

The race held in dry overcast conditions with the temperature around 10c was dominated by Dave Annetts who had a huge winning margin. He had close attendance from Maddy Shott and George Wilkinson for the first couple of miles then walked away from them. Nevertheless, the performance of Maddy Shott, who gained her first international selection following her win at the EA Indoor championships the previous week, confirms her progress in the discipline.

A feature of the race was the fine showing of the Kent ladies who made the lengthy journey from south of the river and all of whom easily qualified for their "5 in the Hour" badges as indeed did Ilford's Emma Dyos.

It was good to see 2006 League champions Anne and Trevor Jones at the event, the latter showing that he has not lost the action to travel at a decent pace.



Dave Annetts forces the pace in the early stages

Centurion and Enfield stalwart Ken Livermore presented the awards for the 2018 season among them "The Officials Trophy" in recognition for his unstinting services, often behind the scenes to the ERWL as well as racing whenever he can.

ERWL 2019 race 1 result 5 miles **QEII playing Fields, Enfield** **12th January**

Permit: RWA9023-1

men				women			
	age	club	Time		age	club	time
1	David Annetts	M50 N.Herts RR	38.54	1	Maddy Shott	SW Belgrave H	40.54
2	George Wilkinson	u17 EHAC	42.31	2	Millie Morris	U17 Maid/Medway	46.28
3	David Crane	M40 Surrey WC	42.41	3	Jacqueline Benson	U20 Ashford AC	46.45
4	Jim Ball	M55 Steyning AC	46.13	4	Grace Whittingham	U17 Ashford AC	47.20
5	Christopher Hobbs	M60 Ashford AC	47.21	5	Emma Dyos	W40 Ilford AC	48.13
6	Trevor Jones	M60 Steyning AC	47.33	6	Helen Middleton	W55 EHAC	48.28
7	Martin Fisher ©	M55 Redcar RWC	48.22	7	Melanie Peddle	W50 Loughton AC	49.53
8	Stuart Bennett ©	M60 Ilford AC	48.26	8	Rachel Lawless	W55 Ilford AC	53.29
9	Mark Culshaw	M50 Ilford AC	49.54	9	Fiona Bishop	W55 EHAC	54.30
10	John Hall	M65 Belgrave H	51.32	10	Noel Blatchford	W70 Abingdon AC	55.00
11	John Ralph	M60 EHAC	52.08	11	Sue Barnett	W65 EHAC	55.15
12	Malcolm Blackwood	M65 Trent Park	56.46	12	Lesley Hall	W60 Ashford AC	55.20
13	Steve Cartwright	M60 Colch/Tend	57.19	13	Lesley Morris	W55 Ilford AC	56.09
14	Shaun Lightman	M75 Surrey WC	57.41	14	Jo Miles	W60 unattached	56.13
15	Bob Dobson ©	M75 Ilford AC	59.18				
16	Arthur Thomson	M80 EHAC	62.24				

Officials:

Judges: Ray Pearce (Chief), Steve Cartwright, Peter Cassidy, Mick Graham, Ray Pearce, Pauline Wilson ©
Recorders: Phil Welch, Pam Ficken©, Carl Lawton© Daniel Spinks - *Registration:* Margaret Livermore, Linda Spinks
Judges Runner: Barbara Ralph - *Marshalls:* John Borgars ©, Jack Rossiter © - *Event Organiser:* Ron Wallwork ©