

2021 Virtual ERWL Race 5 Result

24th/25th April

Progress continues as more pb's are posted and walkers extend their distance. A word of caution though - be ever mindful of the need for good technique. The opportunity to improve again will be on 22nd/23rd May.

Lots of appreciation expressed for the improved weather conditions, even though it did mean having to dodge more pedestrians who were also out enjoying it, and special mention for June Avery who walked with a broken wrist.

An interesting entry for the last VERWL fixture was one from a Nancy Whiskey, which took my thoughts back to those early days of R & R and skiffle music in the early sixties, of programmes like 'Six Five Special' and 'Juke Box Jury' and skiffle groups like Lonnie Donegan and Chas McDevitt. The female vocalist for the latter was a Nancy Whiskey. What a coincidence I thought, until I read the comment "I was going like a train", I realised it was a ruse because she had a hit with a song entitled *Freight Train*. I suppose I could be wrong and who knows, if she turns up at a real race in the future, I'll have to eat my words.

10km men

1	George Wilkinson	(Enfield H AC)	46.40	U20
2	Jonathan Hobbs	(Ashford AC)	49.46	SM
3	David Crane	(Surrey WC)	50.24	M40
4	Mark Williams	(Birchfield H)	54.40	M55
5	David Walsh	(Enfield HAC)	59.13	M60
6	Chris Hobbs	(Ashford AC)	63.44	M65
7	David Kates ©	(Ilford AC)	63.47	M70
8	Richard Emsley	(Crawley S & S)	65.29	M65
9	Keith Vallis	(Overton H)	65.35	M55
10	John Ralph	(Enfield HAC)	67.01	M60
11	Paul Gaston	(Surrey WC)	67.37	M70
12	Stuart Bennett ©	(Ilford AC)	67.45	M60
13	John Borgars ©	(Loughton AC)	69.12	M75
14	Andrew Cox	(Surrey WC)	69.28	M65
15	Tom Casserley	(Enfield HAC)	72.00	M80
16	Marco Bernatzki	(LA Herten/Germany)	76.04	M50
17	Brian Adams ©	(Leicester WC)	79.53	M70

8km

1	Simon Morgan	(Surrey WC)	54.55	M50
2	Chris Flint ©	(Surrey WC)	59.36	M75
3	Malcolm Blackwood	(Trent Park)	59.56	M70
4	Steve Kemp ©	(Eastern MAC)	64.52	M60
5	Tony Cotton	(BRJ Run&Tr)	67.58	M80
6	Terry Braverman	(Enfield HAC)	70.55	M75

5km

1	Francisco Reis	(Ilford AC)	24.48	M60
2	David Annetts	(North Herts R)	26.45	M55
3	David Kemp	(Arena 80)	28.29	M60
4	Jonathan Ellerton	(Blackhth/Brom)	30.29	U17
5	Malcolm Martin	(Surrey WC)	30.30	M65
6	William Milsom	(unattached)	41.37	M80
7	Greg Smith	(Lancs WC)	32.08	M65
8	Tony Bell	(Lancs WC)	33.00	M55
9	Ken Bobbett	(Surrey WC)	33.12	M75

10km women

1	Millie Morris	(Ashford AC)	53.57	U20
2	Jaqueline Benson	(Ashford AC)	58.26	U23
3	Emma Dyos	(Ilford AC)	58.46	W45
4	Dianne Bradley	(Tonbridge AC)	62.02	W55
5	Fiona Bishop	(Enfield HAC)	65.51	W60
6	Helen Middleton	(Enfield HAC)	66.28	W55
7	June Avery	(Clwb Rhedeg Pontardawe)	74.32	W60
8	Kathy Crilley ©	(Surrey WC)	83.07	W70

8km

1	Grazia Manzotti	(Tonbridge AC)	49.22	W50
2	Angela Martin	(Surrey WC)	59.37	W55
3	Diana Braverman	(Enfield HAC)	61.23	W65
4	Karen Williams	(Birchfield H)	62.24	W65

5m

1	Sarah Sowerby	(unattached)	31.41	W55
2	Cath Duhig ©	(CA Millennium, Spain)	33.50	W65
3	Rachel Harding	(Ashford AC)	34.24	U20
4	Noel Blatchford	(Abingdon AC)	34.28	W70
5	Sue Clements ©	(Cambs/Col'ridge)	39.58	W65
6	Tracey Wilkinson	(unattached)	40.30	W55

Men's 5km continued

10	Glyn Jones	(Coventry Godiva)	34.06	M75
11	Jurgen Spencer	(Maidenhead AC)	34.25	M80
13	Tony Wilkinson	(unattached)	34.56	M55
14	Shaun Lightman	(Surrey WC)	38.03	M75
15	David Fall	(Birchfield H)	38.18	M75
15	Peter Crane	(Surrey WC)	39.02	M75
19	Mick Graham	(Belgrave H)	44.01	M70
18	Bill Sutherland ©	(Highgate H)	44.30	M75