

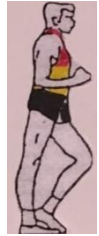
The Enfield Walker 2023

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

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

May



Pat Furey Walks

The line-up in sunny warm conditions for the Pat Furey Walks at Donkey Lane on 29th April and over the newly certified course several walkers set pb's.

Traffic congestion in the area meant last minute arrivals and little time for warm-ups for those competing.

Pat Furey, a larger than life character missed the start of the races, but involved himself supporting the walkers and presenting the awards. (photo: Mark Easton)

Seniors Melanie Peddle and Dave Annetts along with junior Jessica Wilton were voted by the judges as the best technicians in the race.

Three Technique Awards were on offer and determined by the judges: Melanie Peddle, Dave Annetts and Jessica Wiklton

The Award winners with Pat Furey: Jessica, Grazia, Melanie and Dave



Next Fixture The "Cecil Gittins 2.5km 3km, 5km, 10km & 15km Walks"

(Permit RWA 23031-1)

4th June - 2.30pm at Cyclopark, Gravesend, DA11 7NP

Full details on VAC website or david.hoben@mottmac.com or 07507 158 605

Cecil Gittins

Cecil was a long standing member of Queens Park Harriers and of the Middlesex County Committee and although not a particular fast walker, he nevertheless made a distinctive contribution to the discipline. In addition to his club and county he served as the RWA's Chairman for seventeen years between 1977 and 1998 and as its President in 1988/89.

Cecil was an avid supporter of QPR, and had been a prominent figure in the Liberal Party, later Liberal Democrats. He officiated at many athletics meetings for Surrey & Middlesex Counties, and acted as race walking judge for fixtures across the south east. His many interests included travelling.

Cecil in action at the 1959 Polytechnic Open 20km, one of over 100 starters and won by Ken Matthews in 90.08



The Virtual version of the "Cecil Gittins Walks" - Performances over the weekend of 3rd/4th June to be registered with Richard Emsley r.emsley@bopenworld.com before midnight on 4th June stating name, club, time and Centurion No.

Advance Notice - Experience a traditional Race Walk on

8th July at The Annual Moulton Walks

5 mile & Junior/Novice 1 mile

More details and entries at: moulton5challenge.weebly.com or from George Wilkinson on 07376 808 650
Entry Fees u17 free, u20 £5, others £10

Kindly assist the organisers by entering in advance or indicating your intention to support this event

ERWL Tables after 4 Fixtures

The report and results of the "Pat Furey Walks" on 19th April were circulated, but appear again on page 3.

Melanie Peddle remains the overall leader of the 2023 series with three other ladies in the top five. Ilford and Enfield remain team leaders, but there has been a change around among the chasers. There are still enough remaining fixtures providing opportunity to improve positions.

Individual Tables	Ladies	Men	points awarded as if amalgamated with real league
1.	264/4 Melanie Peddle (50)	1. 249/4 John Arthur (60)	1. 250/4 Cath Duhig © (65)
2.	237/4 Maureen Noel (60)	2. 210/3 Dave Annetts (55)	2. 229/4 Marco Bernatzki (50)
3.	229/4 Sue Barnett (70)	3. 198/4 Simon Morgan (55)	3. 202/3 Mark Williams (55)
4.	216/4 Fiona Bishop (60)	198/4 John Borgars © (75)	4. 182/3 Richard Emsley (70)
5.	186/4 Shaheda Arthur (60)	5. 181/3 Stuart Bennett © (60)	5. 168/4 Tony Perkins ©(70)
6.	136/2 Jessica Wilton (u20)	6. 168/3 John Ralph (65)	6. 137/3 Diana Braverman (70)
7.	130/2 Emma Dyos (45)	7. 165/3 Chris Hobbs (65)	7. 136/3 Ron Penfold (75)
8.	126/2 Abigail Jennings (SW)	8. 140/3 Dave Hoben (70)	8. 131/2 Jaqueline Benson (SW)
9.	121/2 Grazia Manzotti (50)	9. 138/2 Jonathan Hobbs (SM)	9. 111/2 Keith Vallis (M55)
10.	108/2 Amalia daSilva (60)	10. 112/2 Dave Walsh	10. 91/2 Mick Graham

Team Table

1. Ilford AC'	614	249 Arthur J, 198 Morgan, 186 Arthur S & 181 Bennett.
2. EHAC	725	229 Barnett, 216 Bishop, 168 Ralph & 112 Walsh.
3 Loughton AC	462	264 Peddle & 198 Borgars ©.
4. Belgrave H	409	237 Noel, 108 daSilva & Zennaro
5. Ashford AC	371	165 Hobbs C, 138 Hobbs J©C & 68 Wilton.
6. Ilford AC "B"	337	130 Dyos, 107 Morris & 100 Ainsworth.

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

From Joyce Crawford . . . Sue Clements and I joined the **12 hour Crawley A.I.M Charity Race** on Saturday April 15th. The 12 hour race starts at 9pm and finishes at 9am. Claire Law/Bass© was our amazing support. Sue walked all 12 hours and Joyce managed 6.5 hours. Walking mostly in the second lane meant that Sue did an incredible 48 ish miles and Joyce hopefully did 25 miles. It was an exciting race and top Ultra runner Sophie Power ran 235.7km in 24 hours which puts her 8th on the all-time list. She was incredible . Who's joining us next year?

The **RWA National 10km** championship staged at Warwick University on 16th April was won by Chris Snook in 43.07. Only three Leaguers took part and only one them, Steve Uttley 6th/60.50 finished. The other two were Melanie Peddle and Penelope Cummings.



2023 London Marathon 23rd April - Known Race walker results

Former Scottish International, Centurion 858 and Leaguer Stuart Bennett along with his daughter Louise raising funds for Great Ormond Street Hospital. clocked 5:33.07.

Other walkers at the event who have graced ERWL fixtures over the years were :

GB International and Centurion 590 octogenarian Ed Shillabeer was delighted to finish in 7.36.09. Ed who still holds the UK record holder, was fundraising for SSAFA (Soldiers, Sailors, Airmen and Families Association).

Benfleet resident, Centurion 1020 Kim Howard, who completed her 22nd London Marathon in 5:47.46. It was her 112th marathon in total.

Leicester's M70 George Smolinski who completed 90 miles at the Bury St. Edmunds 100 Miles in , clocked 5:34.12.

However, the outstanding performance was that of Olympian Neringa Masilioniene, (*nee Aidietyte*), winner of last November's EO7 who ran it, and finished a magnificent 75th woman in 2:53.10.

Barbara Ralph made the starting line, which in itself is a noteworthy feat after her brush with a vehicle in the autumn last year, and in doing so notched up her 33rd completion in this iconic event. Hr time 4.57.56.

Tony Bell raced in the **South Yorkshire League** 5km on 25th April clocking 34.04

This year **ILFORD AC Celebrates its Centenary** which will be marked by a Dinner on the evening of 8th July.(The early Moulton start enables walkers to be at both events) and Dave Ainsworth has penned a wonderful historical history of the club which appears in the latest two editions of the *Essex Walker*. If you don't take the *Essex Walker* I recommend you sign up for it and request these issues.

10km

1	Dave Annetts	North Herts RR	49.27 M55
2	Steve Crane	Surrey WC	51.31 M40
3	Stefano Zennaro	Belgrave H	62.12 M50
4	Mark Culshaw	Cambridge H	65.07 M50
5	Stuart Bennett ©	Enfield HAC	65.47 M60
6	John Arthur	Ilford AC	71.16 M60

10km

1	Jessica Wilton	Ashford AC	55.48 u20
2	Grazia Manzotti	Tonbridge AC	56.45 W50
3	Melanie Peddle	Loughton AC	58.17 W50
4	Sue Barnett	Enfield HAC	71.14 W70
6km	Noel Blatchford	Abingdon AC	43.45 W75
5km	Shaheda Arthur	Ilford AC	56.34 W60

B Race Result

10km	John Borgars ©	Loughton A	68.02 M75	10km	Fiona Bishop	Enfield HAC	77.02 W60
	John Ralph	Enfield HAC	75.02 M65	7km	Maureen Noel	Belgrave H	48.00 W60
5km	Simon Morgan	Ilford AC	33.15 M55				
	Dave Hoben	Surrey WC	39.11 M70				

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, John Hall, Carl Lawton ©

Judges: Steve Cartwright, Peter Cassidy, Andrew Garner, Mick Graham. (Ch), Shaun Lightman, - J/Runners: Barbara Ralph

Race Organiser: Tracey Wilkinson

Virtual Result

10km	Mark Williams	Birchfield H	56.05 M55	5km	Ron Penfold	Steyning AC	37.25 M80
	Jaqueline Benson	Ashford AC	64.25 SW		Mick Graham	Belgrave H	42.06 M70
	Cath Duhig ©	CA Millennium	64.46 W65		Karen Williams	Birchfield H	42.23 W65
	Richard Emsley	Corby AC	69.20 M70		Tony Perkins ©	Ilford AC	50.34 M70
	Mark Bernatzki	LA/Herten Ger	72.06 M50				

2023 Enfield Walking League 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.

Eleven races are intentioned 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. The best nine performances by a walker will determine their league position at the end of the season.

There will be a Four to score Mixed Team Competition.

The League awards will be presented at the first fixture of 2024 to Senior and Young Age Group AG 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.

Bernie Hercock Awards 2023 The 2023 Awards will be geared towards assisting younger walkers to have international experience and with this in mind the Dutch Tilbury walks on 1st October which embraces races from 3km to 20km is being considered as the likely event for assisted funding. The qualifying criteria is likely to be participation in a minimum of three ERWL fixtures

Remaining 2023 ERWL Fixtures

Cecil Gittins Walks	4 th June, Cyclo Park	Charlie Fogg Walks	25 th September, Donkey Lane
Moulton Walks	8 th July, Moulton, Suffolk	Peter Worth Walks	14 th October, Donkey Lane
Stan Mantor Walks	5 th August, Donkey Lane	96 th Enfield Open 7	2 nd December, Donkey Lane
Hour Badge Walks	24 th September, tbc	Season Finale	2 nd December, Donkey Lane



From Dave Annetts.

I took this picture on 26th April and it shows Mark Jefford on a lovely spring morning in the process of measuring and certifying the new ERWL 1km loop

This now makes a simple out and back course with the start halfway between the turns.

The km loop makes a number of options available for Walkers of all experience and easier to manage at 1,3, 5 and 10k as well as smoother continuation possible from 10-15k within the 75 mins cut-off for those who want it.

Southern RWA Support to Save Championships

Whilst county track championships south of the Thames are thriving, elsewhere lack of entries over several years is resulting in the discipline being omitted from the schedule of events. The South of England championships is the latest to come under threat, so the Southern RWA by way of encouragement to walkers will make a contribution towards the entry fee.

The championships are scheduled to take place on the weekend of 12/13th August at Lee Valley Athletic Centre.

Centurions 1911 – 2023 100 miles

A reminder that this year's 100, which incorporates the RWA Long distance championship is being at the Middlesborough Sports Village on 19-20 August this year.

A 50 km event is being incorporated this year to give people the opportunity to taste a long distance race walk, with hope it could be used as a stepping stone for 100 miles attempts in future years.

It is important, however, to emphasise that the 100 miles is a Race Walking Association national championship which expects those who enter to be medically fit and to maintain contact throughout (B rule applies).

Registration is through EntryCentral.com Entry fee for 100 miles is £75, and for the 50 km its £30.

All details are on the Centurions website www.centurions1911.org.uk

First Aid Course To date only 4 people have shown interest in this course, so it looks as though it is a non-starter, but just in case there are still people interested in it, the offer will be kept open for another month

The ERWL through the "Bernie Hercock Legacy", will part fund a half day (4 hour) First Aid course. It would be conducted by Centurion 950 Sue Clements *BSc.TechIOSH VMSM*. Attendees receive a Certificate of Attendance and the content of the course would include.

Dealing with an emergency and assessing a casualty; calling 999

Responsibilities

Primary survey & Secondary assessment

Unconscious Casualty; recovery position

CPR; AED

Choking, Asthma, Heart attacks

The date and venue to be determined in the light of convenience for the majority of people signing on for the course.

Expressions of interest are invited from walkers, officials and volunteers to determine the viability of the course. Enquiries and more details from Ron Wallwork ronc893moulton@gmail.com or 07460 041 643

Close Scrutiny *(re-printed from EnfWalker March 2009)*

The 10km walk final at 1912 Stockholm Olympic games. Canada's George Goulding and Britain's Ernest Webb vie for the lead. George won in 46.28, Ernest was second in 46.50 and only two other walkers finished.

I find this picture interesting because although there was no walking definition or specific rules until 1928 (*see below*), contact was an obvious concern for the judge, but all have straight leg technique six decades before it was incorporated into the rule. I believe that a straight leg technique, like an efficient arm action, hip mobility, foot roll, core strength, etc is one of the requirements for anyone wishing to walk very fast.



The 1924 Olympic Walks turned out to be an absolute farce prompting the authorities to drop the Walks in the 1928 Olympics. Ernest Neville, a former President of the R.W.A. found out that all the Countries that provided walkers in 1924 had a different definition. He then consulted a number of other nations and eventually came up with a definition: - 'Walking is a progression by steps so taken that unbroken contact with the ground is maintained'. This was agreed by the R.W.A., A.A.A.s and the Athletic Union of the U.S.A. In 1928 he took this definition to the I.A.A.F [International Association of Athletics Federations] Congress and managed to persuade them to unanimously accept this, as well as to re-introduce Walking to the 1932 Olympic programme

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

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Heel and Toe online

Australian publication out Tuesdays

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