

2021 ERWL race 9 results

31st July/1st August

Thank you for the good support of both races. A total of 47 took part and at the StoneX stadium it was really uplifting to see and meet up with walkers officials and families after such a long break. A warm welcome to newcomers Jessica Wilton and Adrian Moore.

The next fixture is on 21st/22nd August. The distance is 5km and there will be the option to race real or virtual. However, I draw **special attention to Saturday 11th September, when I hope you will support the reality Moulton Five miles** if you possibly can.

In the meantime

All Best wishes to Leaguer Callum Wilkinson and Tom Bosworth on this coming Thursday morning in their bids for Olympic glory. The last time the games were staged in Tokyo, Ken Matthews struck gold in the 20km with what remains the biggest winning margin, almost 400m and Paul Nihill took silver in the 50km only 19 seconds behind the winner.

Virtual 5km - 31st July/1st August

| | | | |
|------------------------|----------------|-------|---------|
| 1 Mark Williams | (Birchfield H) | 25.44 | M55 |
| 2 David Kates © | (Ilford AC) | 30.35 | M70 |
| 3 Stephen Evans | (Ilford AC) | 30.39 | M60 |
| 4 Suzanne Beardsmore © | (Abingdon AC) | 31.15 | W50 W1 |
| 5 Helen Middleton | (Enfield HAC) | 31.29 | W55 W2 |
| 6 Jessica Wilton | (Ashford AC) | 32.01 | U17 W3 |
| 7 Tony Bell | (Lancs WC) | 32.25 | M55 |
| 8 Keith Vallis | (Overton H) | 32.37 | M55 |
| 9 Richard Emsley | (Desborough R) | 32.54 | M60 |
| 10 Paul Gaston | (Surrey WC) | 32.58 | M70 |
| 11 Simon Morgan | (Ilford AC) | 34.00 | M50 |
| 12 Noel Blatchford | (Abingdon AC) | 34.14 | W70 W4 |
| 13 Andy Tweed | (Enfield HAC) | 34.49 | M70 |
| 14 Sarah Sowerby | (unattached) | 34.54 | W55 W5 |
| 15 Fiona Bishop | (Enfield HAC) | 34.59 | W60 W6 |
| 16 Rachel Harding | (Ashford AC) | 35.10 | U20 W7 |
| 17 Shaun Lightman | (Surrey WC) | 35.11 | M75 |
| 18 June Avery | (Surrey WC) | 36.05 | W60 W8 |
| 19 Angela Martin | (Surrey WC) | 36.28 | W55 W9 |
| 20 Malcolm Martin | (Surrey WC) | 36.28 | M65 |
| 21 Malcolm Blackwood | (Trent Park) | 36.30 | M70 |
| 22 Brian Adams © | (Leicester WC) | 36.50 | M70 |
| 23 Diana Braverman | (Enfield HAC) | 37.05 | W65 W10 |
| 24 Karen Williams | (Birchfield H) | 38.03 | W65 W11 |
| 25 Chris Flint © | (Surrey WC) | 38.42 | M75 |
| 26 Tony Cotton | (BRJ R&T) | 38.55 | M80 |
| 27 Mick Graham | (Belgrave H) | 38.57 | M70 |
| 28 Terry Braverman | (Enfield HAC) | 40.13 | M75 |
| 29 Tracey Wilkinson | (Unattached) | 42.02 | W55 W12 |
| 30 Tony Perkins | (Ilford AC) | 47.32 | M70 |
| 31 Bill Sutherland © | (Highgate H) | 48.23 | M75 |

LICC 5km track race - 31st July at the StoneX stadium

| | | | |
|---------------------|----------------|-----------|--------|
| 1 George Wilkinson | (Enfield H AC) | 22.12.31 | U20 |
| 2 Jaqueline Benson | (Ashford AC) | 23.03.70. | U23 W1 |
| 3 Francisco Reis | (Surrey WC) | 28.22.23 | M60 |
| 4 Grazia Manzotte | (Tonbridge AC) | 29.04.23 | W55 W2 |
| 5 David Walsh | (Enfield H AC) | 29. 31.67 | M50 |
| 6 Steve Uttley | (Ilford AC) | 29.52.45 | M |
| 7 Colin Harle | (Belgrave H) | 30.33.84 | M60 |
| 8 Christopher Hobbs | (Ashford AC) | 30.48.10 | M65 |
| 9 John Borgars © | (Loughton AC) | 32.37.36 | M75 |
| 10 John Ralph | (Enfield H AC) | 32.38.03 | M60 |
| 11 Sue Barnett | (Enfield H AC) | 33.26.13 | W70 W3 |
| 12 Tom Casserley | (Enfield HAC) | 34.17.28 | M80 |
| 13 Tony Wilkinson | (Unattached) | 34.49.05 | M55 |
| 14 Adrian Moore | (Unattached) | 37.14.62 | M |
| 15 David Hoben | (Surrey WC) | 37.54.96 | M65 |
| Maddy Shott | (Belgrave H) | dnf | sw |



Walkers, officials and families at the StoneX stadium