



This issue is by way of clearing up the results prior to the Lockdown and the curtailing of face to face competition. Much of the copy is dated by now, but it updates the chronicle of ERWL activity. It's taken a while to get around to it, largely in part to Joan and I being passengers on the *Coral Princess* which was at sea when the world started taking the Corona virus seriously, which resulted in an extended cruise for us because our scheduled ports of call withdrew their welcome. We eventually got home safely and are no worse for the experience and by now well used to the new normality.

Keep up to date with the what's going on and developments in the world of race walking via *Heel & Toe* and *Race Walking Record* and if you are not on their respective mailing lists, details of how to get onto them appear on page 3. In the meantime adhere to the Covid19 rules for your safety and everybody's well-being.

2019 International Postal Competition Results



Many thanks once again to Honourary Leaguer 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 (2019) embraced 31 clubs and 113 athletes who represented 16 teams and once again ERWL connections did exceptionally well.

In the overall classification ERWL had Four athletes in the top dozen; George Wilkinson 1st, Dave Annetts 3rd, Jonathan Hobbs 7th and Francisco Reis 11th who all won their respective age group. Other individual gold medallists were: Jacqueline Benson and Silvana Alves who occupied 5th and 8th in the ladies overall result.

There were also individual category place medals for another seven Leaguers; Malcolm Martin, Helen Middleton, Peter Cassidy who collected silver medals, whilst Dan McKerlich, Melanie Peddle, Millie Morris and Chris Flint received the bronze awards.

The Masters team competition was won by Shore AC, USA, but Surrey WC (Reis, Martin, Dave Hoben) repeated its runner-up success of 2018 and Ilford AC (Steve Uttley, Stu Bennett, Simon Morgan) took the bronze medals on this occasion.

It is good to see that a number of Leaguers are participating in the NCRW Virtual Race Series which I'm sure gives some focus for continuing to train. With well over a 100 participants world wide, I'm sure everyone knows about it but anyone who doesn't can get details from <https://nationalendurancecentre.co.uk/challenges>.

Details of another virtual competition organised by US Race walking master's committee and administered by Honourary Leaguers Dave and Erin Talcott appears on page 4.

News of Lesley Hall

Four days before the second League fixture, Lesley Hall a key member of the successful Ashford AC walking squad, who qualified as a Leaguer last year, was involved in a horrific accident whilst out training and suffered fractures across her entire face and arms after being hit by a man cycling on the pavement. I have spoken with Lesley and she tells me that her recovery is progressing well which is good news and that with her plaster now removed she can think about being a little more active.

2020 ERWL Race 2 **Five Miles** on 22nd February at King George Playing Fields, Donkey Lane, Enfield.

Permit No: RWA20009-2

Blustery winds with gusts over 20 mph sweeping across the playfields made conditions extremely testing for the second race in the 23rd series. Once again a decent field made for some close competition and despite being blown all over the course, in only her second race Catherine Davies shaved half a minute off her pb.

The chase for the team title is well underway with only 79pts separating the leading three clubs; EHAC 607, Belgrave team H 584, Surrey WC 528 and Ashford AC still within striking distance a little further back. Aldershot Farnham & District fielded five walkers among them two novices who showed promise and qualified for their '5 in the hour' badges.

Men		* = pb	© Centurions	Women			
1	George Wilkinson	Enfield HAC	41.01 u20	1	Silvana Alves	Barnet DAC	45.50 W45
2	Francisco Reis	Surrey WC	43.00 M55	2	Millie Morris	Ashford AC	46.52 u20
3	Trevor Jones	Steyning AC	46.09 M60	3	Jaqueline Benson	Ashford AC	47.23 u23
4	Vincenzo Panico	BSC Blasnac	46.29 M65	4	Emma Dyos	Ilford AC	49.00 W45
5	Malcolm Martin	Surrey WC	46.33 M65	5	Melanie Peddle	Loughton AC	50.36 W50
6	Chris Hobbs	Ashford AC	47.24 M60	6	Helen Middleton	Enfield HAC	51.44 W55
7	Steve Uttley	Ilford AC	48.34 M60	7	Alicja Drende	Belgrave H	52.35 W35
8	Colin Harle	Belgrave H	51.26 M60	8	Maureen Noel	Belgrave H	53.21 W55
9	Mark Culshaw	Belgrave H	52.30 M50	9	Anna Hinchcliffe	Aldershot FD	53.22 u20
10	John Ralph	Enfield HAC	52.50 M60	10	Noel Blatchford	Abington AC	53.28 W70
11	John Borgars ©	Loughton AC	53.11 M70	11	Sue Davies	Aldershot FD	54.06 W50
12	David Kates ©	Ilford AC	55.16 M70	12	Sue Barnett	Enfield HAC	54.12 W70
13	John Hall	Belgrave H	55.36 M70	13	Catherine Davies	Belgrave H	*54.41 W50
14	Tom Casserley	Enfield HAC	58.00 M80	14	Diana Braverman	Enfield HAC	57.09 W65
15	George Wallace	Aldershot FD	58.57 M65	15	Kathy Smith	Aldershot FD	60.42 M50
16	Arthur Thomson	Enfield HAC	58.58 M80	16	Angela Martin	Surrey WC	61.59 W55
17	David Hoben	Surrey WC	59.01 M65		Maddy Shott	Belgrave H	dnf SW
18	Gary Smith ©	Enfield HAC	59.20 M65	3mls	Rachel Lawless	Ilford AC	31.47 W55
19	Chris Flint ©	Surrey WC	60.20 M75		Peter Hannell	Surrey WC	37.19 M75
20	Michael Harran	Surrey WC	60.53 M80	2mls	Nicholas Hart	Aldershot FD	18.39 u20

Judges: Peter Cassidy Andrew Garner, Mick Graham, Pauline Wilson ©

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Carl Lawton ©, Tracey Wilkinson - Runner: Mal Blackwood

Registrations: Margaret Livermore - Race Organiser: Ron Wallwork ©

2020 League Tables after two fixtures

In the two fixtures completed before the Lockdown 22 women were among the 55 walkers representing 15 clubs who competed. Whether or not there will be more fixtures completed this year is anyone's guess, but if it becomes possible fixtures will resume.

Team Table

1. EHAC	614	139 Wilkinson, 110 Middleton, 103 Ralph, 94 Barnett, 85 Braverman, 83Casserley
2. Belgrave H	570	114 Harle, 110 Culshaw, 105 Drende, 99 Shott, 90 Davies, 52 Noel
3. Surrey WC	474	128 Martin M, 77 Hoben, 71 Flint, 69 Reis, 66 Martin A, 63 Hannell
4. Ashford AC	429	130 Morris M, 127 Benson, 121 Hobbs, 51 Harding
5. Ilford AC'	428	123 Uttley, 120 Dyos, 52 Bennett, 46 Kates, 45 Morgan, 42 Morris

Ladies

1. 135/2 Silvana Alves
2. 130/2 Millie Morris YAG
3. 127/2 Jacqueline Benson YAG
4. 120/2 Emma Dyos
5. 116/2 Melanie Peddle
6. 110/2 Helen Middleton
7. 105/2 Alicja Drende
8. 99/2 Maddy Shott
9. 97/2 Noel Blatchford
10. 94/2 Sue Barnett

Men

1. 139/2 George Wilkinson YAG
2. 132/2 Trevor Jones
3. 128/2 Malcolm Martin
4. 123/2 Steve Uttley
5. 121/2 Chris Hobbs
6. 114/2 Colin Harle
7. 110/2 Mark Culshaw
8. 103/2 John Ralph
9. 101/2 John Borgars ©
10. 83/2 Tom Casserley
11. 77/2 Dave Hoben
12. 77/2 Arthur Thomson
13. 73/2 Gary Smith ©
14. 71/1 Chris Flint ©
15. 70/1 Dave Annetts
16. 69/1 Francisco Reis
17. 66/1 Vincenzo Panico
18. 63/2 Peter Hannell
19. 61/1 Graham Chapman
20. 58/1 Steve Allen

Leaguer's in Action (Club name/L) = ERW Leaguer

The club affiliation will only be indicated on the first mention of the athlete in this issue

Ash - Ashford AC

Bxy - Bexley Heath

Col - Colchester H

Ilf - Ilford AC

NHRR - North Herts RR

Ton - Tonbridge AC

ASC - Abingdon AC

Bfld - Birchfield H

CTen - Colchester/Tendering AC

LWC - Lancs WC

Red - Redcar RW Club

TP - Trent Park

AFD - Aldershot F & D

Bkth - Blackheath & Bromley

EMAC - Eastern Masters AC

Ltn - Loughton AC

SAC - Southend AC

WB - Wolves/Bilston

Bnt - Barnet & District

CH - Cambridge H

EHAC - Enfield H AC

MM - Med/Maidstone

Stey - Steyning AC

Bel - Belgrave Harriers

Ch - Chiltern H

HRR - Headington RR

MMK - Marshal M.Keynes

SWC - Surrey WC

On February 8th in the LWC Shoebottom Trophy 10km Tony Bell (LWC/L) finished 5th of the 13 starters in 66.31. The race winner was the promoting club's President Tony Taylor in 54.42. Andea Lennon (LWC) 82.23 won the handicap.

Leaguers have been scoring successes abroad again. Cath Duhig (CAMT/L) won the **Spanish Masters W20km** staged on 16th February in 2.08.50 which is her best time for a number of years. Meanwhile in Amsterdam Dave Annetts (NHRR/L) finished runner-up again in a **De LAT Winterserie 10km**. His time over two minutes slower than the previous Winterserie race was as a result of Storm Dennis and ten days off training because of flu.

On the same day as the second ERWL race, conditions were even fiercer on the Isle of Man where the **Murray Lambden Open** walks were taking place. Fifty-five walkers took part among them in the women's 20km was Aldershot F & D's Penelope Cummings who finished third in 2.04.54 behind Natalie Myers (2DASH) 1.53.02 and Niamh O'Connor (Cellbridge).

Two meetings, one outdoor and one indoor were on the fixtures list for Sunday 2nd March; At the University of Warwick campus the **Molly Barnet 10km / EA championships** and at LVAC a **Master's Inter-Counties match**. There was good turnout at both meetings and several Leaguers put in good performances

I was at the former to witness Tom Bosworth (Ton) post, which if ratified will be a national road best of 39.10. With storm Jorje expected conditions were better than anticipated; dry, but a strong gusting wind on parts of the circuit. There were titles for Millie Morris (Ash/L) 28.15 in the Women's u20 5km and George Wilkinson (EHAC/L) 46.47 pb the u20 title, whilst Jacqueline Benson with 60.21 collected a bronze medal in the u23's race. Melanie Peddle (Ltn/L) 61.18 occupied 3rd senior place, Dave Annetts (NHRR/L) 49.33 4th place and Steve Allen (Bnt/L) 60.28 5th.



Francisco, George, Melanie, Silvana, Steve, Dave and Jacqueline

At Lee Valley the distance was 2km and Malcolm Martin set an M65 CBP of 11.00.85. The other Leaguers competing were, Mark Culshaw 11.37, Helen Middleton W55 12.05, Rachel Lawless W55 12.15, Noel Blatchford M70 13.24, Chris Flint M70 14.27, Angela Martin W55 14.47, and Arthur Thomson M75 15.10.83

Only three Leaguers were in action at LVAC on 8th March in the **BMAF Indoor 3km championship**; Rachel Lawless W55 18.47, Noel Blatchford W70 20.06 who were category winners and unfortunately Dave Annetts M55 fell foul of the judges. The quickest walkers on the day were Carolyn Derbyshire W40 16.07 and Ian Richards M70 16.01.

In the **Kent Indoor 1km** championship at LVAC on 14th March Geraldine Legon (Bex/L) clocked W60 6.59.

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USA Masters Race Walking Virtual Race Series

Hello masters race walkers! and in fact all walkers, our races for the summer have been mostly cancelled, motivation can be hard to come by. Dave and I, in collaboration with the Masters race walk committee, are hosting a virtual race series for race walkers! Let's do something fun to bring us together and give us motivation.

Here's what's entailed: There are three distances being contested. Throughout the month of June test yourself at one or all of the following distances; 1,500, 3,000 and 5,000. You can enter one, two or all three of the distances. You can try multiple times and submit your best performance.

This race is honour system. We hope and expect everyone to adhere to the rules of race walking, absolutely no running. Please try your best to correctly follow the rules of race walking. Times can be submitted based on your time on a track, treadmill or GPS watch, wherever you can get an accurate time for the distance.

Awards will be special certificates. We're really going to have fun with categories for this! Awards/recognition will be for the following male and female.

Top three overall Top three age group Top three age graded Top three co-ed teams
Top three overall for all three races Top three age graded for all three races Top three age group for all three races
Top three co-ed teams for all three races

In addition Dave and I will present awards for the following:

Most enthusiastic Most improved Most inspirational

To register email Erin Talcott at oboebassoon@yahoo.com Please include the following information

Name / DOB / Mailing address / Club (if applicable)

Have fun with it! Try each distance as many times as you want in the month of June. Tell us all your times, this will help us determine most improved performances.

This competition is funded by the US Race walking master's committee for our masters race walkers, however we gladly welcome junior, open and foreign athletes! The main difference is certificates for open, juniors and foreigners will be emailed as opposed to mailed.

Stay healthy! Yours in sport, Erin and Dave Talcott

Finishing on a bright note, a picture from 2016, the Centurions on Parade – 28 of them at the 90th Enfield Open Seven



front row: Kathy Crilley c933, Alan O'Rawe c791, Ken Roost c557, Jack Rossiter c577, Kim Howard c1020

second row: Chris Flint c849, Dave Neagle c527, Paul King c972, Dan King c1100, Steve Kempc1075,
Sue Clements c950, George Beecham c716 and Mal Blyth c384

third row: Sean Pender c1067, John Borgars c1170, David Kates c936, Dom King c1098, Pam Ficken c934,
Dave Ainsworth c540, Steve Allen c1102, Colin Young c317,

back row: Carl Lawton c750, John Eddershaw c299, Mark Byrne c870, Ken Livermore c386,
Ron Wallwork c893, Bob Dobson c786, Ed Shillabeer c590

Also at the event but not in the picture were Mick Barnbrook c661 and Stuart Bennett c858