

## 2022 ERWL Fixture Five Results

### 7th Cecil Gittins Memorial Walks, incorporating ERWL Fixture 5

(Permit No RWA22027-1 Cat B)

Cyclopark, Gravesend on 21<sup>st</sup> May 20221

Veterans AC were pleased to host the seventh running of this event in fine sunny and warm conditions on a dedicated cycle circuit with its many gradients and bends and whilst there were fewer entries than in 2021, there were more finishers.

Before the start there was a moment of silence in memory of Lyn Atterbury a runner and race walker who recently passed away

Melanie Peddle led the 10km field home and Dave Walsh in second place was the first man to finish, whilst in the 5km the RWA President was victorious and Amalia Cristina Silva with a pb was the first lady. Other features of the event was the huge 7 minute pb by Lesley Morris and after a lengthy absence from racing the re-appearance of Dave Kates and Ed Shillabeer. recently. *Full report with photographs on Vets AC website.*

| 10km                |               |           | 5km                 |                 |           | © = Centurion |
|---------------------|---------------|-----------|---------------------|-----------------|-----------|---------------|
| 1. Melanie Peddle   | (Loughton AC) | 58.36 W50 | 1. Chris Hobbs      | (Ashford AC)    | 32.47 M65 |               |
| 2. David Walsh      | (Enfield HAC) | 59.02 M60 | 2. Rachel Lawless   | (Ilford AC)     | 33.01 W60 |               |
| 3. Trevor Jones     | (Steyning AC) | 60.04 M65 | 3. Amalia da Silva  | (Belgrave H)    | 34.29 W55 |               |
| 4. Emma Dyos        | (Ilford AC)   | 62.10 W45 | 4. Mark Mears       | (unattached)    | 34.29 M45 |               |
| 5. John Arthur      | (Ilford AC)   | 63.35 M60 | 5. Ron Penfold      | (Steyning AC)   | 35.52 M80 |               |
| 6. Stuart Bennett © | (Ilford AC)   | 64.45 M60 | 6. David Hoben      | (Surrey WC)     | 38.10 M65 |               |
| 7. Simon Morgan     | (Ilford AC)   | 67.48 M50 | 7. Steve Cartwright | (Gt. Bentley R) | 38.36 M60 |               |
| 8. David Kates ©    | (Ilford AC)   | 69.33 M70 | 8. Ed Shillabeer ©  | (Ilford AC)     | 46.22 M80 |               |
| 9. Fiona Bishop     | (Enfield HAC) | 69.58 M60 | 9. Dave Ainsworth © | (Ilford AC)     | 46.22 M80 |               |
| 10. Lesley Morris   | (Ilford AC)   | 70.31 W60 | 10. Shaheda Arthur  | (Ilford AC)     | 52.56 W60 |               |
| 11. Chris Flint ©   | (Surrey WC)   | 79.01 M75 |                     |                 |           |               |

Judges: Peter Cassidy, Elizabeth & Simon Benson, Shaun Lightman, Pauline Wilson ©

Timekeepers/ Recorders: David Harris, Maggie Statham-Harris, Pam Ficken ©

Hospitality: Cyclopark, Gravesend - First Aid: Medical Dispatch

### ERWL Virtual Result for Fixture 5

| 10km                |                  |           | 5km               |                |           | © = Centurion |
|---------------------|------------------|-----------|-------------------|----------------|-----------|---------------|
| 1. George Wilkinson | (Enfield HAC)    | 47.26 M43 | 1. John Borgars © | (Loughton AC)  | 33.35 M75 |               |
| 2. David Annetts    | (N.Herts RR)     | 48.26 M55 | 2. Karen Williams | (Birchfield H) | 45.56 W45 |               |
| 3. Mark Williams    | (Birchfield H)   | 53.27 M55 | 3. Tony Perkins © | (Belgrave H)   | 49.45 M70 |               |
| 3. Richard Emsley   | (Desborough R)   | 62.20 M55 |                   |                |           |               |
| 4. Helen Middleton  | (Ilford AC)      | 68.19 W55 |                   |                |           |               |
| 5. Cath Duhig ©     | (CAM Torregieva) | 68.41 W65 |                   |                |           |               |
| 6. Keith Vallis     | (Overton H)      | 68.59 M55 |                   |                |           |               |
| 7. Paul Gaston      | (Surrey WC)      | 69.55 M70 |                   |                |           |               |
| 8. Marco Bernatzski | (LA Herten/Ger)  | 71.24 M50 |                   |                |           |               |
| 9. Fiona Bishop     | (Enfield HAC)    | 80.06 M70 |                   |                |           |               |
| 10. Lesley Morris   | (Ilford AC)      | 70.31 W60 |                   |                |           |               |
| 11. Brian Adams ©   | (Leicester WC)   | 79.01 M75 |                   |                |           |               |

### 2022 ERWL Sixth Fixture

Permit Applied for – cat B

### Moulton Walks

**Saturday 11<sup>th</sup> June starting at 12.30pm**

See attached Flyer – Hope you can make it

**A reminder** that Steve Kemp C1075 is organising social walk in **Constable Country on 28<sup>th</sup> May**, taking in the villages of Dedham, East Bergholt and Flatford Mill, a distance of just over 7 miles. The walk leader will Kim Howard C1020 and it starts at the Milsoms Hotel, Stratford Road, Denham, Colchester CO7 6HW at 10:30am.

For further details contact Steve Kemp on 07860 617899. For more information visit Centurions 1911 website