

Another good turn-out (64) and welcome to the four newcomers. Something like 20 new bests for this competition were posted and several walkers stepped up a distance, two facts which suggests that people are upping, or being more consistent in their training as well as giving it a real go on race day. I sincerely hope that the huge improvement in the times being shown is not the result of dubious technique.

After Boris's presentation yesterday, we can see real racing in the not too distant future. Be sure to check the RWA website fixture list for details.

Keep at it – Ron

#### VERWL Fixture 4 Result

3rd/5th April 2021

10km	1	George Wilkinson	Enfield & HAC	U20M	48:30	
	2	Jonathan Hobbs	Ashford AC	SM	50:15	
	3	Millie Morris	Ashford AC	U20W	52:11	L1
	4	David Kemp	Arena 80	M60	53:46	
	5	Ian Tolchard	South-west Vets	M50	54:39	
	6	Mark Williams	Birchfield Harriers	M55	55:49	
	7	Jacqueline Benson	Ashford AC	U23W	56:32	L2
	8	David Annetts	North Herts RR	M55	58:12	
	9	Dave Walsh	Enfield & HAC	M60	59:35	
	10	Richard Emsley	Crawley S & S	M65	62:54	
	11	Christopher Hobbs	Ashford AC	M65	63:58	
	12	Keith Vallis	Overton Harriers	M55	64:02	
	13	David Kates ©	Ilford A.C.	M70	64:24	
	14	Steve Kemp	Eastern Masters A.C.	M60	64:52	
	15	Cath Duhig ©	CA Millennium Torrevieja	W65	64:56	L3
	16	John Ralph	Enfield & HAC	M60	66:15	
	17	Helen Middleton	Enfield & HAC	W55	67:12	L4
	18	Paul Gaston	Surrey WC	M70	67:30	
	19	Marco Bernatzki	LA Herten/ Germany	M50	69:02	
	20	June Avery	clwb Rhedeg Pontardawe	W60	72:40	L5
	21	Tom Casserley	Enfield & HAC	M80	73:14	
	22	Fiona Bishop	Enfield & HAC	W60	73:18	L6
	23	Ed Shillabeer ©	Ilford/South West Vets	M80	81:00	
	24	Karen Williams	Birchfield Harriers	W65	81:46	L7
	25	Brian Adams ©	Leicester WC	M70	84:07	
8km	1	Grazia Manzotti	Tonbridge AC	W50	47:06	L1
	2	Diane Bradley	Tonbridge AC	W55	50:24	L2
	3	Malcolm Martin	Surrey WC	M65	53:03	
	4	Andrew Cox	Surrey Walking Club	M65	53:59	
	5	Simon Morgan	Ilford AC	M50	56:01	
	6	Ron Penfold	Steyning AC	M75	59:10	
	7	Diana Braverman	Enfield & HAC	W65	64:22	L3
	8	Ângela Martin	Surrey WC	W55	64:30	L4
	9	Chris Flint ©	Surrey WC	M75	64:35	
	10	Terry Braverman	Enfield & HAC	M75	69:51	

5km	1	Dave Crane	<i>Surrey Walking Club</i>	M40	24:50	
	2	Tony Taylor	<i>Lancashire Walking Club</i>	M70	27:22	
	3	Silvana Alves	<i>Barnet &amp; District AC</i>	W45	29:28	L1
	4	Stephen Evans	<i>Jo'burg Canoe Club</i>	M60	30:06	
	5	Graham Chapman	<i>Headington Roadrunners</i>	M65	31:07	
	6	Sarah Sowerby	<i>Unattached</i>	W55	31:42	L2
	7	Jonathan Ellerton	<i>Blackheath/Bromley H</i>	U17B	31:54	
	8	Glyn Jones	<i>Coventry Godiva Harriers</i>	M75	33:26	
	9	Tony Bell	<i>Lancashire Walking Club</i>	M55	33:27	
	10	Amalia Christina Silva	<i>Barnet &amp; District AC</i>	W55	33:37	L3
	11	Rob Elliott	<i>Sarnia Walking Club</i>	M60	33:45	
	12	Ken Bobbett	<i>Surrey WC</i>	M75	34:17	
	13	Jürgen Spencer	<i>Maidenhead AC</i>	M80	34:31	
	14	Noel Blatchford	<i>Abingdon AC</i>	W70	34:44	L4
	15	Judy Howard	<i>Abingdon AC</i>	W60	35:51	L5
	16	Dave Fall	<i>Birchfield Harriers</i>	M75	36:52	
	17	Alison Clements	<i>Abingdon AC</i>	W60	37:21	L6
	18	Malcolm Blackwood	<i>Trent Park Running Club</i>	M70	37:29	
	19	Tony Wilkinson	<i>Unattached</i>	M55	38:30	
	20	Shaun Lightman	<i>Surrey WC</i>	M75	39:02	
	21	Peter Crane	<i>Surrey WC</i>	M75	39:19	
	22	Anthony E. Cotton	<i>BRJ Run and Tri</i>	M80	39:41	
	23	Julian Barnett	<i>Birchfield Harriers</i>	M55	39:55	
	24	Sue Clements ©	<i>Cambridge &amp; Coleridge</i>	W65	40:22	L8
	25	Tracey Wilkinson	<i>Unattached</i>	W55	41:37	L9
	26	Bill Sutherland ©	<i>Highgate Harriers</i>	M75	44:20	
	27	Mick Graham	<i>Belgrave Harriers</i>	M70	44:57	
	28	Tony Perkins ©	<i>Ilford AC</i>	M70	49:30	
	29	Ron Wallwork ©	<i>Enfield &amp; HAC</i>	M75	50:51	