



ERWL Titles for David, Helen and EHAC

During the first week in January 2018 David Crane contacted me to confirm the format for the 2018 series and confided in me that winning the individual League title was one of his main targets for the year. Well, his fourth place finish in the 92nd EO7 was sufficient to ensure that he hit it. His brother Steve was twice runner-up in 2007/08.

Helen Middleton finished overall runner-up and so retained her Ladies crown with Melanie Peddle breathing down her neck only a handful of points behind and making it historic two women in the Overall first three. Third placed lady Fiona Bishop was 9th overall extended her remarkable medal tally in the League to a round dozen.

Stuart Bennett headed a three man rush for the men's minor places ahead of defending champion Mark Culshaw and George Wilkinson, just 12 points covering the three of them. Steve won the 1st Centurion accolade

and George the Outstanding Junior award.

With two in the women's top three and three men in their top ten, the Enfield & HAC team had a winning combination. The Stuart Bennett revived Ilford AC team finished second and Surrey WC third.

Ladies

1. 579/9 Helen Middleton
2. 564/9 Melanie Peddle
3. 495/9 Fiona Bishop
4. 427/9 Rachel Lawless
5. 407/7 Maureen Noel
6. 358/8 Lesley Morris
7. 275/5 Maddy Shott
8. 261/4 Penelope Cummings
9. 253/5 Noel Blatchford
10. 248/5 Sue Barnett

Men

- | | |
|-------------------------------|---------------------------|
| 1. 614/9 David Crane | 11. 399/9 David Hoben |
| 2. 560/9 Stuart Bennett © | 12. 378/6 Francisco Reis |
| 3. 549/9 Mark Culshaw | 13. 369/8 Arthur Tomson |
| 4. 548/8 George Wilkinson YAG | 14. 350/6 Tom Casserley |
| 5. 536/9 John Ralph | 15. 315/5 John Hall |
| 6. 502/9 David Kates © | 16. 294/7 Tony Wilkinson |
| 7. 430/8 John Borgars © | 17. 291/6 Chris Flint © |
| 8. 429/9 Michael Harran© | 18. 282/6 Sean Pender © |
| 9. 424/9 Gary Smith © | 19. 276/4 David Annett |
| 10. 412/7 Steve Allen | 20. 273/4 Sebastian Paris |

Team Table

- | | | |
|----------------|-------------|---|
| 1. EHAC | 2951 | 579 Middleton, 549 Wilkinson, 536 Ralph, 495 Bishop, 424 Smith, 369 Thomson |
| 2. Ilford AC' | 2669 | 560 Bennett, 549 Culshaw, 502 Kates, 427 Lawless, 358 Morris, 273 Paris |
| 3. Surrey WC | 2164 | 614 Crane, 429 Harran, 399 Hoben, 291 Flint, 231 Lightman, 200 MartinM, |
| 4. Belgrave H | 1213 | 407 Noel, 315 Hall, 275 Shott, 127 Zennaro, 89 King |
| 5. Loughton AC | 1199 | 564 Peddle, 430 Borgars, 205 Cassidy |

92nd Enfield Open Seven

In pleasant autumn sunshine and a gentle breeze, Dominic King (29) and Maddy Shott (39) scored comfortable victories in their respective races, the former notching a record 8th triumph in the event. Sixteen year-old George Wilkinson (5) also impressed and Amos Seddon made his 39th appearance in the race.

The promoting club took the team (mixed four to score) honours with 50 points ahead of Ilford AC 59 and Surrey WC 60. Belgrave H and Steyning AC could only field three walkers.

Although the race winner was the first Centurion to finish, "under the only one individual prize rule", Martin Fisher with 28 British 100's behind him collected the Centurion award and the "Bob Clark Awards" (for the outstanding junior walkers) went to Jacqueline Benson and George Wilkinson.

There was some enthusiastic racing depicted well in Mark Easton's photo gallery reachable via the link on the League website. <https://markeaston.zenfolio.com/>

The race was started by RWA President Noel Carmody who also presented the awards.



The results of the SVAC championships held in conjunction with the race can be found on its website.

Men

1. Dominic King © (Colchester AC)	52.33	M35
2. George Wilkinson (EHAC)	54.41	MU17
3. Fransisco Reis (Thames VH)	60.09	M55
4. David Crane (Surrey WC)	62.15	M40
5. Jim Ball (Steyning AC)	64.59	M55
6. Martin Fisher © (Redcar RWC)	67.51	M55
7. Mark Culshaw (Ilford AC)	67.58	M50
8. Stuart Bennett © (Ilford AC)	68.01	M60
9. David Kemp (Arena 80)	70.51	M55
10. John Ralph (EHAC)	72.00	M60
11. Carlos Cobo-Corrales(Surrey WC)	72.30	M35
12. Steve Allen (Barnet & D)	73.25	M60
13. Paul Gaston (Surrey WC)	73.58	M70
14. Dan Maskell (Surrey WC)	74.42	M70
15. Ron Penfold (Steyning AC)	75.12	M75
16. David Kates © (Ilford AC)	75.35	M70
17. Stuart Maidment (Steyning AC)	76.16	M65
18. Amos Seddon (EHAC)	77.22	M75
19. Steve Cartwright (Col/Tend AC)	77.28	M60
20. Tom Casserley (EHAC)	78.09	M75
21. Paul King © (Belgrave Harriers)	78.39	M65
22. Chris Flint © (Surrey WC)	79.10	M70
23. Shaun Lightman (Surrey WC)	79.19	M75
24. Michael Harran (Surrey WC)	79.35	M80
25. Arthur Thomson (EHAC)	80.49	M80
26. David Hoben (Surrey WC)	81.19	M65

Women

1. Maddy Shott(Belgrave H)	57.55	sw
2. Helen Middleton (EHAC)	68.02	w55
3. Melanie Peddle (Loughton AC)	68.53	w45
4. Emma Dyos (Ilford AC)	69.26	w
5. Jacqueline Benson (Ashford AC)	70.19	u20
6. Maureen Noel (Belgrave H)	73.38	w55
7. Fiona Bishop (EHAC)	75.41	w55
8. Rachel Lawless (Ilford AC)	76.24	w55
9. Lesley Morris (Ilford AC)	78.01	w55
10. Geraldine Legon (Bexley AC)	78.33	w60

© = Centurion

Team

1. EHAC 50pts
G.Wilkinson, H.Middleton, J.Ralph, F.Bishop
2. Ilford AC 59pts
M.Culshaw, S.Bennett, E.Dyos, D.Kates
3. Surrey WC 60pts
D.Crane, Cobo Corrales, P.Gaston, D.Maskell,

5 miles

Sue Barnett (EMAC)	56.15	w65
Sue Clements © (Cambs/Col)	56.15	w60
Peter Hannell (Surrey WC)	61.52	M75
Tony Wilkinson (unattached)	54.48	w70
Noel Blatchford (Abingdon AC)	ret inj	w70

Starter: Noel Carmody (President RWA) pictured here in his heyday

Judges: Andrew Garner, Mick Graham, Glyn Jones, Ray Pearce, Pauline Wilson ©

Timekeeper/Recorders/Marshalls:

Phil Welch / Pam Ficken ©, Carl Lawton ©

Peter Crane, John Hall, Peter Howard, Jon May, Jack Rossiter ©

Registration: Linda Spinks - Referee: Ron Wallwork ©



The Photo of the winners and those below are courtesy of Mark Easton. Link to his website is <https://markeaston.zenfolio.com/>



Rachel Lawless, Noel Blatchford, Paul Gaston, Maureen Noel, Dan Maskell

Pam Ficken, Phil Welch and Carl Lawton

Doug Fotheringham RIP

At the age of 88 Doug Fotheringham passed away on Sunday 18th November. Not surprisingly he was a Leaguer; his last League race was a 3km on the track at LVAC in July 2010. Poor health prevented him continuing to race after that but along with his wife Maureen who sadly passed away in 2016, often made the lengthy trip from Lincolnshire to support League events.

Born and brought up in Lincolnshire, Doug joined the Metropolitan Police in 1950 and had his first race a year later in 1951 and qualified as Centurion 373 in 21.31.09 over the demanding Chigwell course in 1965.

He reached the rank of Inspector in a police career that spanned thirty-five years and was a stalwart of the Metropolitan Police Athletic Association as a competitor and as administrator, serving as the Association's Honorary Race Walking Secretary for ten years.

However, most connected with the sport will associate him with Belgrave Harriers whose famous claret and gold colours he wore with pride from the moment he joined the club in 1953. His first race in the vest was probably on 19th September in the MPAAA Novice six mile race where he finished twelfth in 58.16.

Doug described by a colleague as a solid reliable clubman, trained and rubbed shoulders with some of the great Belgravians in the halcyon days of the fifties and sixties when they dominated the domestic scene and produced a number of internationals. In most clubs he would have surely collected a national team medal or two.

In 1981 he established himself as a major force in Veteran athletics when capturing two gold medals at the World championships staged in New Zealand. He retired from international competition in 2007, but in the intervening twenty-six years amassed thirty-five medals; seven gold at world championships and five at European championships. The statistics also show another seven silver and bronze at world level, along with nine silver medals and four bronze in European events.

Condolences are expressed to his sons Mark and Neal and their families which include three grandchildren.

Funeral arrangements have yet to be confirmed and will be circulated when they are.



VAC 7 mile championship held in conjunction with the 92nd EO7. The turnout of 18 starters was the highest since 2012 when there was also 18 starters. A comparison shows that in 2012 there were 63 starters in the open race compared with this year's 41.

M55: 1st David Kemp

W55: 1st Maureen Noel, 2nd Fiona Bishop, 3rd Rachel Lawless.

M60: 1st Stuart Bennett, 2nd John Ralph

M70: 1st Dan Maskell, 2nd David Kates, 3rd Chris Flint

M65: 1st Paul King, 2nd David Hoben

M75: 1st Ron Penfold, 2nd Tom Casserley, 3rd Shaun Lightman

M80: 1st Michael Harran, 2nd Arthur Thomson

Leaguer's in Action (Club name/L) = ERW Leaguer – if no club indicated the athlete is EHAC

Leaguers Noel Blatchford (Abingdon AC/L) 11th 67.28, Sean Pender (EHAC/L) 12th 71.00. took part in the 2nd **Midland Winter League 10km** at Perry Bar on 28th October. Fifteen started and the winner was Peter Bozko (Birchfield H) 57.19

The Lancashire WC **Bill Jackson 5km** at Simister on 3rd November, was won by Adrian Edwards (LWC) 28.54. Twelve started the race amongst them Dan Maskell (Surrey WC/L) 4th 32.10. :

The **Surrey Walking Club Christmas Cup and Open 5km** staged at Tonbridge on 18th November attracted over 30 walkers and half of them were refreshingly YAGS. Guy Thomas (Tonbridge) 21.26 won easily from the promoting club's new signing Francisco Reis 25.12, with the 2018 ERWL champion David Crane 25.37 in third spot. Leaguers in the race were; 4th Malcom Martin 29.51, 6th Mark Cushaw 30.15, 8th Dan Maskell 32.28, 11th Chris Flint 34.36, 12th Steve Cartwright 34.40, 13th Michael Harran 34.39 and 14th Dave Hoben 37.00, L7th Rachell Lawless 32.5 and 8th Geraldine Legon 34.18.

More on the One Hour History (from last issue)

Further research has revealed that the ERWL took up promoting the race in 2007 and the revised winners and leading performers now reads thus:

ERWL One Hour Winners

Jill Eve	(Leicester WC)	2007	Nick Silvester	(Aldershot FD)
Helen Middleton	(Enfield H AC)	2008	Nick Silvester	(Aldershot FD)
Helen Middleton	(Enfield H AC)	2012	Fabian Deuter	(Hillingdon AC)
Penelope Cummings	(Aldershot FD)	2013	Ian Richards	(Steyning AC)
Helen Middleton	(Enfield H AC)	2014	Callum Wilkinson	(Enfield H AC)
Maureen Noel	(Belgrave H)	2015	Fransisco Reis	(Ilford AC)
Cath Duhig ©	(Ryston R)	2016	Graham Chapman	(Headington AC)
Melanie Peddle	(Loughton AC)	2017	Fransisco Reis	(Thames VH)
Helen Middleton	(Enfield H AC)	2018	George Wilkinson	(Enfield H AC)

ERWL Top Dozen One Hour Performers

Jill Eve (Leicester WC)	10.332	1 st 2006	Callum Wilkinson (Enfield H AC)	12.860	1 st 2014
Helen Middleton (Enfield H AC)	10.084	1 st 2018	Fabian Deuter (Hillingdon AC)	12.073	1 st 2012
Penelope Cummings (Aldershot FD)	10.076	2 nd 2018	George Wilkinson (Enfield H AC)	11.971	1 st 2018
Melanie Peddle (Loughton AC)	9.833	1 st 2017	Ian Richards (Steyning AC)	11.911	1 st 2013
Maureen Noel (Belgrave H)	9.704	1 st 2015	Fransisco Reis (Ilford AC)	11.904	1 st 2015
Anne Belchambers (Hillingdon AC)	9.538	2 nd 2008	Dave Annetts (Herts RR)	11.835	2 nd 2018
Cath Duhig (Ryston R)	9.510	1 st 2016	Nick Silvester (Aldershot FD)	11.800	1 st 2007
Jackie Cox (Loughton AC)	9.377	3 rd 2008	Phil Barnard (Castle Point)	11.616	2 nd 2008
Emma Dyos (Ilford AC)	9.475	4 th 2018	David Crane (Surrey WC)	11.392	2 nd 2017
Leah Williams (Southend)	9.275	6 th 2018	Trevor Jones (Steyning AC)	11.387	3 rd 2008

ALF PALMER MEMORIAL TRACK WALKS

Inc. VETS AC 5K Championships

Broadbridge Health Leisure Centre, Horsham, RH12 3YS
Next To Tesco's Super Store Off A24

Start 11.00am on SATURDAY 8th DECEMBER 2018

RWA 'B' Grade Rules - RWA Permit Applied for

Over 15:- 5 Kms Over 11:- 2 & 3Kms Under 11:- 1Km
Winners & Spot Prizes

Entry Fees:- Over 15 - £5 - Others - £3 - Vets AC Entry Free
All Entries on the Day

Please Bring a Small Wrapped Gift For Secret Santa Lucky Dip. Suggest up to £3

More details if required
Tel. 01293-520506 / Mob. 07707028731
or e-mail at
ron.penfold@btinternet.com
Or Dave Stevens Tel. 01903-814422

Diary Dates for 2019

The dates for the Opening three League Fixtures next year are:

12th January **16th February**
(Donkey Lane, Enfield, start at 11.45am)
Presentation of 2018 Awards

9th March
(Cecil Gittins Meet, Gravesend, start 1pm)