men

1. 207/3 George Wilkinson YA
2. 195/3 Trevor Jones
3. 187/3 Chris Hobbs
4. 182/3 Stuart Bennett ©
5. 143/3 Malcolm Blackwood
6. 140/2 David Annetts
7. 137/2 Fransisco Reis
8. 123/2 Stefano Zennaro
10. 109/2 Mark Culshaw
11. 108/2 John Ralph
12. 105/2 Casserley
13. 103/2 Chris Flint ©
14. 99/2 John Hall
15. 94/2 David Hoben
16. 93/2 Shaun Lightman
17. 87/2 Steve Cartwright
19. 83/2 Tony Wilkinson
20. 81/2 Bob Dobson ©

Team Table

- | | | |
|---------------|------------|--|
| 1. Ashford AC | 839 | 196 Benson, 187 Hobbs, 158 Hall, 132 Morris M, 113 Whittingham, 53 Arthurs |
| 2. EHAC | 712 | 207 Wilkinson, 115 Middleton, 108 Ralph, 105 Casserley, 98 Barnett, 79 Thomson |
| 3. Ilford AC' | 689 | 182 Bennett, 121 Dyos, 109 Culshaw, 103 Lawless, 93 Morris, 81 Dobson |
| 4. Surrey WC | 548 | 137 Reis, 103 Flint, 94 Hoben, 67 Crane, 84 Lightman, 63 Martin M |
| 5. Belgrave H | 441 | 123 Zennaro, 115 Noel, 104 Shott, 99 Hall |

International Call-up for George Wilkinson

In the wake of some good early season form demonstrated at the Molly Barnet meeting and followed up with a victory at the Cecil Gittins 10km a week later, it isn't surprising that George Wilkinson joins his brother Callum in the EA team selected for the International Meeting in Podebrady on 6th April. Seven of those selected are under 20, so all credit to EA for providing international opportunity and experience for the country's up and coming talent. *Stop press: Finishing 6th in the 20km Callum set a new national u23 record of 81.34 and in the u20 10km George clocked 48.22 just a second off his pb.*

Forthcoming ERWL fixtures *Always check the enfieldleague.weebly.com website for last minute changes*

- | | | | |
|---------------------------|---------|-----------|---|
| 20 th April | 12 noon | 5/3/2 kms | LICC Meeting at Lee Valley Athletic Centre (ERWL race 4) |
| Easter Weekend. | | | |
| 7 th May (Mon) | 5pm | 5 miles | The Annual Pednor Five + Junior 2 miles (ERWL race 5)
details attached and on the Chiltern H website. |
| 1 st June | 12.30pm | 5 miles | The Moulton Five (ERWL race 6)
Entries for all three taken on the day |

ERWL 2019 Race 2- 16th February

Five Miles

King George Playing Fields, Enfield

Excellent racing conditions resulted in several pb's and improvements on times recorded in the January race. Dave Annetts notched up a second victory, but was hard pressed by u20 George Wilkinson who sliced over 2 minutes off his pb. He wasn't the only young walker to excel; Ashford's u17 Millie Morris and u20 Jaqueline Benson also posted their fastest times over this distance and now top the Ladies league table.

Men

Women

* = pb © = Centurion

1. David Annetts (North Herts R)	*38.53 M50	1. Millie Morris (Ashford AC)	*45.48 U17
2. George Wilkinson (EHAC)	*39.02 U20	2. Jacqueline Benson (Ashford AC)	*45.55 U20
3. Fransisco Reis (Surrey WC)	41.56 M55	3. Penelope Cummings (AFD)	47.05 M40
4. Trevor Jones (Steyning AC)	45.55 M60	4. Emma Dyos (Ilford AC)	*48.07 W40
5. Malcolm Martin (Surrey WC)	47.19 M60	5. Melanie Peddle (Loughton AC)	49.12 W50
6. Chris Hobbs (Ashford AC)	47.35 M60	6. Helen Middleton (EHAC)	49.19 W55
7. Stuart Bennett © (Ilford AC)	48.18 M60	7. Maureen Noel (Belgrave H)	53.19 W55
8. Stefano Zennaro (Belgrave H)	50.21 M45	8. Rachel Lawless (Ilford AC)	53.53 W55
9. Simon Morgan (Ilford AC)	51.13 M50	9. Lesley Hall (Ashford AC)	54.30 W60
10. John Ralph (EHAC)	51.14 M60	10. Sue Barnett (EHAC)	54.48 W65
11. Mark Culshaw (Ilford AC)	52.44 M50	11. Noel Blatchford (Abingdon AC)	55.12 W70
12. David Kates (Ilford AC)	53.48 M70	12. Leslie Morris (Ilford AC)	*55.27 W65
13. Tom Casserley (EHAC)	55.10 M80	13. Alison Clements (Abingdon AC)	63.01 W60
14. Amos Seddon (EHAC)	55.35 M75		
15. Chris Flint © (Surrey WC)	56.21 M70		
16. Steve Cartwright (Col/Tend AC)	56.33 M60	4m Tony Wilkinson (unattached)	49.58 M55
17. Malcolm Blackwood (Trent Park)	57.07 M65		
18. Shaun Lightman (Surrey WC)	57.38 M75	3m Angela Martin (Surrey WC)	36.21 W60
19. David Hoben (Surrey WC)	58.09 M65	Peter Hannell (Surrey WC)	39.06 M75
20. Bob Dobson © (Ilford AC)	58.17 M75		
21. Arthur Thomson (EHAC)	59.17 M80	Maddy Shott (Belgrave H)	retired SW

Judges: P.Cassidy(Ch), A.Garner, R.Pearce, P.Wilson© Timekeeper/Recorders: P.Welch/P. Ficken©, C.Lawton©
Registration: Margaret Livermore, Linda Spinks Marshalls: J.Hall, J.Rossiter © Event Organiser: R. Wallwork ©

ERWL 2019 – Race 3

Cecil Gittins Memorial Walks

9th March

The conditions although bright, sunny and not too cold were hampered by unrelenting high winds on this very exposed course which was testing for athletes, officials and judges. Jacqueline Benson U20 (Ashford AC) bounced right back after a disappointing race at Coventry the previous week where she struggled to beat 70 minutes and on this occasion she was only a handful of seconds from going under the hour; surely the performance of the day! The men's race was also won by an U17 in George Wilkinson (EHAC/L).

10km

10km

1. George Wilkinson (Enfield HAC)	50.58 u20	1. Jacqueline Benson (Ashford AC)	60.07 u20
2. Fransisco Reis (Surrey WC)	56.20 M55	2. Maureen Noel (Belgrave H)	66.43 W55
3. Trevor Jones (Steyning AC)	59.51 M60	3. Cath Duhig © (Ryston R)	67.49 W60
4. Stefano Zennaro (Belgrave H)	60.48 M45	4. Lesley Hall (Ashford AC)	68.24 W60
5. Steve Kemp © (EMAC)	63.03 M55	5. Anne Jones (Steyning AC)	71.04 W60
6. Stuart Bennett ©s (Ilford AC)	63.33 M60		
7. Chris Hobbs (Ashford AC)	66.19 M60		
8. Chris Flint © (Surrey WC)	70.52 M55	5km Isabelle Bridge (Black/Bromley)	29.04 u20
9. Tom Casserley (Enfield HAC)	71.39 M80	Grace Whittingham (Ashford AC)	29.09 u20
10. Malcolm Blackwood (Trent Park)	72.26 M65	Abigail Smith (Surrey WC)	30.14 u15
11. Michael Harran (Surrey WC)	75.24 M80	Ron Penfold (Steyning AC)	34.12 M75
12. Dave Hoben (Surrey WC)	75.37 M65	Tony Wilkinson (unattached)	35.13 M55
13. Don Athurs (Ashford AC)	76.07 M55	Gary Smith © (Enfield HAC)	38.52 M60
Andrew Cox (Hillingdon AC)	retired M65	John Hall (Belgrave H)	retired M70

2.5km 1. Charlotte Wallis (AFD) 14.58 Gu15 2. Jonathan Ellerton (Black/Bromley) 18.40 Bu15

The Open 15km race result: Fransisco Reis 84.31, Stuart Bennett © 97.33, Cath Duhig © 105.00, Chris Flint © 108.24, Don Arthurs 115.08.

Timekeeper/Recorders: Peter Hannell, Maggie Statham, Carl Lawton© Pam Ficken ©

Judges: Pauline Wilson © (Ch), Steve Cartwright, Peter Cassidy, Shaun Lightman

First Aid: Medical Despatch * Starter: David Stevens * Hospitality: Cyclopark.

2March/April19

Event Organiser: David Hoben



International Postal Competition

Many thanks to Dave Talcott (USA) for organising this competition and bringing so many "ordinary athletes" together in this way,

The competition includes results submitted of hour races worldwide in a calendar year and last year (2018) embraced 13 clubs and 122 athletes who constituted 22 teams and once again ERWL connections did exceptionally well.

There were age category gold medals for:

Penelope Cummings W40, Melanie Peddle W45, Helen Middleton W55, George Wilkinson U17, David Crane M35, Stefano Zennaro M45, David Annetts M50, Andrew Cox M65, Michael Harran M80.

Silver medals for:

Emma Dyos W40, Maureen Noel W55, John Ralph M60, David Kates M65, Dan Maskell M70, Tom Casserley M70, Arthur Thomson M80.

Bronze medals for:

Leah Williams W20, Dan McKerlich U17, Mark Culshaw M50, Steve Allen (M6), Shaun Lightman (M75)

The Runner-up Masters team award went to Surrey Walking Club: David Crane, Dan Maskell and Michael Harran.

The only other British club to participate in the match was Lancashire Walking Club who produced four medallists'; they were Gold Tony Taylor M65 and John Payn M85, silver Andrea Lennon W75 and bronze Joe Hardy M70,

News of Fiona The League's most prolific medal gatherer (12 in 21 years) Fiona Bishop has been waylaid with a broken wrist just four years after breaking an arm. I contacted her to see how she was getting on and this is her reply

Dear Ron, At the moment I have been out of action since 3rd February 2019 when I fell and broke my right wrist. I am surprised that you remember that I broke my arm four years ago. However it was my left arm and I only broke one of the bones in my wrist. As it happens I am left handed...however this time I broke my wrist completely.

I am hoping to have the plaster taken off on Thursday 21st March. At this stage I have no idea how my hand will be or if I'll have any grip in my hand by then.

Obviously I have done no training or exercise and have put on a bit of weight. When the plaster is taken off I will go on the road very gentle both running and walking to see what level of fitness I might still have, if any. I also don't know how long it will be before I can compete again, but be assured that it will be as soon as possible.

Please send my regards to everyone at the race walking group and tell them I'll be back as soon as I can, *Fiona xxx*



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

Leaguer Kathy Crilley (Surrey/L) was one of two UK walkers participating in the **Les 24 hours De Bourges**, France on 23rd/24th February. Kathy covered 147.143Km (just over 90 miles). The women's race winner was her Surrey W club-mate Sandra Brown who covered 176.568km.

Afternote: The two ladies were in action again three weeks later in the **Chateau-Tierry 24 hours** their respective distances being 168.527 and 139.256.

At the **English Masters Area Challenge** at LVAC on Sunday 24th February in the 2km walk, half of the 12 strong ladies field and five of the 13 starters in the men's race had Leaguer status. They were: (in time order) Fransico Reis (SWC/L) 9.22, Penelope Cummings (AFD/L) 10.54, Melanie Peddle (Loughton/L) and Malc Martin SWC/L 11.12, Stuart Bennett (Ilford/L) 11.30, Steve Allen (Barnet/L) 11.38, Helen Middleton (EHAC/L) 11.49, Noel Blatchford (Abingdon/L) 12.53, Maureen Noel (Belgrave/L) 13.07 and Angela Martin (SWC/L) 14.19. The quickest walker of the day was the current League leader Dave Annetts (North Herts) 9.11,

The annual **Molly Barnet open** races which incorporate the **EA 10km championships** was successfully staged at the University of Warwick, Coventry, on Sunday 3rd March and despite unpleasant wet conditions it was pleasing to see so many walkers (over 60) in action.

From an ERWL perspective, George Wilkinson now in the u20 age group made his 10km debut finishing 6th overall and runner up in his age group in 48.21 (brother Callum's debut was 48.52). Penelope Cummings

(AFD/L) 59.17, Noel Blatchford (Abingdon/L) 70.15 put in solid performances as did the then current ERWL leaders; Mille Morris (Ashford) 2nd in the u17 5km in 28.35, Dave Annetts (NHRR) 8th in 49.17.

In the women's 5km Melanie Peddle (Loughton/L) 29.45 and Emma Dyos (Ilford) 29.46 had a great battle finishing 3rd and 4th, whilst Geraldine Legon (Bexley/L) clocked 37.16 to finish 8th. Fransisco Reis (SWC/L) who won the Open race and Maddy Shott 4th in the championship were given the same time of 52.46.

The quickest walkers on the day were men's champion Tom Bosworth (Tonbridge) 41.26 and Heather Lewis (Cardiff) 46.25 although the English title went to Manx woman Erika Kelly 46.25.

The BMAF indoor 3km championships were staged at LVAC the day after the Cecil Gittins meeting and saw eleven women and the same number of men contest for the medals. Steve Bennett M60 (Ilford/L) 17.04 and Cath Duhig W60 (Ryston R/L) 18.24 shook off any after effects from their 15km efforts the previous day to win their age groups and others with ERWL connections who struck gold were Melanie Peddle W50 (Loughton/L) 16.48, Rachel Lawless W55 (Ilford/L) 18.59 and Sue Barnet W65 (EHAC/L) 20.32. Emma Dyos W40 (Ilford) 16.49 won a silver medal in her first indoor race, Geraldine Legon W60 (Bexley/L) 21.46 also won a silver and there was a bronze for Angela Martin W50 (SWC/L) 22.09.

The windy conditions didn't seem to affect the times at the **Slater Brice Memorial track walks** at Horsham on 16th March. The main event over 10km was won by David Annetts (N.Herts RR) in a pb of 48.29 from Gyula Dudas (Hungary) 52.40 who won the Sussex championship that was held in conjunction with the race. In third place was the promoting club's Ian Richards in 52.46 and the first Leaguer to cross the line was another Steyning man Trevor Jones in 58.29. Other Leaguers competing were Mark Culshaw (EMAC/L) 5th 63.37, Chris Flint (SWC/L) 11th 71.09, Arthur Thomson (EHAC/L) 12th 71.54 and David Hoben (SWC/L) 13th 75.20, along with Penelope Cummings (AFD/L) 1st Lady 59.12 and Anne Jones (Steyning/L) 2nd lady 69.21. Mr and Mrs Jones collected Sussex championship medals; Anne a gold and Trevor a bronze. Peter Hannell (SWC/L) clocked 37.26 in the 5km race.

Forty-six walkers covering five age categories featured in the annual **RWA Inter-Area match** staged this year at Sutcliffe Park Sports Centre, Eltham, London on 23rd March. Conditions whilst a bit chilly for spectators were ideal for fast walking and this was borne out by some excellent race walking and some quick times. From an ERWL perspective in the 5kms Enfield's Wilkinson brothers Callum 19.47 and George 23.19pb won their age groups whilst Penelope Cummings (Herne H/L) 28.25 and 5th Sen Lady contributed to the South's match winning point's score. Maddy Shott (Belgrave H) won the senior women's 5km in 24.24pb and there were good performances from Ashford's young quartet; Mille Morris 28.36, Jacqueline Benson 29.16 and Grace Whittingham 29.36.

Fransisco Reis, Malcolm and Angela Martin (all SWC/L) travelled to Dalton in North Yorkshire to guest in the **Ken Munro Trophy 10 miles** race on 24th March. Fransisco won in 87.41, Malcolm was third in 100.42 and Angela was third lady in 2.08.32.

Helen Middleton W60, Melanie Peddle W45 and Maureen Noel W55 were the only Leaguers who made the trip to Turun, Poland for the **World Masters Indoor championships** at the end of March. The distances were 3km and 10km. Helen did both 18.04/61.59 and collected a bronze medal in the longer race, Melanie only did the 3km 16.56 and Maureen just the 10km 66.34 and was third scorer in the gold medal winning GB team..

Veterans Athletic Club 2019 Summer Fixtures - on a new Course – Allow 10 minutes to get to the start from Millennium Arena, Battersea Park, SW11 4NJ

10,000m Track Championships (including Surrey, Hertfordshire and Middlesex Championships)
Wednesday 10th April at 6:45pm Cash entry on the day – 'A' category judging
for further information, contact David Hoben walks@vetsac.org.uk

5 Mile Tuesday Road Walks – All start at 7pm

16th April 11th June 9th July (5km) 6th August 27th August
Cash entry on the day – 'B' category judging

Keep up to date

Get detailed results and reports from the **Race Walking Record** Published promptly at the end of each month.

If you are not on the mailing list contact noel.carmody@btopenworld.com to be put on it

For race walk photographs visit markeaston.zenfolio.com

plus links to others on the League website <http://enfieldleague.weebly.com>