

2021 ERWL Fixture race 10 results

21st/22nd August

Plenty of action over the weekend with Masters events at Derby and SEAA championships at Kingston upon Thames as well as the ERWL/LICC race at Stone X Stadium. Some of the virtual results were set in race conditions at Kingston.

The next fixture is the Moulton Five on 11th September. Two Tokyo Olympians separated by 65 years, have indicated their intentions to be there. Ray Middleton (1964 50km) will start the race and Callum Wilkinson will compete – a unique occasion.

I have attached a flyer with the Moulton Details and hope to see you there.

Stay Active – stay Healthy, Ron

Virtual 5km – 21st/22nd August

1 Jonathan Hobbs	(Ashford AC)	23.44 SM
2 Mark Williams	(Birchfield H)	25.08 M55
3 Millie Morris	(Ashford AC)	26.48 u20 W1
4 Ian Tolchard	(SW Vets)	27.24 W50
5 Jacqueline Benson	(Ashford AC)	27.56 u23 W2
6 Grazia Manzotte	(Tonbridge AC)	28.28 w50 W3
7 David Walsh	(Enfield H AC)	29.44 M60
8 David Kates ©	(Ilford AC)	30.46 M70
9 Helen Middleton	(Enfield HAC)	31.20 W55 W4
10 Christopher Hobbs	(Ashford AC)	31.21 M65
11 Richard Emsley	(Desborough R)	31.52 M65
12 Malcolm Martin	(Surrey WC)	32.32 M65
13 Simon Morgan	(Ilford AC)	32.59 M50
14 Sarah Sowerby	(unattached)	33.01 W55 W5
15 Keith Vallis	(Overton H)	34.10 M55
16 Paul Gaston	(Surrey WC)	34.25 M70
17 Fiona Bishop	(Enfield HAC)	34.49 W60 W6
18 Andrew Cox	(Surrey WC)	35.01 M65
19 Ron Penfold	(Steyning AC)	35.35 M75
20 Diana Braverman	(Enfield HAC)	36.02 W65 W8
21 Brian Adams ©	(Leicester WC)	36.42 M70
22 Chris Flint ©	(Surrey WC)	37.42 M75
23 Angela Martin	(Surrey WC)	37.50 W55 W9
24 Mick Graham	(Belgrave H)	38.39 M70
25 Karen Williams	(Birchfield H)	38.53 W65 W10
26 David Fall	(Birchfield H)	39.11 M75
27 Tracey Wilkinson	(Unattached)	39.32 W55 W11
28 Terry Braverman	(Enfield HAC)	40.13 M75
29 Tony Cotton	(BRJ R&T)	39.57 M80
30 Bill Sutherland ©	(Highgate H)	47.59 M75
31 Tony Perkins ©	(Ilford AC)	48.01 M70

LICC 5km track race – 21st August at the StoneX stadium

1 George Wilkinson	(Enfield H AC)	23.48.08 u20
2 Dave Annetts	(N.Herts RR)	24.14.34 M55
3 Maureen Noel	(Belgrave H)	31.34.30 W60 W1
4 John Ralph	(Enfield H AC)	32.52.25 M60
5 Sue Barnett	(Enfield H AC)	33.01.35 W70 W2
6 Tony Wilkinson	(Unattached)	34.02.42 M55
7 Tom Casserley	(Enfield HAC)	34.49.05 M80
8 Adrian Moore	(Unattached)	36.24.23 M50
9 David Hoben	(Surrey WC)	36.50.24 M65

Walkers and Officials at the Stone X Stadium



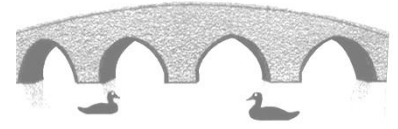
Spanning six decades Join Two Tokyo Olympians at the

2021 Moulton Walks

5 mile Challenge + Junior/Novice mile

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

Saturday 11th September 12.30pm



The Moulton walks are special this year. Not just because the race is on again after the pandemic lockdown, but because it will be a unique situation as Tokyo Olympians from different centuries will meet. Ray Middleton 50km in 1964 and Moulton villager Callum Wilkinson 20km 2020 will meet up. Ray has kindly agreed start the race and Callum intends to race it.

Ironically, another Moulton special moment with a connection to the 1964 Olympic Games occurred in 2013 when the 50km silver medallist Paul Nihil chose the Moulton 5 as his last race

Further details, entries online at: <https://moultonsuffolkracewalk.weebly.com>

or Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or ronc893moulton@gmail.com

Entries before 6th September: 5 miles £6 - 1 mile £3 (On the day + £2)
Cheques made payable to: "Moulton Walks"



5 Miles in the hour badge for walkers not previously qualified

Incorporates Suffolk County AA championships

Participants are invited to use the walks as a sponsored event for the charity of their choice

Moulton 5 Mile Challenge - Junior/Novice 1 mile Entry Form

Registration may be sent by email but will only be accepted and confirmed upon receipt of registration fee

To Ron Wallwork: 35A Newmarket Road, Moulton, Suffolk, CB8 8QP or ronc893moulton@gmail.com

Name _____ telephone No. _____

Address or email

Age _____ Club/School/Organisation _____

Please enter me /my daughter/son in the 2021 Moulton Walks for the **Junior/Novice 1 mile / Moulton 5 Mile Road Walk Challenge** on Saturday 11th September (*Delete which not applicable*)

I understand that I must read and abide by the safety rules which will be issued to me when I register on the day and acknowledge that I participate in this event completely at my own risk and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury. I realise that roads are open to traffic, and it may be dangerous to walk on roads with traffic, but it is my personal choice to do so.

I further declare that I am physically fit to compete over the distance entered and will not hold the organisers responsible for any illness, injury or loss that occurs to myself either or as a result of my travelling to, participating in, or as a result of having participated in the said event.

Parents/Guardians. I give permission for my son/daughter to take part in this event and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

Signed _____ date _____

Parent or Guardian if applicable

Entries confirmed by email or by post if stamped addressed envelope is sent with entry

Data Protection: Information requested here is for contact details only in connection with this event. If you wish to be informed about the 2022 Walks please tick: **YES/NO**