



Excellent Olympic Debut for Callum Wilkinson

Congratulations to Callum Wilkinson on his 10th place Olympic debut. A large screen in the village hall enabled the Moulton community to support him as one. There was a terrific atmosphere. People who knew nothing about the discipline had their eyes riveted to the screen and spontaneous cheering and clapping broke out whenever a glimpse of him was caught or when his name appeared in the race positions, getting louder and louder as he moved up places from the 42nd he was in at 2km.

I chatted with Callum the day after his return from Japan and he told me that prior to the race, he had a dilemma in respect of his warm-up routine. In normal circumstances, it is of necessity a lengthy process to ensure that he is technically sound from the report of the starter's gun. But, in the oppressive heat he decided that a sacrifice in warmup energy would pay dividends in respect of energy levels in the latter stages of the race. As a result, he wasn't quite a fluid as he would like to have been in the early stages, but nevertheless he remained card-less, and it proved a wise strategy, as he worked his way through the field (57 starters) to finished only 70 seconds from the bronze medal position.



The Gold medallist was Massimo Stano (Italy) 81.05 ahead of the Japanese duo of Koki Ikeda 81.14 and Toshikazu Yamanishi 81.28. Callum's time was 82.38 and Tom Bosworth who finished 6th at the last Olympics finished 25th this time in 25.57.

Virtual League tables

Jaqueline Benson is the overall Individual League leader ahead of Mark Williams with chasing packs behind them, although Millie Morris along with George Wilkinson and Jonathan Hobbs with races in hand could still surprise. Teamwise, EHAC and Ashford are well ahead with not much separating the Surrey WC and Ilford AC.

So far 85 walkers of whom 14 are Centurions, from 36 clubs have participated in the series. Thanks to Jon May and his daughter Jenny for compiling the tables.

Ladies	Men	Masters Category leaders
1 681/9 Jacqueline Benson <i>u23</i>	1 650/9 Mark Williams	35 -----
2 572/9 Helen Middleton	2 638/9 Chris Hobbs	40 ----- David Crane
3 547/9 Fiona Bishop	3 630/9 David Kates ©	45 Emma Dyos -----
4 526/7 Millie Morris <i>u20</i>	4 607/9 John Ralph	50 Grazia Manzotte Dave Walsh
5 478/8 Cath Duhig ©	5 604/8 George Wilkinson <i>u20</i>	55 Helen Middleton Mark Williams
6 466/9 Karen Williams	6 567/9 Paul Gaston	60 Fiona Bishop John Ralph
7 448/9 Diana Braverman	7 553/7 Jonathan Hobbs	65 Cath Duhig © Chris Hobbs
8 422/6 Diane Bradley	8 534/8 Dave Annetts	70 Noel Blatchford Dave Kates ©
9 420/9 Angela Martin	9 510/8 Keith Vallis	75 ----- T.Braverman
10 419/9 Sarah Sowerby	10 509/9 Brian Adams	80 ----- Tom Casserley

Team Table

1. EHAC	3261	607 Ralph, 604 Wilkinson, 572 Middleton, 547 Bishop, 483 Walsh, 448 Braverman D
2. Ashford AC	2655	681 Benson, 638 Hobbs C, 553 Hobbs J, 526 Morris C, 190 Harding, 67 Wilton
3. Surrey WC	2242	567 Gaston, 420 Martin A, 305 Crane D, 337 Martin M, 329 Flint, 286 Cox
4. Ilford AC'	2163	630 Kates, 481 Morgan, 336 Dyos, 276 Shillabeer, 250 Bennett, 190 Perkins.
5. Birchfield H	1356	650 Williams M, 466 Williams K, 217 Fall, 23 Barnett.

Pat Furey Joins the 80's Club

The larger than life Enfield stalwart Pat Furey, celebrated his 80th Birthday on Sunday 15th August.

Pat's CV reads: Irish full International, 5 times' Irish Champion, former Middlesex County Champion, London Transport track record holder, race organiser (including several EO7's), race walking office holder, esteemed Club Life Member, beneficiary/sponsor and prolific race walking participant - on road, track and grass. Impressive is an understatement!

And so too Alan O'Rawe

Leaguer and Centurion ALAN O'RAWE hits the same milestone on Saturday 21 August. His career started at Southend AC when it was one of the premier walking clubs in the country and raced any distance between 1 and 100 miles. In the early 2000's, in Ilford colours he was an ever-present at League fixtures.

See Essex Walker for in depth reviews of both careers

2021 VERWL Fixture 8 Result – 3rd/4th July

10km men

1 Dave Walsh	(Enfield H AC)	48.09	M60
2 George Wilkinson	(Enfield H AC)	48.37	u20
3 Mark Williams	(Birchfield H)	53.12	M55
4 Ian Tolchard	(S/West Vets)	55.09	M50
5 Dave Annetts	(N.Herts RR)	59.22	M55
6 Chris Hobbs	(Ashford AC)	63.40	M65
7 David Kates ©	(Ilford AC)	63.54	M70
8 Keith Vallis	(Overton H)	66.27	M55
9 Stuart Bennett ©	(Ilford AC)	67.22	M60
10 John Ralph	(Enfield H AC)	67.40	M60
11 Simon Morgan	(Ilford AC)	68.56	M50
12 Marco Bernatzki	(LA Herten/Germany)	69.11	M50
13 Paul Gaston	(Surrey WC)	69.32	M70
14 Brian Adams ©	(Leicester WC)	77.25	M70

8km

1 Fransico Reis	(Surrey WC)	45.00	M60
2 John Borgars ©	(Loughton AC)	56.00	M75
3 Malcolm Marritin	(Surrey WC)	56.01	M65
1 Steve Kemp ©	(Eastern MAC)	60.00	M60

5km

1 Ron Penfold	(Steyning AC)	34.58	M75
2 Tony Bell	(Lancs WC)	35.21	M55
3 Shaun Lightman	(Surrey WC)	35.26	M75
4 Steve Uttley	(Ilford AC)	35.45	M60
5 Malcolm Blackwood	(Trent Park)	36.59	M70
6 Andy Tweed	(Enfield HAC)	37.14	M70

10km women

1 Millie Morris	(Ashford AC)	54.29	U20
2 Jaqueline Benson	(Ashford AC)	57.59	U23
3 Dianne Bradley	(Tonbridge AC)	63.02	W55
4 Cath Duhig ©	(CA Millennium, Spain)	65.45	W65
5 Helen Middleton	(Enfield HAC)	66.12	W55
6 Fiona Bishop	(Enfield HAC)	69.56	W60

8km women

1 Angela Martin	(Surrey WC)	60.31	W55
2 Diana Braverman	(Enfield HAC)	63.18	W65
3 Karen Williams	(Birchfield H)	63.20	W65

5km

1 Sarah Sowerby	(unattached)	33.50	W55
2 Rachel Harding	(Ashford AC)	34.43	U20
3 Tracey Wilkinson	(unattached)	41.12	W55

Men's 5km continued

7 Mick Graham	(Belgrave H)	39.11	M70
8 Tony Cotton	(BRJ R & T)	39.34	M80
9 Tony Wilkinson	(unattached)	40.00	M55
10 Terry Braverman	(Enfield HAC)	43.41	M75
11 Bill Sutherland ©	(Highgate H)	45.10	M75
12 Dave Ainsworth ©	(Ilford AC)	45.58	M70
13 Tony Perkins	(Ilford AC)	46.06	M70

Eighth Fixture Comments

Shaun Lightman I went over the Alps of the Huntingfield course. The weather was humid with frequent showers.

Andy Tweed Slow time on an undulating 5 lap circuit.

Bill Sutherland Bit slow suffering from the hills on the Isle of Wight no less! Shanklin is an ideal place for a training weekend With Channel View a great place to stay

Diana Braverman Crops are ripening and poppies fill the field margins. It's lovely to look at, but not helping me go any faster!!

Dave Walsh Back in London so did Regent's canal and Victoria Park. I think the calves are getting stronger, the toe off and pushing back techniques are beginning to work, but am I legal??? I desperately need some supervision to be confident. Difficult to accept that I'm now walking faster than I can currently run.

Diane Bradley Well what a mixture of weather we had today in Tonbridge, one moment lovely warm sunshine, the next heavy rain – well that's the British weather for you.

Simon Morgan Slightly slower than last time, but had to stop twice; Once to pick up the energy gel that became unclipped, then later when by shoelace became undone.

Paul Gaston Very early morning time trial as I'm off to officiate at a feel race on the Brecon Beacons!

2021 ERWL Integrated R & V result - 31st July/1st August)

1	George Wilkinson	(Enfield H AC)	22.12 u20
2	Mark Williams	(Birchfield H)	25.244 M55
3	Jaqueline Benson	(Ashford AC)	28.03 U23 W1
4	Francisco Reis	(Surrey WC)	28.22 M60
5	Grazia Manzotti	(Tonbridge AC)	29.04 W50 W2
6	David Walsh	(Enfield H AC)	29.31 M50
7	Steve Uttley	(Ilford AC)	29.52 M
8	Colin Harle	(Belgrave H)	30.33 M60
9	David Kates ©	(Ilford AC)	30.35 M70
10	Stephen Evans	(Ilford AC)	30.39 M60
11	Christopher Hobbs	(Ashford AC)	30.48 M65
12	Suzanne Beardsmore ©	(Abingdon AC)	3
1.15	W50 W3	spin along the front. He was very encouraging, and I have had a few	
13	Helen Middleton	(Enfield HAC)	31.29 W55 W4
14	Jessica Wilton	(Ashford AC)	32.01 U17 W5
15	Tony Bell	(Lancs WC)	32.25 M55
16	John Borgars ©	(Loughton AC)	32.37 M75
17	Keith Vallis	(Overton H)	32.37 M55
18	John Ralph	(Enfield H AC)	32.38 M60
19	Richard Emsley	(Desborough R)	32.54 M60
20	Paul Gaston	(Surrey WC)	32.58 M70
21	Sue Barnett	(Enfield H AC)	33.26 W70 W6
22	Simon Morgan	(Ilford AC)	34.00 M50
23	Noel Blatchford	(Abingdon AC)	34.14 W70 W7
24	Tom Casserley	(Enfield HAC)	34.17 M80
25	Andy Tweed	(Enfield HAC)	34.49 M70
26	Sarah Sowerby	(unattached)	34.54 W55 W8
27	Fiona Bishop	(Enfield HAC)	34.59 W60 W9
28	Rachel Harding	(Ashford AC)	35.10 u20 W10
29	Shaun Lightman	(Surrey WC)	35.11 M75
30	June Avery	(Surrey WC)	36.05 W60 W11
31	Angela Martin	(Surrey WC)	36.28 W55 W12
32	Malcolm Martin	(Surrey WC)	36.28 M65
33	Malcolm Blackwood	(Trent Park)	36.30 M70
34	Brian Adams ©	(Leicester WC)	36.50 M70
35	Tony Wilkinson	(Unattached)	36.51 M55
36	Diana Braverman	(Enfield HAC)	37.05 W65 W13
37	Karen Williams	(Birchfield H)	38.03 W65 W14
38	David Hoben	(Surrey WC)	37.54 M65
39	Chris Flint ©	(Surrey WC)	38.42 M75
40	Adrian Moore	(Unattached)	37.14.62 M
41	Tony Cotton	(BRJ R&T)	38.55 M80
42	Mick Graham	(Belgrave H)	38.57 M70
43	Terry Braverman	(Enfield HAC)	40.13 M75
44	Tracey Wilkinson	(Unattached)	42.02 W55 W15
45	Tony Perkins	(Ilford AC)	47.32 M70
46	Bill Sutherland ©	(Highgate H)	48.23 M75
	Maddy Shott	(Belgrave H)	dnf sw

Ninth Fixture Virtual comments

Noel Blatchford

I opted for the Virtual League rather than travelling up to London for the 'real' thing, as Andrew and I had signed up to volunteer at Abingdon's parkrun. (Andrew is one of Abingdon's run Directors) It was great to see so many people really appreciating its return.

Richard Emsley

The first race for my new club.

Andy Tweed

I recently met up with George Nibre in Frinton while on holiday and had

training sessions since.

Bill Sutherland

My time for 5km in the Highbury Fields Park Run was the fastest in the 75/79 age graded category. Onwards and Upwards as the saying goes!

The Judges at The Stone X Stadium

Mick Graham Mark Culshaw, Shaun Lightman, Ron Wallwork©

The Recorders at The Stone X Stadium

LICC officials, Pam Ficken ©, Tracey Wilkinson,



Walkers, officials and families at the Stone X stadium

Leaguers in Action To qualify for Leaguer Status an athlete must participate in a six ERWL fixtures in a calendar year.

Dan Maskell was 5th/68.51 in the **Lancs WC Barnard 10km** on 3rd July. The race winner was Adrian Edwards 61.01.

Melanie Peddle now the Essex AA race walking Hon.Sec won the **England Master's inter-area 2km** at Nuneaton on 18th July in 10.28 and Emma Dyos finished 3rd in 10.58.

The third of the regular **VAC Battersea Park races** took place in perfect summer weather on 13th July in line with the present COVID-19 regulations. The course was 5k again, with the walkers in the last wave start.

Fast finishing Dave Annetts (N Herts Road Runners) won in a slightly better time than the previous month's race, whilst Melanie Peddle (Loughton AC) had her first win at Battersea Park this summer, in a time not far off her PB and Lesley Morris (Ilford AC) went home with a new PB, over 30 seconds improvement. All but one of the eight finishers were Leaguers with the exception being Colin Harle (Belgrave H) who finished in a very respectable time at his first attempt in this event.

The result: Dave Annetts 24.23, Melanie Peddle 28.08, Colin Harle 31.13, Maureen Noel 32.38, Fiona Bishop 33.36, Lesley Morris 33.37, Dave Hoben 37.39 and Chris Flint 38.09.

Lesley, Melanie and Fiona at Battersea Park

At the **Ashford AC** open meeting on 22nd July Millie Morris clocked 9.54, Jacqueline Benson 10.09 and Centurion Chris Flint 14.48

In the second of the **Woodford Tuesday 3km walks** on 27th July, Luc Legon and Hannah Hopper again finished winners, Luc in 13.57 and Hannah in a pb of 15.10. Leaguers in the 14 strong line up included Steve Crane 15.40, Melanie Peddle 16.00 bp, Emma Dyos 16.33bp, Steve Uttley 17.07, Stuart Bennett 18.36, Lesley Morris 19.36pb, John Borgars 20.26 and Geraldine Legon 24.08.

In winning, Melanie Peddle 15.44, improved her pb in the **final 3km walk of the WT Meetings** on 8th August as did Emma Dyos 4th/16.28. Other Leaguers in the eight strong field race were Stuart Bennett 18.11, John Borgars 19.19 who both improved on their previous outings in the race this year and Lesley Morris 19.43.

The individual Series winners were raiders from south of the Thames Hannah Hopper and Luc Legon, but Ilford emerged the team winners. I'm sure I express the gratitude of all the competitors to Pauline Wilson and Peter Cassidy and of course the Woodford Club, for getting the Series up and running in spite of Covid-19.

Dominic King 1st/12.19 and brother Daniel 2/12.51 dominated the **Essex 3km track championships** at Chelmsford on 1st August. Stephen Crane was 3rd/15.23. Emma Dyos took the Women's title in 16.35 with Lesley Morris 2nd/19.44.

Competing as a guest in the **Welsh AA championships 10km** held at Cardiff on Sunday 15th August, George Wilkinson set a pb of 44.48 behind another guest IOM's Tom Partington 43.43 and Tonbridge's Guy Thomas 44.05 who actually won the Welsh Title.

On the same day at Chorley, Lancs WC promoted its annual **Reg Goodwin Trophy 10km**. The promoting club's Adrian Edwards 60.52 was the winner and Leaguer Dave Hoben (Surrey WC) took part and clocked 72.04. *There is a tenuous link here, because Reg Goodwin was a Surrey WC member when he won the Olympic silver medal at the 1924 Games staged in Paris. The distance was 10km and was won by Italy's Ugo Frigerio in 47.49. Reg clocked 48.37. He spent much of his later life in the Leigh area of Lancashire, and I remember meeting him several times when I first started race walking in the late fifties.*

Forthcoming events

SOUTHEND-ON-SEA AC VIRTUAL 1 MILE For a second successive year the best supported Essex walking race isn't going to be held - for obvious reasons. As for being the best supported - well - the 2020 August Bank Holiday Monday Southend-on-Sea Virtual Mile saw 65 competitors. Yes, you read it correctly - 65. There were overseas entries!

Can those numbers or better be matched or exceeded this year? To enter please submit your one-mile time, from a performance any time **between 21 August to 31 August**. **Entries close 23.59 hours on the final date**. As well as your time please state your name, Club, Centurion Number (if applicable) and age/category.

This year John Constandinou has offered to "do the business" so will accept your entries and then declare a result - enter at: jconstandinou@hotmail.com

2021 Moulton Five + Junior/Novice mile

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP

Saturday 11th September 12.30pm

Tokyo memorabilia among the prizes

Entries before Monday 6th September £6 - on the day £8 to Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 - ronc893moulton@gmail.com

5 in the hour badge for walkers not previously qualified

