

Abigail Jennings demonstrated why she is England's current leading female walker, with a convincing performance, when repeating her victory in this fixture in 2023. That win triggered off a season in which she went on to win all the EA titles she contested and posted a host of pb's on the way. I'm sure all connected with the ERWL wish her the same progress over the next twelve months.

Thankfully, although the temperature was hovering around zero, there was an absence of strong winds and it was dry and an entry of twenty a little disappointing. Looking on the bright side Trejan Checheku-Boamah collected his second EAPB certificate improving by over half a minute in the process.

Nine people registered a Virtual performance along with their appreciation of this method of staying in touch with race walking and providing the spur to keep training.

A determined Trejan Checheku-Boamah



10km

1	Abigail Jennings	Aldershot FD	50.35 SW
2	Grazina Manzotti	Ashford AC	57.26 W50
3	Melanie Peddle	Loughton AC	59.50 W55
4	Jaqui Benson	Ashford AC	61.56 SW
5	Stuart Bennett ©	Ilford AC	67.06 M65
6	John Arthur	Ilford AC	68.00 M60

5km David Ainsworth © Ilford AC 47.08 M75

Under 13 Girls 2km

Lily Ann Cooper Nkt Joggers 14.50

Under 15 Boys 3km

Trejan Checheku-Boamah
Blackheath & Bromley 17.33

Trejan went on to complete 4km in 23.28

B Race Results

10km

1	Maureen Noel	Belgrave H	64.40 W60
2	Mike George	Unattached	64.44 M55
3	Simon Morgan	Ilford AC	68.00 M55
4	Chris Hobbs	Ashford AC	68.10 M65
5	John Borgars ©	Loughton AC	71.30 M75
6	Sue Barnett	Enfield HAC	72.38 W70

8km

1	Chris Flint ©	Surrey WC	65.13 M75
2	Kathy Crilley ©	Surrey WC	66.13 W75
3	Paul Firmage	Ryston R	67.51 M65

5km

1	Sheila Leavy	North Herts RR	40.30 W70
2	Shaheda Arthur	Ilford AC	50.43 W60

Timekeeper/Recorders: Phil Welch, Pam Ficken © & Tracey Wilkinson

Judges: E. & S.Benson, S.Cartwright, P.Cassidy, M.Graham & S.Lightman

Race Organiser: Tracey Wilkinson J/Runner: D.Annetts. Volunteers: John Hall & Jon May

Virtual Result

10km

1	Mark Williams	Birchfield H	56.05 M55
2	Cath Duhig ©	CA Millennium	67.39 W65
3	Marco Bernatzki	SuS Schalke 96	72.04 M65

5km

1	Richard Emsley	Corby AC	35.11 M70
2	Ron Penfold	Steyning AC	37.47 M80
3	Mick Graham	Belgrave H	40.05 M70
4	Tony Wilkinson	unattached	39.17 M60
5	Karen Williams	Birchfield H	42.29 W70
6	Tony Perkins ©	Ilford AC	50.32 M70



Photos by Dave Annetts