

In near perfect conditions (one short sharp shower) on an excellent course twenty walkers celebrated Ilford AC's Centenary year. The race was started by RWA President Chris Hobbs and the awards presented by Olympian Roger Mills. A healthy number of spectators among them some of Ilford's champions and club stalwarts of the past, like Steve Allen and his 96 year-young father Alex, all contributed to a nostalgic atmosphere.

The ladies dominated proceeding with the first three overall, led by Melanie Peddle fresh from her recent national age group record breaking performances and Euro Master's medals. Newmarket youngsters Sophie Blundell and Lily-Ann Cooper both impressed with their techniques and their times; Sophie on debut and Lily-Ann in her second race, improving by almost a minute

10km			10km			© = Centurion			
1	Melanie Peddle	Loughton AC	58.12	W55	1	Colin Harle	Belgrave H	61.52	M65
2	Jacqui Benson	Ashford AC	61.11	SW	2	Stuart Bennett ©	Ilford AC	65.42	M65
3	Penelope Cummings	Herne Hill H	61.31	W45	3	John Borgars ©	Loughton AC	67.21	M75
4	Fiona Bishop	Enfield HAC	71.03	W60	6km	Tony Wilkinson	unattached	42.01	M60
5	Lesley Morris	Ilford AC	72.30	W60		Stephen Cartwright	Gt.Bentley RC	46.04	M60
8km	Sian Baum	Herne Hill H	57.55	W55	4.7km	Francisco Reis	Surrey WC	27.01	M60
6km	Shaheda Arthur	Ilford AC	56.38	W60					
U13's 2km									
	Sophie Blundell	Newmarket J	14.06	u13					
	Lily-Ann Cooper	Newmarket J	14.13	u13					

B Race Results

10km	Simon Morgan	Ilford AC	67.15	M55
	David Kates ©	Ilford AC	67.42	M70
8km	Dave Hoben	Surrey WC	61.28	M70
	Jon May	Enfield H AC	64.30	M70
	Paul Firmage	Ryston R	66.47	M65



Starter: Chris Hobbs (RWA President) - Awards Presenter: Roger Mills

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, & Tracey Wilkinson - Judges: Elizabeth Benson (Chief), Simon Benson & Peter Cassidy

Hospitality/Local Arrangements: Stuart Bennett & Team, Hornchurch Athletic Cricket Club & Havering Council

Race Organisers/First Aid: Ron Wallwork © & Tracey Wilkinson

Roger Mills with winners Melanie and Colin.

Looking on, left local organizer Stuart Bennett & Dave Hoben, right Penelope Cummings & RWA President Chris Hobbs



Photographs by Dave Annetts

Virtual Result

Mark Williams	Birchfield H	10km	58.06	M55	Cath Duhig ©	CA Millennium	10km	65.58	W65
Mark Bernatzki	LA/Herten Ger	10km	72.15	M50	Karen Williams	Birchfield H	10km	81.19	W70
Ron Penfold	Steyning AC	5km	37.05	M80					
Mick Graham	Belgrave H	5km	40.29	M70					
Tony Perkins ©	Ilford AC	5km	50.21	M70					

Next ERWL Fixture is the **Bernie Hercock & 96th Enfield Open 7 miles**

(Permit: RWA23051-1)

u13 1m, u15 2m, u17 3m, u20/Seniors 5/7 miles

11th November - 10.30am QEII, Donkey Lane, EN1 3PL

Time table:	09.45	Registrations	11.42	Cut off point for start of 7 th lap
	10.30	Race Start	12.45	Presentation

Prizes: First 4 ladies/Men + 8 Spot Prizes + under 13's, u15's, u17's & u20's + Centurion's + Bob Clark Award

ENTRY ONLINE ONLY at <https://www.fabian4.co.uk>

If you have problems entering on line contact traceywilkinson17@aol.co.uk 07532 397 528

Other Fixtures

22nd October at Sutcliffe Park, Lonon, SE9 5LW Cambridge H is promoting the inaugural fixture of the

"Ray Hall Winter Track League"

Details from noelcarmody@outlook.com

28th October

"Steyning Open 10km road races"

For information about Steyning/Sussex events contact:

Ron Penfold 01293 520506, Ian Richards 01903 504463 or Peter Selby 07721 747999

4th November at Tilgate Golf Club The VAC is promoting the

"Jack Fitzgerald Memorial Walks"

The distances are approximately 3 or 6 miles and the races are under the B rule.

Comprehensive details on the Vets AC website