

## VERWL

What a wonderful response to the opening two races. Whether it was better conditions or the results of training, a number of performances showed an improvement in the second fixture. It's also nice to receive the comments that some of you have made.

*Did my race on a beautiful Hastings Promenade – Dave Crane. Spring-like conditions today, temperature wise anyway – Glyn Jones. Lovely morning in Guernsey. Hard going though . . . still a lack of training – Rob Elliott. Completed at a very windy Don Thompson mile on Hyde sea-front – Jacqueline Benso. included opening a gate with a coded lock twice – Richard Emsley. Used a measured 8km loop around Stow-cum-Quy and Bottisham (Cambridge) – Diana Braverman. Rough conditions again, rain and wind; same hilly one mile lap I used last time – Ed'banger' Shillabeer. My effort was slightly wind assisted – John Borgars.*

**The next VERWL Fixture will be on and to aid those wishing to progress a little further there  
will be a choice of three distances: 5km, 8km and 10km**

### VERWL Race 2 result

20th/21st February 2021

#### 8km

1	George Wilkinson	Enfield HAC	U20M	38:45	
2	Jonathan Hobbs	Ashford AC	SM	40:10	
3	Millie Morris	Ashford AC	U20W	41:35	L1
4	David Annetts	North Herts RR	M55	43:06	
5	Ian Tolchard	SW Vets AC	M50	43:17	
6	David Kemp	Arena 80	M60	44:30	
7	Mark Williams	Birchfield Harriers	M55	44:38	
8	Jacqueline Benson	Ashford AC	U23W	46:00	L2
9	Anthony Perkins ©	Ilford AC	M70	46:48	
10	Grazia Manzotti	Tonbridge AC	W50	46:54	L3
11	Diane Bradley	Tonbridge AC	W55	48:35	L4
12	Cath Duhig ©	CA Mill/Torrevieja	W65	51:24	L5
13	Christopher Hobbs	Ashford AC	M65	51:29	
14	Dave Kates ©	Ilford A.C.	M70	52:01	
15	Graham Chapman	Headington RR	M65	52:41	
16	John Ralph	Enfield HAC	M60	52:59	
17	Fiona Bishop	Enfield HAC	W60	53:15	L6
18	Andrew Cox	Surrey WC	M65	53:57	
19	John Borgars ©	Loughton	M70	53:58	
20	Stuart Bennett ©	Ilford AC	M60	54:29	
21	Richard Emsley	Crawley S&S	M65	55:57	
22	Tom Casserley	Enfield HAC	M80	57:15	
23	Ron Penfold	Steyning AC	M75	57:15	
24	Paul Gaston	Surrey WC	M70	57:16	
25	June Avery	Rhedeg Portardawe	W60	57:50	L7
26	Brian Adams ©	Leicester WC	M70	58:57	
27	Malcolm Blackwood	Trent Park	M70	59:37	
28	Dave Fall	Birchfield Harriers	M75	62:10	
29	Diana Braverman	Enfield HAC	W65	62:53	L8
30	Karen Williams	Birchfield Harriers	W65	64:14	L9
31	Brian Milsom	Unattached	M75	64:20	
32	Steve Kemp ©	Eastern M AC	M60	66:28	
33	Kathy Crilley ©	Surrey WC	W70	66:30	L10
34	Ed Shillabeer ©	Ilford/SW Vets	M80	68:53	
35	Chris Flint ©	Surrey WC	M75	73:10	



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**VERWL Fixture 2 Result**

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**5km**

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1	Dave Crane	Surrey WC	M40	24:46	
2	Tony Taylor	Lancs WC	M70	27:29	
3	Ian Torode	SW Vets AC	M60	28:15	
4	Steve Taylor	Manx Harriers	M50	29:11	
5	Silvana Alves	Barnet & District AC	W45	30:01	L1
6	David Walsh	Enfield HAC	M60	30:05	
7	Dave Waterman	Maidenhead AC	M75	30:34	
8	Malcolm Martin	Surrey WC	M65	31:42	
9	Marco Bernatzki	LA Herten/Germany	M50	31:43	
10	Jonathan Ellerton	Blackheath/Brom H	U17B	32:29	
11	Sarah Sowerby	Unattached	W55	32:29	L2
12	Helen Middleton	Enfield HAC	W55	32:36	L3
13	Stephen Evans	Joh'burg C C	M55	32:54	
14	Tony Bell	Lancs WC	M55	33:16	
15	Suzanne Beardsmore ©	Aldershot & Farnham	W45	33:20	L4
16	Keith Vallis	Overton Harriers	M55	33:31	
17	Simon Morgan	Ilford AC	M50	33:54	
18	Glyn Jones	Cov.Godiva	M75	34:06	
19	Jürgen Spencer	Maidenhead AC	M80	34:52	
20	Rob Elliott	Sarnia WC	M60	35:07	
21	Noel Blatchford	Abingdon AC	W70	35:10	L5
22	Amalia Cristina da Silva	Barnet DAC	W55	35:22	L6
23	Ken Bobbett	Hillingdon AC	M75	35:25	
24	Angela Martin	Surrey W	W55	36:43	L7
25	Judy Howard	Abingdon AC	W60	37:37	L8
26	Stephen Cartwright	Colchester/Ten	M60	38:39	
27	Alison Clements	Abingdon AC	W60	39:07	L9
28	Gary Smith ©	Enfield HAC	M60	40:10	
29	Tony Wilkinson	Unattached	M55	40:34	
30	Tracey Wilkinson	Unattached	W55	40:34	L10
31	Bill Sutherland ©	Highgate H	M75	44:42	
32	Ron Wallwork ©	Enfield HAC	M75	51:39	