

2021 ERWL – Fixture 13 Results

First and foremost a huge vote of thanks to Tracey Wilkinson, John Hall and all the other people who pitched in when I was unable to be at the race.

I understand that the weather was unkind which made lap scoring something of a challenge and which must have also affected the competitors, nevertheless, there were seven new badge winners: 8 miles George Wilkinson, 6 miles David Walsh, 5 miles John Arthur, Jonathan Ellerton, Nico Strydom, Francesca Dell'Oro and Amalia Christina Silva.

The virtual section of the League continues to be a focal point for walkers who can't make the real races, but wouldn't it be great if all could come together for one real race. The historic Enfield Open 7 on 13th November provides the perfect opportunity for a symbolic get together, making a statement that whilst Covid isn't yet beaten we are on top of it. Details will be out soon.

One Hour Badge Race

Men			women		© = Centurion	
1. George Wilkinson	(EHAC)	13.198	U20	1. Jaqueline Benson	(Ashford AC) 10.548	U23
2. David Annetts	(North Herts R)	12.022	M55	2. Melanie Peddle	(Loughton AC) 10.146	W50
3. David Walsh	(EHAC)	10.748	M60	3. Silvana Alves	(Barnet & D) 9.772	W45
4. Francisco Reis	(Surrey WC)	9.877	M60	4. Helen Middleton	(EHAC) 9.563	W55
5. Steve Uttley	(Ilford AC)	9.873	M65	5. Maureen Noel	(Belgrave H) 9.462	W55
6. Chris Hobbs	(Ashford AC)	9.732	M65	6. Francesca Dell'Oro	(Belgrave H) 8.794	SW
7. John Arthur	(unattached)	9.133	M60	7. Amalia Christina Silva	(Barnet & D) 8.559	W55
8. Jonathan Ellerton	(Black/Bromley)	9.113	U17	8. Elini Panayiotou	(Belgrave H) 7.597	W35
9. Stuart Bennett ©	(Ilford AC)	9.087	M60	9. Ann Marie Strydom	(Loughton AC) 6.772	W70
10. John Ralph	(EHAC)	9.039	M60	10. Shaheda Arthur	(unattached) 5.339	W60
11. Nico Strydom	(Loughton AC)	9.028	M45			
12. John Borgars ©	(Loughton AC)	8.567	M75			
13. Tony Wilkinson	(unattached)	8.111	M55			
14. David Hoben	(Surrey WC)	7.623	M65			

10km times: George Wilkinson 45.14
David Walsh 57.58

Dave Annetts 49.45
Melanie Peddle 59.03

Jacqueline Benson 57.03

Vital Races 5km

1. Emma Dyos	(Ilford AC)	28.43	W45
2. Diana Bradley	(Tonbridge AC)	31.05	W60
3. John Constandinou	(Birchfield H)	31.58	M45
4. Sara Sowerby	(unattached)	33.17	W55
5. Jessica Wilton	(Ashford AC)	33.50	Wu17
6. Keith Vallis	(Overton H)	34.06	M55
7. Tony Bell	(Lancs WC)	35.20	M55
8. Tom Casserley	(EHAC)	35.47	M80
9. Malcom Blackwood	(Trent Park)	35.47	M70
10. Ron Penfold	(Steyning AC)	35.49	M80
11. Rachel Harding	(Ashford AC)	36.14	Wu20
12. Steve Cartwright	(Bentley RC)	38.38	M60
13. Chris Flint ©	(Surrey WC)	38.49	M75
14. Tony Perkins ©	(Ilford AC)	49.23	M70

10k

			© = Centurion
1. Ian Tolchard	(SW Vets)	53.47	M50
2. Mark Williams	(Birchfield H)	54.19	M55
3. David Kates ©	(Ilford AC)	63.08	M70
4. Richard Emsley	(Desborough R)	54.16	M65
5. Cath Duhig	(CA Millennium Tor)	66.01	W65
6. Andrew Cox	(Surrey WC)	73.08	M65
7. Brian Adams	(Leicester WC)	73.31	M70
8. Fiona Bishop	(EHAC)	78.33	W60
9. Karen Williams	(Birchfield H)	82.17	W65

A big Thank you to the officials at the hour race who were

Judges: Peter Cassidy, Mark Culshaw, Shaun Lightman, Pauline Wilson ©

Timekeeper: Phil Welch - Recorders: Elizabeth & Simon Benson, Pam Ficken ©, John Hall, Carl Lawton ©, Tracey Wilkinson,

Mile/Km conversions: 1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477 - 5miles/8,047 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872