

In sunny, breezy conditions 29 walkers set about seeing how far they could cover in 60 minutes. Making his first appearance of the year, Centurion Stuart Bennett accompanied by his protégée Seb Parris, who was making his race walking debut, set the early pace which stretched out to 80m at one point.

However, Graham Chapman just as he did in the previous race at the Allianz stadium reeled off his laps at a consistent pace and as the early leaders faded, so he picked them off and eventually won easily and tantalising close to covering 10km.



One Hour start (Nick Crawford)

The debutant Parris showing great promise finished a clear second and bettered 6 miles, whilst Cath Duhig looking more like her old self just managed to catch Stuart Bennett.

2016 ERWL 1 HOUR Result		LVAC 24th September	
1	Graham Chapman	Headington	M60 9.987
2	Seb Parris	Ilford AC	SM 9.730
3	Cath Duhig ©	Ryston R	W60 9.510
4	Stuart Bennett ©	Ilford AC	M55 9.509
5	John Ralph	Enfield HAC	M55 9.493
6	Helen Middleton	Enfield HAC	W50 9.392
7	Gary Smith ©	Enfield HAC	M55 9.356
8	Maureen Noel	Belgrave H	W50 9.285
9	Arthur Thomson	Enfield HAC	M80 9.262
10	Joyce Crawford	unattached	W45 8.928
11	Dan Maskell	Surrey WC	M65 8.848
16	Melanie Peddles	Loughton AC	W45 8.833
12	Anne Jones	Steyning AC	W60 8.799
13	John Borgars ©	Loughton AC	M65 8.746
14	Sean Pender ©	Enfield HAC	M60 8.730
15	Fiona Bishop	Woking AC	W55 8.564
17	Angela Martin	Surrey WC	W50 8.317
18	Jo Miles	Hillingdon AC	W60 8.314
19	Phil Goodwin	Ilford AC	M60 8.312
20	Stephen Cartwright	Colchester AC	M55 8.228
21	David Bowker	RV Spartans	M55 8.044
22	Peter Cassidy	Loughton AC	M70 7.891
23	Jon May	Enfield HAC	M60 7.654
24	Franciose Fernandez	Loughton AC	7.640
25	Sue Clements	unattached	7.610
26	Steve Whelan	Headington	M55 7.577
27	Mick Barnbrook ©	Ilford AC	M55 7.160
28	Ken Livermore	Enfield HAC	M80 6.554
29	Dave Ainsworth ©	Ilford AC	M65 6.201