

# The Enfield Walker 2024

January



(Newsheet of the Walking Section of Enfield & Haringey AC)

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-07460 041 643 – ronc893moulton@gmail.com

who apologises for any errors and who welcomes contributions and comments for future issues

Latest League news at <http://enfieldleague.weebly.com>

## 2024 ERWL



The 2024 Series got underway on 13<sup>th</sup> January with a field of 20 which was a little disappointing, but with several “regulars” missing for a variety of reasons, there is optimism that forthcoming fixtures will attract a larger entry. The are reasons fo striving to attract larger entries; a heightened atmosphere creating the opportunity for more races within the race, sharpening the rivalry which often produces pb’s. The increase in entry fees to help cover event overheads and not least, make worthwhile the sacrifice made by officials and volunteers, who ensure that the fixtures go ahead.

Opening race results appear on page 3

### A warm welcome to walkers regardless of age or standard

**Format:** The Enfield Race Walking League founded by Martin Oliver, is organised by the Race Walking Section of Enfield and Haringey Athletic Club and operates under RWA rules. Nine races are intentioned for 2024 and each race will carry a minimum of 70 points. Points will be awarded in descending order, the winner being credited with the highest available.

**Individual:** The best six performances will score his/her Individual series total.

**Team Competition:** Club teams of four to score which may include mixed gender and second claim members.

**Entries:** Entry online at [www.fabian4.co.uk](http://www.fabian4.co.uk) or by email/phone [traceywilkinson17@aol.co.uk](mailto:traceywilkinson17@aol.co.uk) 07532 397 528

Entry fees: under 17 Free, under 20 £5 and over 20 £10

The 2024 League awards will be presented at the first fixture of 2025 to Senior and Young Age Group AG individuals, the highest placed centurion, senior mixed club teams of four.

**Virtual Race** The Virtual version of the ERWL will continue and stand on its own. Performances for any fixture must be lodged with [raemsley@Gmail.com](mailto:raemsley@Gmail.com) before midnight on day following the Real event, stating name, club, time and Centurion No.

### ERWL 2020 Fixture List (Provisional)

24 <sup>th</sup> February	11.00	2/3/5/10km	Ron Powell Meeting, Donkey Lane, Enfield, EN1 3PL.
6 <sup>th</sup> April	11.30	2/3/5/10km	Peter Worth Meeting, Donkey Lane, Enfield, EN1 3PL
27 <sup>th</sup> May (Mon)	15.00	5/10km	Cecil Gittins Memorial, Cyclo Park, Graves End, Kent, DA11 7NP.
(Bank Holiday)			
8 <sup>th</sup> June	12.30	5m/1m Novice	The Moulton Open, Moulton Village Hall, Suffolk, CB8 8SP.
1 <sup>st</sup> September	TBC	1/3/5km	LICC Meeting, StoneX Stadium, NW4 1RL.
14 <sup>th</sup> September	10.30	1 Hour	Annual Badge Race. QEII Stadium. Badges for Walkers bettering 5, 6 or 7 miles in an hour for the first time, plaques for 8miles
12 <sup>th</sup> October	TBC	10Km + various	Amos Seddon Meeting other details to be confirmed.
9 <sup>th</sup> November	10.30	7m/5 + various	The Hercocock & 97 <sup>th</sup> Enfield Open

2024 Next Fixture is the

### Ron Powell Walks

(Permit RWA 24002-2)

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

24<sup>th</sup> February - 11.0am QEII, Donkey Lane, EN1 3PL

**ENTRY ONLINE ONLY NOW OPEN** at <https://www.fabian4.co.uk> **Before midnight on Thursday 22<sup>nd</sup> February**

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

**The Virtual version** of the “Ron Powell Walks” - Performances over the weekend of 24<sup>th</sup>/25<sup>th</sup> February to be registered with Richard Emsley [raemsley@gmail.com](mailto:raemsley@gmail.com) before midnight on 25<sup>th</sup> February stating name, club, time and Centurion No.

**John Borgars reports** that Walkers looking for indoor competition might like to know that Guests are invited to enter the Eastern Masters and Veterans AC Championships, on February 11<sup>th</sup> 2024. The distance is 2000m Walk (provisional time 11.50), entries via Opentrack (link accessible via VAC website)

## Ron Powell

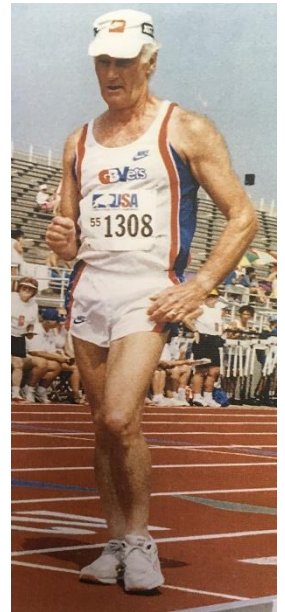
Ron was fifteen years old when his father Jack and father in law Albert Free, who were both race walkers with Highgate Harriers, persuaded him to have a go at race walking and he joined them as members of Highgate Harriers in 1951. His two year national Service was in the army, stationed for most of the time at Windsor Castle and in 1958 when he came out, the lithe lad had developed into a strapping sixteen and half stone man, who within a couple of years had attained a reasonable standard with high placing in various Highgate events including the Luton to London 50km

He was a man of the road in more ways than one for his livelihood was driving, but long hours behind the wheel was not conducive to serious training and as a consequence Ron was for a dozen years or so only an occasional walker. He credits Pat Furey with his re-introduction to the sport, because in 1974, shortly after starting employment for the Central Road Services as a bus driver based at the

Cricklewood Depot, an article featuring Pat appeared in the London Regional Transport magazine and re-kindled his enthusiasm. Pat was an Enfield Harrier, so he joined the club at a time when their walking team, with the likes of Dave Salter, internationals Amos Seddon and Adrian James, was a force to be reckoned with. His qualities as a dependable clubman were quickly recognised and within a year he was elected captain of the walking section.

In such company improvement was inevitable and he was soon collecting medals in county and LTR track and road championships, in addition to scoring from time to time in the strong Enfield squad. Ron received tremendous encouragement and support from his work mates at CRS, some of who not only turned out to back him up and win team honours in LRT events, but also played a big part in helping him raise some £40000 for various charities especially MENCAP.

He enjoyed a successful Masters Career which included a team gold at the World Vets Games in Mayazaki, Japan in 1993. He now lives in Norfolk



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### Leaguers in Action

To qualify for Leaguer Status an athlete must participate in a six ERWL fixtures in a calendar year.

Nine of the Nineteen walkers who took part in the third **Ray Hall Track league** which took place at Lewes Leisure Centre on 9<sup>th</sup> December tackled the 5000m. Luc Legon 23.05.1 was the men's winner. There were three Leaguers in the race: Jonathan Hobbs 24.31.2, Grazia Manzotti 27.32.4 and Jacqui Benson 29.02.3.

Leaguers Ian Richards 89.36 and John Arthur 106.26 finished one, two in the 15km race at **Steyning AC's Open meeting** on 20<sup>th</sup> January and Trevor Jones 64.40 led home the 10km. Dave Hoben 83.42, Chris Flint 89.17, Shaheda Arthur 108.10 also registered times as did Anne Jones 39.59 in the "Walkfit" 5km.

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### EHAC Subs 2024/25 become due on 1st April

The revised fees which include the EA Competition and Licence Fee of £19 will be:

Full membership £50 - Juniors (u20)/Students/Concessions & Disability Athletes £40 - Non-Active members £10  
Second Claim Members whose EA Licence Fee is paid by their first claim club £10

Volunteers (eg Officials, Coaches)... who are working on behalf of the Club are not expected to pay any annual fee and Life Members are not expected to pay any annual fee, but Athletes must still pay their England Athletics Competition Licence Fee to the Club to be forwarded onto England Athletics ...

Fees are payable to "Enfield & Haringey A C" before 1st April 2024 and payment should be sent to the Club Bank Account by bank transfer Details from the Membership Secretary at raypenton1@hotmail.com

Additionally any Athlete requiring to purchase a Club Competition vest may also pay £20 by bank transfer ... enquire as above

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**Ken Livermore RIP.** The much respected Enfield Centurion and stalwart Ken Livermore passed away on Sunday 28<sup>th</sup> January. **Condolences to Margaret and his family.** Further details will be published when available.

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This newsletter gives the briefest information about the ERWL and more detailed results and a broader perspective of the race walking scene is available from the *Race Walking Record*, the *Essex Walker* and *Heel and Toe*.

#### Race Walking Record

Published promptly at the end of each month.  
[noel.carmody@outlook.com](mailto:noel.carmody@outlook.com)

#### Essex Walker

Lots of local information  
[dave.ainsworth@yahoo.co.uk](mailto:dave.ainsworth@yahoo.co.uk)

#### Heel and Toe online

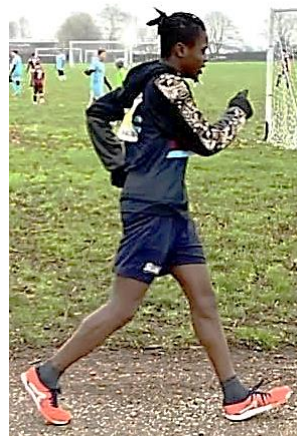
Australian publication out Tuesdays  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

Abigail Jennings demonstrated why she is England's current leading female walker, with a convincing performance, when repeating her victory in this fixture in 2023. That win triggered off a season in which she went on to win all the EA titles she contested and posted a host of pb's on the way. I'm sure all connected with the ERWL wish her the same progress over the next twelve months.

Thankfully, although the temperature was hovering around zero, there was an absence of strong winds and it was dry and an entry of twenty a little disappointing. Looking on the bright side Trejan Checheku-Boamah collected his second EAPB certificate improving by over half a minute in the process.

Nine people registered a Virtual performance along with their appreciation of this method of staying in touch with race walking and providing the spur to keep training.

*A determined Trejan Checheku-Boamah*



#### 10km

1 Abigail Jennings	<i>Aldershot FD</i>	50.35 SW
2 Grazina Manzotti	<i>Ashford AC</i>	57.26 W50
3 Melanie Peddle	<i>Loughton AC</i>	59.50 W55
4 Jaqui Benson	<i>Ashford AC</i>	61.56 SW
5 Stuart Bennett ©	<i>Ilford AC</i>	67.06 M65
6 John Arthur	<i>Ilford AC</i>	68.00 M60
5km David Ainsworth ©	<i>Ilford AC</i>	47.08 M75

#### Under 13 Girls 2km

Lily Ann Cooper	<i>Nkt Joggers</i>	14.50
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#### Under 15 Boys 3km

Trejan Checheku-Boamah	<i>Blackheath &amp; Bromley</i>	17.33
<i>Trejan went on to complete 4km in 23.28</i>		

#### B Race Results

##### 10km

1 Maureen Noel	<i>Belgrave H</i>	64.40 W60
2 Mike George	<i>Unattached</i>	64.44 M55
3 Simon Morgan	<i>Ilford AC</i>	68.00 M55
4 Chris Hobbs	<i>Ashford AC</i>	68.10 M65
5 John Borgars ©	<i>Loughton AC</i>	71.30 M75
6 Sue Barnett	<i>Enfield HAC</i>	72.38 W70

##### 8km

1 Chris Flint ©	<i>Surrey WC</i>	65.13 M75
2 Kathy Crilley ©	<i>Surrey WC</i>	66.13 W75
3 Paul Firmage	<i>Ryston R</i>	67.51 M65

##### 5km

1 Sheila Leavy	<i>North Herts RR</i>	40.30 W70
2 Shaheda Arthur	<i>Ilford AC</i>	50.43 W60

*Timekeeper/Recorders: Phil Welch, Pam Ficken © & Tracey Wilkinson  
Judges: E. & S.Benson, S.Cartwright, P.Cassidy, M.Graham & S.Lightman  
Race Organiser: Tracey Wilkinson J/Runner: D.Annetts. Volunteers: John Hall & Jon May*

#### Virtual Result

##### 10km

1 Mark Williams	<i>Birchfield H</i>	56.05 M55
2 Cath Duhig ©	<i>CA Millennium</i>	67.39 W65
3 Marco Bernatzki	<i>SuS Schalke 96</i>	72.04 M65

##### 5km

1 Richard Emsley	<i>Corby AC</i>	35.11 M70
2 Ron Penfold	<i>Steyning AC</i>	37.47 M80
3 Mick Graham	<i>Belgrave H</i>	39.14 M70
4 Tony Wilkinson	<i>unattached</i>	39.17 M60
5 Karen Williams	<i>Birchfield H</i>	42.29 W70
6 Tony Perkins ©	<i>Ilford AC</i>	50.32 M70

*Ron Wallwork presents the Official's Cup to Elizabeth Benson. Abigail Jennings presents Ilford's Shaheda Arthur, Simon Morgan, John Arthur and Stuart Bennett with the 2023 ERWL Team Trophy and Ciaran Glennon serves up a very welcome hot chocolate.*

