



The Youngsters have it Sewn-up

With a fixture still to go George Wilkinson and Jacqueline Benson deserve resounding congratulations on their emphatic triumphs in becoming not only convincing winners of their respective gender leagues but occupying the top two spots in the Overall League table. Added satisfaction for George, is that he is by 40 days the youngest ever Overall League winner, the previous holder of that distinction just happened to be his brother Callum.

The senior leading ladies appear to be sorted, but four men are vying for a senior podium finish.

The stats reveal that 42 of the 100 participants so far this season are women and that 28 clubs have been represented.



Ladies

1. 588/9 Jacqueline Benson YA
2. 559/9 Melanie Peddle
3. 536/9 Helen Middleton
4. 469/9 Sue Barnett
5. 393/7 Maureen Noel
6. 384/6 Emma Dyos
7. 363/7 Noel Blatchford
8. 345/6 Maddy Shott
9. 327/6 Lesley Hall
10. 325/5 Millie Morris

Men

1. 627/9 George Wilkinson YA
2. 539/9 Stuart Bennett ©
3. 515/8 Steve Uttley
4. 476/8 Chris Hobbs
5. 472/7 Francisco Reis
6. 464/8 Simon Morgan
7. 364/9 Malcolm Blackwood
8. 417/6 Dave Annetts
9. 416/8 Tom Casserley
10. 406/9 Arthur Thomson
11. 382/8 David Hoben
12. 379/7 John Ralph
13. 321/6 David Kates ©
14. 296/5 Mark Culshaw
15. 285/6 Steve Carwright
16. 266/5 John Borgars ©
17. 262/4 Trevor Jones
18. 254/4 Malcolm Martin
19. 251/4 Stefano Zennaro
20. 233/4 Steve Allen

Team Table

- | | | |
|---------------|-------------|--|
| 1. EHAC | 2833 | 627 Wilkinson, 536 Middleton, 469 Barnett, 416 Casserley, 406 Thomson, 379 Ralph |
| 2. Ilford AC' | 2485 | 539 Bennett, 515 Uttley, 464 Morgan, 384 Dyos, 321 Kates, 262 Lawless, |
| 3. Ashford AC | 2013 | 588 Benson, 435 HobbsC, 327 Hall, 325 Morris, 229 Whittingham, M, 68 HobbsJ |
| 4. Surrey WC | 1623 | 472 Reis, 382 Hoben, 254 MartinM, 194 Flint, 137 Crane, 120 MartinA |
| 5. Belgrave H | 1538 | 393 Noel, 345 Shott 296 Culshaw, 251 Zennaro, 154 Drenda, 99 Hall |

The 93rd ENFIELD OPEN SEVEN

King George Playing Fields, Donkey Lane, Enfield, EN1 3PL

Saturday 9th November – Start time 11am

The course is a 1 mile circuit, so walkers wishing to undertake shorter distances in multiples of a mile may do so

Advance Entry fee £5 – On the day £7

It's of great help to the organisers to have entries in advance

Name, age category, Club

To: ronc893moulton@gmail.com

Or 35A Newmarket Road, Moulton, Suffolk, CB8 8QP

The 35 walker turnout for the One Hour Badge meeting at LVAC on 29th September, whilst nowhere near the numbers of the 1950's/60's was the best since 2008 for those promoted by the ERWL and for the first time since 2013 necessitated the need for two races.

Damp and intermittent heavy downpours made for trying conditions which didn't stop several pb's being set. *The new badge winners were:* 7 miles Johnathan Hobbs, 6 miles Jacqueline Benson, Daniel McKerlich, Millie Morris and Silvana Alves.

<i>Men</i>		<i>women</i>	© = Centurion
1. George Wilkinson	(EHAC) 12.667 U17	1. Jaqueline Benson	(Ashford AC) 10.106 U20
2. David Annetts	(North Herts R) 12.489 M50	2. Millie Morris	(Ashford AC) 9.747 U17
3. Jonathan Hobbs	(Ashford AC) 11.394 SM	3. Silvana Alves	(Barnet & D) 9.738 W45
4. Francisco Reis	(Surrey WC) 10.939 M55	4. Helen Middleton	(EHAC) 9.725 W55
5. Steve Uttley	(Ilford AC) 10.027 M45	5. Melenie Peddle	(Loughton AC) 9.624 W55
6. Dan McKerlich (T20)	(Cardiff AC) 9.928 U20	6. Maureen Noel	(Belgrave H) 9.064 W55
7. Malcolm Martin	(Surrey WC) 9.897 M60	7. Lesley Hall	(Ashford AC) 8.926 W60
8. Chris Hobbs	(Ashford AC) 9.622 SM	8. Noel Blatchford	(Abingdon AC) 8.771 W70
9. Stuart Bennett ©	(Ilford AC) 9.400 M60	9. Sue Barnett	(EHAC) 8.749 W65
10. Steve Allen	(Barnet & Dist) 9.248 M60	10. Rachel Lawless	(Ilford AC) 8.619 W55
11. Simon Morgan	(Ilford AC) 8.927 M50	11. Alison Clements	(Abingdon AC) 7.952 W60
12. David Kates ©	(Ilford AC) 8.846 M70	12. Sue Clements	(Cambs/Col) 7.617 SW65
13. Amos Seddon	(EHAC) 8.646 M75		
14. Malcolm Blackwood	(Trent Park) 8.323 M65		
15. Tom Casserley	(EHAC) 8.564 M80	<hr/> <i>Retirements</i>	
16. David Hoben	(Surrey WC) 8.251 M65	John Ralph	(EHAC) 4.000 M60
17. Chris Flint ©	(Surrey WC) 8.240 M70	Peter Hannell	(Surrey WC) 3.200 M75
18. Michael Harran	(Surrey WC) 8.137 M80	Maddy Shott	(Belgrave H) 2.000 SW
19. Arthur Thomson	(EHAC) 7.455 M80		
20. Peter Cassidy	(Loughton AC) 7.218 M75		

10km times: George Wilkinson 47.10 Dave Annetts 47.44 Jonathan Hobbs 52.59
Francisco Reis 54.48 Jacqueline Benson 59.52 Steve Uttley 59.56

Essex championship: Melanie Peddle, Rachel Lawless – Stuart Bennett, Dave Kates,

Judges: Andrew Garner, Mick Graham, John Hall, Shaun Lightman, ©, Pauline Wilson © Graham Chapman (JR)

Timekeepers: Ray Gibbins, Phil Welch

Recorders: Pam Ficken ©, Carl Lawton ©, Ken Livermore ©, Joan Wallwork, Tracey & Tony Wilkinson

Registration: Margaret Livermore - *Referee:* Ron Wallwork ©

Mile/Km conversions

1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477 - 5miles/8,045 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

English Schools Title for George Wilkinson

There were medals for the 2019 ERWL title winners at the English School's championships staged at Exeter on 21st September. In good conditions George Wilkinson emulated his elder brother when winning the senior 5km with a pb of 22.57 and Jacqueline Benson collected the silver medal in the senior girls race clocking 32.02. There was also a bronze medal for Millie Morris in the intermediate girls 3km, her time 17.15.

Disappointing Doha

With three of GB's four walkers suffering disqualification in Doha, it was a disappointing championship so far as UK race walk supporters were concerned and I've no doubt not as disappointed as the boys themselves. It is difficult to discern on tv, whether they were hard done by, but if four judges are of the same opinion then it's pretty conclusive. Looking for positives; In the 20km Tom Bosworth finished a creditable 7th after a two-red scare and he along with Leaguer Callum Wilkinson both demonstrated that they have the fitness and mental aptitude to take on the best in the world, whilst at the longer distance Cameron Corbishley is still a newcomer at the event and can only gain from his experience.

In spite of the late change of venue and a damp miserable morning 30 walkers lined up to be started by Callum Wilkinson, who was at the finish to welcome brother George home as the race winner, ahead of last year's winner Dave Annetts, who walked over 2 minutes faster on this occasion.

There was a gap behind the first two, nevertheless some good performances behind them; under 20 Millie Morris headed the ladies list, Silvana Alves continued to impress, relative novice Alitcia Drenda in her second race at the distance sliced over three minutes off her previous performance, Sue Barnett clocked a huge season's best and Steve Uttley notched up his M60 pb..

Men			Women		
1. George Wilkinson (EHAC)	38.11	U20	1. Millie Morris (Ashford AC)	46.09	U20
2. David Annetts (North Herts R)	38.20	M50	2. Penelope Cummings (Aldershot FD)	47.32	W40
3. Fransisco Reis (Surrey WC)	44.26	M55	3. Melanie Peddle (Loughton AC)	48.59	W50
4. Steve Uttley (Ilford AC)	47.06	M60	4. Silvana Alves (Barnet D AC)	49.15	W45
5. Jim Ball (Steyning AC)	47.16	M60	5. Helen Middleton (EHAC)	51.42	W55
6. Mark Culshaw (Belgrave H)	50.46	M50	6. Maureen Noel (Belgrave H)	52.16	W55
7. John Ralph (EHAC)	51.58	M60	7. Noel Blatchford (Abingdon AC)	53.15	W70
8. Steve Allen (Barnet D AC)	52.43	M60	8. Alitcia Drenda (Belgrave H)	56.03	W35
9. Stuart Bennett © (Ilford AC)	53.15	M60	9. Sue Barnett (EHAC)	53.37	W65
10. Ron Penfold (Steyning AC)	53.23	M75			
11. John Borgars © (Loughton AC)	54.22	M70			
12. Tom Casserley (EHAC)	56.08	M80			
13. Malcolm Blackwood (Trent Park)	56.57	M65			
14. Steve Cartwright (Col/Tend AC)	57.15	M60			
15. Arthur Thomson (EHAC)	58.22	M80			
16. David Hoben (Surrey WC)	59.41	M65			
17. Shaun Lightman (Surrey WC)	59.06	M75			
18. Michael Harran (Surrey wC)	59.41	M65			

4 mls		
4mls	Peter Hannell (Surrey WC)	50.32 M75
2mls	Chris Hobbs (Ashford AC)	20.58 M60
	Ken Livermore © (EHAC)	30.55 M85

Judges: Peter Cassidy, Andrew Garner, Mick Graham, John Hall, Pauline Wilson ©

Timekeeper/Recorders/Marshalls:

Phil Welch / Pam Ficken ©, Carl Lawton ©, Tracey & Tony Wilkinson

Registration: Margaret Livermore, Ron Wallwork ©



Noel Blatchford with coach Graham Chapman shows off her haul of medals that she won at the recent European Masters championships in Vienna, among them her two individual golds



Millie Morris is pictured with Callum Wilkinson who presented her with the "6 in the Hour" badge that she won at the hour meeting.



Silvana Alves still has time to smile as she progresses to a sub-50 performance at Donkey Lane.

Ray Pearce pictured right below, who has been a regular, reliable and consistent official for the ERWL since its inception in 1998 has announced that after 35 years he is to step down as Essex CAA's Hon. Walks Secretary.

Ray's connection with athletics spans over sixty years and he is synonymous with Essex walking. He was a stylish walker who was placed on numerous occasions in Essex championships and won the 1965 seven mile title in 55.57. Since he hung his walking shoes up which is now many years ago, he has held various offices within the Southern area and was RWA President in 2011/12.



Action from Donkey Lane: Jim Ball. Penelope Cummings Noel Blatchford, John Borgars, Steve Allen and Ron Penfold

Leaguer's in Action (Club name/L) = ERW Leaguer

The club affiliation will only be indicated on the first mention of the athlete in this issue

Ash - Ashford AC	Ab - Abingdon AC	Ald - Aldershot F & D	Bnt - Barnet & District	Bel - Belgrave Harriers
Bxy - Bexley Heath	Bfld - Birchfield H	Bkth - Blackheath & Bromley	Ch - Chiltern H	Col - Colchester H
CTen - Colchester/Tendering AC	EMAC - Eastern Masters AC	EHAC - Enfield H AC	HRR - Headington RR	Ilf - Ilford AC
LWC - Lancs WC	Ltn - Loughton AC	MM - Med/Maidstone	MMK - Marshal M.Keynes	NHRR - North Herts RR
Red - Redcar RW Club	Stey - Steyning AC	WC - Surrey WC	Ton - Tonbridge AC	TP - Trent Park
WB - Wolves/Bilston				

Steve Uttley (Ilford AC/L) 61.20 and Mark Culshaw (Bel/L) 61.46 led home the field at the **Police & Civil Service championships** and annual match at Cannon Hill Park, Birmingham, on 25th September. In the men's 10km race 17 took part among them Dan Maskell (SWC/L) 66.42, John Hall (Bel/L) 72.21, Chris Flint (SWC/) 73.00. Maureen Noel (Bel/L) 31.21 made it a Leaguer's double winning in the women's 5km race and Geraldine just missed out on a medal in 4th with 35.27.

Leaguers were in action at two **Lancashire Walking Club** promotions staged in recent weeks. The first was Its annual **Hour race** at Bury on 21st September which was won by Tony Bell (LWC/L) 9.420m and in which Dan Maskell (SWC/L) covered 8.920m.

Two weeks later on 5th October the handicap **10km** race for the **Albert Rigby Trophy** took place at Simister and was won by Adrian Edwards (LWC/) in 59.32 ahead of Tony Bell 65.56 with Dan Maskell 4th in 66.30 and David Hoben (SWC/L) 8th in 69.41.

Forthcoming Fixtures

Steyning AC Open 10km – 26th October

Message from Ron Penfold: Please note changes to our revised 10K date of 26th Oct.

We have a new Start/Finish point the other side of the Steyning Bypass, on the existing course, just over a mile from the old start, this has been brought about by the increasing amount of traffic at the crossover junction.

Changing and teas will still be at the Clubhouse, if walkers want to leave their cars in Steyning we will ferry them out and back to the new Start/Finish which has limited parking, please allow extra time before the race for this.

Thanks and hope to see some of you there.

Notice of Southern Area RWA Annual General Meeting

The chance for walkers to meet the people who often behind the scenes, work on their behalf and whose efforts makes it possible for them to compete

Monday 11th November 2019 - 7.15 pm at the Civil Service Club, Great Scotland Yard, SW1A 2HJ. All are welcome. The Agenda contains a proposal from the floor.