

The Enfield Walker 2023

January

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

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

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



2023 ERWL

The 23rd Edition of the Enfield Race Walking League gets underway on **Saturday 14th January at 11am** with the **Martin Oliver Five** at the King George Playing Fields at Donkey Lane, **Enfield**. **ENTERIES ON the DAY** As usual, walkers wishing to do shorter distances will be able to do so and their result recorded. There will be a cut-off time of 70 minutes and walkers not taking the Bell by 11.56 will be retired. The Presentation of the 2022 ERWL awards will commence at 12.50pm.

Virtual Race The Virtual version of the ERWL will continue whilst a reasonable demand for it remains. Performances over the weekend of 14th/15th January to be registered with Richard Emsley r.emsley@btopenworld.com before midnight on 15th January stating name, club, time and Centurion No.

There have been changes to the rules and conditions, which has caused concern to some walkers, but the ethos of the ERWL remains. The team change to four to score, is designed to open up and make that aspect of the competition more competitive and the entry fees for young athletes will, hopefully encourage more of them to compete in the League.

Consideration is being given to initiate a separate competition for young walkers at metric distances and timed to assist their preparation for their championship aspirations.

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 & Haringey Athletic Club and operates under RWA rules. Twelve races are intended for 2023 and each race will carry a minimum of seventy points. Points will be awarded in descending order, the winner being credited with the highest available.

Race Conditions: Races will be under RWA rules

Entry fees: under 17 Free, under 20 £3 and over 20 £8

The League awards will be presented at the first fixture of 2024 to Senior and Young Age Group individuals, the highest placed centurion, senior mixed club teams of four (*which may include second claim members*) and a free race voucher to walkers who have competed in six events taking no other award.

The 2023 ERWL will be judged under the Category A definition of Race Walking which has two parts:
That the walker maintains **contact with the ground so that no** (*visible to the human eye*) **loss of contact occurs.**

The advancing leg must be straightened (*i.e. Not bent at the knee*) **from the moment of first contact with the ground until the upright vertical position"**

However, in keeping with the ethos of the League since its inception in 1998 a friendly welcome is extended to walkers of all standards to participate. To facilitate all-comers there will be an **A category opt-out (ACO)** opportunity for walkers who don't feel confident about their own ability to comply. They will take part in the main race wearing a special number so that they are identifiable to the Judges and fellow competitors in the race.

An independent finishing list of Walkers taking this option will be produced and added to the A list to form the result from which the Team Competition will be scored. All participants will be credited with a Time and distance.

How it will work

Judges will **Caution** and submit **Red Cards** as they consider appropriate and the Chief Judge will mark up the Board accordingly, so that all competitors can be aware of race developments and their situation within it.

Walkers collecting Three Red cards of either kind (> knee or ~ contact) will be Disqualified by the Chief Judge

ACO walkers will be allowed to continue and only be withdrawn for Three (~) Contact infringements.

Please note. That prior to the opening fixture on 14th January, Chris Hobbs is kindly conducting a **Race Walk Taster Session** for local youngsters; Under 10's at 9am and 10+ at 10am. Assistance from other coaches or walkers able to get along will be much appreciated.

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

Leaguers in action at the **Surrey WC Track 5km race** at Tonbridge School on 19th November were: Jonathan Hobbes 3rd/21.54, John Arthur 11th/31.20, Mark Culshaw 31.33 and Penelope Cummings 14th/32.09. There was starters and the race winner was Luc Legon in 21.54.

On the 20th November at the New College Cycle Circuit at Leicester, the **2nd Midland League** fixture took place. Thirty walkers were in action over varying distances. The 5km was won by Mark Williams 27.57 with Leaguers Jacqueline Benson 28.25 and Steve Uttley 29.10. Jacqueline continued to complete 10km in 58.54 overhauling Mark in the process.

Among the many runners who took part in the annual **Southend Pier race** on Boxing day were Leaguers John Arthur and Centurion Sue Clements.

Seven walkers and turned out in the **Brighton and Hove AC Boxing Day race** and it was won by two-time ERWL champion Trevor Jones who clocked 52.56 for the 5.5 miles. Dave Hoben finished in 63.11.

Brian Adams who announced his retirement in the December Enfwalker had his first race as an 11 year old in 1961. In the intervening decades he has maintained his connection and input into the race walking discipline, being a coach and official once past his racing peak. And what a peak it was! Between 1974 and 1982 he notched up 3 national titles along with 13 places in the top three and 15 international appearances including Olympic, European and Commonwealth Games. In 1984 he won the Leicester 100 in 17.39.28, one of the fastest ever qualifying times to become Centurion 778.

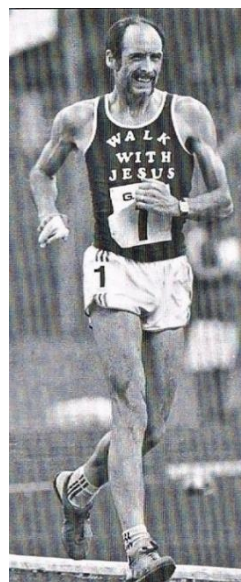
At my request Brian has forwarded a comprehensive resume of his career, which will appear in the Enfwalker in due course.

Sick Bay update

I understand that Pauline Wilson and Noel Blatchford continue to make progress. The latter has had her driving licence reinstated and is hopeful of being given the all-clear to resume some serious exercise next month.

Peter Duhig after a six weeks in hospital is now home and although still poorly is but upbeat. He and Cath plan to celebrate the Chinese New Year on Jan 22 and the fact that it's the Year of the Rabbit is a good omen, considering its similarity to Ryston's hare logo.

John and Barbara Ralph didn't have such a nice Festive season. Both had a severe dose of the flu and have lost substantial weight. Apparently they are on the right side of it now.



Dates for the Diary

14 th January	Martin Oliver 5 (ERWL 1)	11am Donkey Lane – Distances 1 to 5 miles -Opening fixture and Presentations
15 th January	RWA AGM	On Zoom – details from rwasecretary@yahoo.co.uk
29 th January	Centurions AGM	It is confirmed the Centurions AGM is to be held on Saturday 28 January 2023 at Leicestershire County Cricket Club, Grace Road, Leicester from 1pm to 5pm (Doors open at 12 noon). Coffee/tea on arrival and mid meeting. Free parking. Post-AGM hot fork buffet meal (if minimum of 20 stay).
4 th February	Steyning Open 15km	2pm Supporting 5km and 10km distances – Allow 30 mins to get to the Start.
11 th February	Adrian James 5 (ERWL 2)	11am Donkey Lane – Distances 1 to 5 miles
18 th March	Peter Worth 5 (ERWL 3)	11am Donkey Lane – Distances 1 to 5 miles

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.
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Essex Walker

Lots of local information
dave_ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out Tuesdays
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For race walking Photographs markeaston.zenfolio.com.

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