

The final race of the 26<sup>th</sup> edition of the ERWL took place with the temperature hovering around zero, but thankfully without any arctic wind. It was noted when young Blackheath & Bromley athlete Tregan Checheeku-Boamah walked in the opening fixture back in January, that he showed potential and he continues to do so as he bettered the EAPB level 3 standard.

Melanie Peddle and John Arthur duly confirmed their individual League placings with Ilford romping away with the team title. The last EnfWalker speculated about late changes to the individual podium places and so it turned out, with Simon Morgan and Shaeda Arthur being edged off it.

1 Philip Barnard	<i>Ilford AC</i>	26.29.0	W50
2 Melanie Peddle	<i>Loughton AC</i>	28.12.0	W55
3 Jaqui Benson	<i>Ashford AC</i>	28.15.7	SW
4 Ian Richards ©	<i>Steyning AC</i>	30.31.2	M75
5 Colin Harle	<i>Belgrave H</i>	30.34.7	M65
6 Maureen Noel	<i>Belgrave H</i>	31.48.5	W60
7 Stuart Bennett ©	<i>Ilford AC</i>	33.44.6	M65
8 John Arthur	<i>Ilford AC</i>	34.24.8	M60
9 Fiona Bishop	<i>Enfield HAC</i>	34.49.2	W60
10 Lesley Morris	<i>Ilford AC</i>	34.54.1	W60
11 Sue Barnett	<i>Enfield HAC</i>	35.08.5	W70
12 John Ralph	<i>Enfield HAC</i>	37.05.1	M65

**Junior Performances**

<b>3km</b> Tregan Checheeku-Boamah	<i>B &amp; Bromley</i>	18.10.9	Bu15
<b>2km</b> Florence Watson	<i>B &amp; Bromley</i>	14.36.0	Gu15
Lily Ann Cooper	<i>Nkt Joggers</i>	14.40.1	Gu13



Photo's by Dave Annetts

**B Race Results**

1 John Borgars ©	<i>Loughton AC</i>	33.55.4	M75
2 Tony Wilkinson	<i>unattached</i>	34.20.7	M60
3 Dave Hoben	<i>Surrey WC</i>	39.11.6	M70
4 Paul Firmage	<i>Ryston R</i>	40.43.7	M65
5 Jon May	<i>Enfield HAC</i>	41.31.7	M70
<b>3km</b> Shaheda Arthur	<i>Ilford AC</i>	30.57.1	W60

*Timekeeper/Recorders:* Phil Welch, Pam Ficken, John Hall, George & Tracey Wilkinson

*Judges:* Elizabeth (Chief) & Simon Benson, Steve Cartwright (Chief), Peter Cassidy, Mick Graham & Shaun Lightman

*Judge's Runner:* Dave Annetts. *Race Organiser:* Tracey Wilkinson. Five First Aiders in attendance

**Virtual Result**

Mark Williams	<i>Birchfield H</i>	5km	25.48	M55	Karen Williams	<i>Birchfield H</i>	5km	40.04	W70
Cath Duhig ©	<i>CA Millennium</i>	5km	33.22	W65	Ron Penfold	<i>Steyning AC</i>	5km	45.27	M80
Richard Emsley	<i>Corby AC</i>	5km	34.22	M70	Tony Perkins ©	<i>Ilford AC</i>	5km	50.18	M70
Mick Graham	<i>Belgrave H</i>	5km	39.43	M70					

2024 Opening Fixture is **Martin Oliver Races & 2023 Presentations**

(RWA Permit applied for)

**u13 2km, u15 3km, u20/Senior 5, 8 or 10km**

**13<sup>th</sup> January - 10.30am QEII, Donkey Lane, EN1 3PL**

**ENTRY ONLINE ONLY Now OPEN at**

**<https://www.fabian4.co.uk> Before midnight on Thursday 11<sup>th</sup> January**

If you have problems entering on line contact [traceywilkinson17@aol.co.uk](mailto:traceywilkinson17@aol.co.uk) or 07532 397 528