



The 22nd ERWL Edition Gets Underway

The opening race staged at Donkey Lane was held in dry overcast conditions with the temperature around 10c and was dominated by Dave Annetts who had a huge winning margin. He had close attendance from Maddy Shott and George Wilkinson for the first couple of miles then walked away from them. Nevertheless, the performance of Maddy Shott, who gained her first international selection following her win at the EA Indoor championships the previous week, confirms her progress in the discipline.

A feature of the race was the fine showing of the four Kent ladies who made the lengthy journey from south of the river and all of whom easily qualified for their “5 in the Hour” badges as indeed did Ilford’s Emma Dyos.

It was good to see former League champions Anne and Trevor Jones at the event, the latter showing that he has not lost the action to travel at a decent pace.



Dave Annetts forces the early pace

The number of participants was six down on down 2018, but the standard considerably higher. Last year 12 walkers (8 men and 4 women) bettered 50 minutes and this year it was 15 (8 and 7). In 2018 25 walkers bettered the hour, this year it was 29. The young ladies from Kent not only brought the times down, but also the average age of the competitors.

Centurion and Enfield stalwart Ken Livermore presented the awards for the 2018 season among them “The Officials Trophy” to John Hall in recognition for his unstinting services, often behind the scenes to the ERWL as well as racing whenever he can.

Have you set your season’s targets yet?

ERWL Awards The ERWL presents Badge awards to walkers who attain **5, 6, and 7 miles in an hour** and plaques (Similar to the one pictured below presented to Arthur Thomson by the RWA in 1961) for **8 miles** covered in that time. A badge is also presented to walkers who qualify as **Leaguers** which involves participating in 6 races in a calendar year.



The dates for the next two League Fixtures are:

16th February

(Donkey Lane, Enfield, start at 11.45am)

9th March

(Cecil Gittins Meet, Gravesend, start 1pm)

ERWL 2019 Race 1 - 12th January

Five Miles

King George Playing Fields, Enfield

Men

1. David Annetts	(North Herts R)	38.54	M50
2. George Wilkinson	(EHAC)	42.31	U17
3. David Crane	(Surrey WC)	42.41	M40
4. Jim Ball	(Steyning AC)	46.13	M55
5. Chris Hobbs	(Ashford AC)	47.21	M60
6. Trevor Jones	(Steyning AC)	47.33	M60
7. Martin Fisher ©	(Redcar RWC)	48.22	M55
8. Stuart Bennett ©	(Ilford AC)	48.26	M60
9. Mark Culshaw	(Ilford AC)	49.54	M50
10. John Hall	(Belgrave H)	51.32	M65
11. John Ralph	(EHAC)	52.08	M60
12. Malcolm Blackwood	(Trent Park)	56.46	M65
13. Steve Cartwright	(Col/Tend AC)	57.19	M60
14. Shaun Lightman	(Surrey WC)	57.41	M75
15. Bob Dobson ©	(Ilford AC)	59.18	M75
16. Arthur Thomson	(EHAC)	62.24	M80

Women

1. Maddy Shott	(Belgrave H)	40.54	SW
2. Millie Morris	(Maid/Medway)	46.28	U17
3. Jacqueline Benson	(Ashford AC)	46.45	U20
4. Grace Whittingham	(Ashford AC)	47.20	U17
5. Emma Dyos	(Ilford AC)	48.13	W40
6. Helen Middleton	(EHAC)	48.28	W55
7. Melanie Peddle	(Loughton AC)	49.53	W50
8. Rachel Lawless	(Ilford AC)	53.29	W55
9. Fiona Bishop	(EHAC)	54.30	W55
10. Noel Blatchford	(Abingdon AC)	55.00	W70
11. Sue Barnett	(EHAC)	55.15	W65
12. Lesley Hall	(Ashford AC)	55.20	W60
13. Lesley Morris	(Ilford AC)	56.09	W55
14. Jo Miles	(unattached)	56.13	M60

© = Centurion

photo by Elizabeth Benson

Judges:

Ray Pearce (Chief), Peter Cassidy, Andrew Garner, Mick Graham, Pauline Wilson ©

Timekeeper/Recorders:

Phil Welch / Pam Ficken ©, Carl Lawton ©

Registration:

Margaret Livermore, Linda Spinks

Marshalls:

John Borgars ©, Jack Rossiter

Event Organiser: Ron Wallwork ©

The Kent Ladies who performed so well at the

opening ERWL fixture, l to r: Jacqueline Benson, Lesley Morris, Grace Whittingham and Millie Morris



2019 League Tables Top Six after One fixtures

Ladies

1. 69/1	Maddy Shott
2. 65/1	Millie Morris YAG
3. 64/1	Jacqueline Benson YAG
4. 63/1	Grace Whittingham YAG
5. 60/1	Emma Dyos
6. 57/1	Helen Middleton

Men

1. 70/1	David Annetts
2. 68/1	George Wilkinson YAG
3. 67/1	David Crane
4. 66/1	Jim Ball
5. 62/1	Chris Hobbs
6. 61/1	Trevor Jones

Team Table

1. EHAC	319	68 Wilkinson, 57 Middleton, 53 Ralph, 51 Bishop, 49 Barnett, 41 Thomson
2. Ilford AC'	314	60 Dyos, 58 Bennett, 55 Culshaw, 52 Lawless, 47 Morris, 42 Dobson
3. Ashford AC	237	54 Benson, 63 Whittingham, 62 Hobbs, 48 Hall
4. Steyning AC	127	66 Ball, 61 Jones
5. Belgrave H	123	69 Shott, 54 Hall
6. Surrey WC	110	67 Crane, 43 Lightman

This and That Maddy Shott made her international debut at the ELAN indoor meeting in Bratislava on 27th January and finished a creditable 4th in the 3km walk in a personal best time of 14.38.

Sean Pender has asked me to let his many friends know that following a very busy 2018 he has decided to take a little time out and assured me that we haven't seen the last of him.

Honours and Jobs for Leaguers at Centurion's AGM

The Presidential Chain of Office was presented to Pam Ficken c934 who in receiving it became the second lady to be so honoured, the first being Ann Sayer c599 the first woman to qualify as a Centurion. Another presentation was made to Chris Flint c849 in recognition of his 20 years' service as Hon.Secretary adding to the *Life Membership* of the RWA that he received at its AGM two weeks previously. Kathy Crilley continues as web-master, Sue Clements c950 takes over Chris Flint's role and Carl Lawton c750 and Sean Pender c1067 continue as Committee members.

Steve Kemp c1075 continues as Social Strolls Secretary and he tells me that there will be one on 30th March. It is to be led by Sue Clements and will be a leisurely six miles through Cambridge to Grantchester (a cut off point for anyone not wishing to do the full trip) and after afternoon tea returning along Trumpington Meadows.

Meet at Cambridge Railway Station for a 10.30 am start

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

Four of the nine competitors at the **Essex and Eastern indoor championships** staged at LVAC on 2nd February were leaguers.



Pamela Abbott, Melanie Peddle Rachel Lawless, Stuart Bennett and George Wilkinson

The distance was one mile and overall race winner was George Wilkinson (EHAC/L) in 7.32. Following a race long tussle, Melanie Peddle (Loughton /L) 8.52 just got the better of Stuart Bennett (Ilford/L) 9.03. Meanwhile Rachel Lawless (Ilford/L) 9.58 set a pb. Pamela Abbott (EHAC) 11.36, Keith Palmer (Southend) 9.52, Katie Brazier u17 (Chelmsford) 12.13 and Danielle Oledele u13 (Thurrock) 13.17.

Outstanding Results from 2018

There were two Leaguers among the 16 walkers who turned out in the Lancashire WC's **Dick Maxwell Memorial 10km** at Simister on 1st December. They were; Tony Bell (LWC/L) 3rd 63.32 and Dan Maskell (SWC/L) 8th 66.5. Adrian Edwards of the promoting club was the race winner in 57.59.

There were an encouraging number of 23 young walkers among the 39 who raced at the annual **Alf Palmer Memorial track races** at Horsham on 9th December. In contrast to last year, when conditions prompted the cancellation of the event, on this occasion they were good. In the men's 5km Luc Legon (Cambs H) 23.44, Jimmy Ball (Steyning AC) 27.50 and Malcolm Martin (Surrey WC/L) 29.35 were the first three men to finish. Arthur Thomson (EHAC/L) 9th 34.23 along with Chris Flint 10th 34.24, Shaun Lightman 11th 35.39 and David Hoben 12th 37.01 (all Surrey WC/L) also raced. In the Ladies event Lois Carty (AFD) 28.48 was the winner with two Leaguers; Melanie Peddle (Loughton AC/L) 5th in 30.43 and Geraldine Legon (Bexley AC/L) 8th in 34.21.



Newcomers to race walking may not be aware that Pam Ficken's father Hew Neilson c145 was a giant among ultra-distance walkers in the late fifties and 1960's when competition at the distance was so fierce that sub 20 hours couldn't always guarantee a place in the top six positions. He was a three-time winner of the UK 100 miles title, but is probably best remembered for his performance in the invitation 24 hour track race at Walton on Thames over the weekend of 14th/15th October 1960 when in autumnal conditions on a shale track he re-wrote the distance record book, passing 100 miles in 17.18.51 and going on to set a world record of 133 miles 21 yards for 24 hours.

Reproduced from the cover of the November 1960 Race Walking Record

4TH CECIL GITTINS MEMORIAL WALKS

INCORPORATING ENFIELD LEAGUE

SATURDAY 9 MARCH 2019 at 1.00 pm

Organised by:

VETERANS ATHLETIC CLUB

www.vetsac.org.uk

RWA Race Permit No. applied for; accurately measured course

Rules: Judging based on no loss of contact with ground (Category 'B')

Course 2.5k/5k/10k/15k mile road race on cycle track adjacent to A2 near Gravesend

Race HQ: Cyclopark, The Tollgate, Watling Street, Gravesend, Kent, **DA11 7NP**

Facilities: Café, changing, toilets and showers.

Parking: £3 per car

Entry Fees: In advance preferred: Seniors, U20 and over £5; Juniors U17 and under £2.50

Entries before 12:30 on day an additional £2.

Entries in advance would count as cheque or SMS or e-mail received by 17:30 Friday 8 March

By post to: David Hoben, 215 Tumpike Link, Croydon CR0 5NW.

Cheques payable to 'Veterans AC'.

Numbers: Race numbers can be collected at Registration on race day between 12:00 and 12:45pm.

The Enfield League will be over a distance of 10k, those proceeding to 15k will have a 10k time recorded additionally, all entrants competing 10k and over are automatically enrolled in the Enfield League

Enquiries: To David Hoben, walks@vetsac.org.uk or 07507158605

----- ENTRY FORM: PLEASE PRINT DETAILS -----

Surname: Forename: Male: ... Female:
Age (on race day): Date of Birth: Club/Team:
Address:
Town: Postcode: Tel no.:
Email address: Or mobile phone no

I declare that I will abide by the rules of UK Athletics rules and of the Event. I understand that I participate in this event at my own risk and that the organisers and officials will not be responsible for any accident injury, loss or damage sustained by me prior to, during or after the event.
I declare that my personal data is not shared with any third parties except as necessary for competition management. I agree that the organisers may store my personal data and results electronically. I also agree that the organisers may arrange to publish my personal details as part of the results of the event. Results may include name, club affiliation, race times and age category.

I agree that audio device headphones must not be used, and dogs are not permitted in the race.

Signed: Date: Race no. (office use only).....
(Parent or guardian if under 18 years of age)