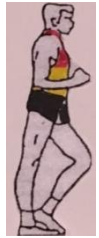


The Enfield Walker 2023

October



(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>

Medal Bonanza for Leaguers at the EURO Masters championships

At the European Masters championships staged at Pescara on Italy's Adriatic coast, Leaguers had a field-day amassing thirteen medals of which seven were for individual performances. Over the ten days of the championships walks were contested at 5, 10 and 20km and incorporated a team event in the latter two.

Grazia Manzotti (one race away from Leaguer status) led the way with two golds and a silver. Maureen Noel didn't contest the 5km but struck gold in the 20km after a silver medal in the 10km and Noel Blatchford won gold in the 5km. Melanie Peddle although setting a new national age record was hundredths of a second from a medal in the 5km, but did take the bronze in the 20km.

On top of the individual successes there were Silver team medals; two for Grazia and Melanie, with Maureen and Fiona Bishop winning one apiece. Fiona's performance was remarkable; she contested all the walks, the 8km XC and the half marathon, and it was in the latter that she won her medal.

The picture shows Fiona Bishop, Maureen Noel, Wendy Kane, Grazia Manzotti and Melanie Peddle at the 10km start.



More pics on page 3

Sadly, a few days after her 5km silver medal performance Noel Blatchford became unwell and was hospitalised where it was discovered that she had had a stroke and consequently their homeward journey would be delayed.

Success in Holland



Team Manager Dave Annetts reports

At Tilburg in the Netherlands the historic Rotterdam RWV Club staged an excellent meeting which incorporated both Dutch and Belgian 35k / 20k Championships, and a supporting program of 1,3,5 and 10k races. UK representation was strong with a number of athletes making the short trip to take part, among them Hercocok Awards recipients Abigail Jennings (Aldershot F&D) and Jessica Wilton (Ashford AC) who put in sterling performances.

On a bright sunny morning Jessica (left) started first in the 10k walking confidently to secure second place in 57:02, not that far from her pb.

An hour later with temperatures rising Abigail set off in the 20k. After a controlled first 10k she took the lead around halfway and despite increasing discomfort in the heat, she finished with a strong last 5k to win in a new pb 1:46.15



+++++

Next ERWL Fixture

"Ilford Celebration Walks"

(Permit RWA23050-1)

u13 2km, u15 4km, u17 6km, u20/Seniors 10km

Saturday 14th October at 1pm

at Hylands Park, Hornchurch, Essex, RM11 1HA

ENTRY ONLINE ONLY at <https://www.fabian4.co.uk>

If you have problems entering on line contact ronc893moulton@gmail.com or 07460 041 643

The Virtual version of the "Ilford Celebration Walks" - Performances over the weekend of 14th/15th October to be registered with Richard Emsley r.emsley@btopenworld.com before midnight on 15th October August stating name, club, time and Centurion No.

ERWL Tables after 7 Fixtures

To date 66 individuals from 22 clubs have participated in this year's live League. Sixteen from 12 clubs have raced virtually. The report and results of the "Hour Walk & EAPB Meeting" on 23rd September have been circulated, but have been amended and are attached.

| Individual Tables | Ladies | Men | Virtual League (mixed) |
|--------------------------|-----------------------------|---------------------------------|-------------------------------|
| 1. | 412/7 Sue Barnett (70) | 1. 443/7 John Arthur (60) | 1. 427/8 Cath Duhig © (65) |
| 2. | 388/6 Melanie Peddle (50) | 2. 382/7 Simon Morgan (55) | 2. 399/8 Marco Bernatzki (50) |
| 3. | 381/8 Shaheda Arthur (60) | 3. 348/5 Dave Annetts (55) | 3. 383/7 Mark Williams (55) |
| 4. | 325/5 Grazina Manzotti (50) | 4. 324/6 John Borgars © (75) | 4. 321/8 Tony Perkins ©(70) |
| 5. | 299/5 Maureen Noel (60) | 5. 311/5 Stuart Bennett © (60) | 5. 300/7 Ron Penfold (80) |
| 6. | 279/5 Fiona Bishop (60) | 6. 299/6 Dave Hoben (70) | 6. 265/5 Richard Emsley (70) |
| 7. | 269/4 Jaqueline Benson (SW) | 7. 286/5 John Ralph (65) | 7. 253/6 Karen Williams |
| 8. | 252/4 Abigail Jennings (SW) | 8. 277/5 Chris Hobbs (65) | 8. 207/5 Mick Graham (70) |
| 9. | 198/3 Emma Dyos (45) | 9. 268/5 Chris Flint © (75) | 9. 137/3 Diana Braverman |
| 10. | 191/3 Jessica Wilton (u20) | 10. 253/5 Dave Ainsworth © (75) | 10. 111//2 Keith Vallis |

Team Table

| | | |
|------------------|-------------|---|
| 1. Ilford AC' | 1517 | 443 Arthur J, 382 Morgan, 381 Arthur S & 311 Bennett. |
| 2. EHAC | 1089 | 412 Barnett, 279 Bishop, 286 Ralph & 112 Walsh. |
| 3. Ashford AC | 945 | 277 Hobbs C, 269 Benson, 208 Hobbs J & 191 Wilton |
| 4. Loughton AC | 833 | 388 Peddle & 324 Borgars & 121 Corneciu. |
| 5. Surrey WC | 698 | 299 Hoben, 268 Flint, 69 Crane & 62 Reis |
| 6. Ilford AC "B" | 669 | 253 Ainsworth, 198 Dyos, 167 Morris & 49 Shillabeer |

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

PSUK Championships, held on Wednesday 27th September at Cannon Hill Park, Birmingham. This is a meeting which embraces the Civil Service championships and an annual match against the Police Service. Six Leaguers were among the sixteen men and five women who participated in the event. Geraldine Legon was 4th/41.52 in the women's 5km, whilst in the men's 10km Colin Harle 61.51, Mark Culshaw 63.24, Stuart Bennett 65.31, finished 3rd, 4th and 5th with John Hall 12th/72.45, and Chris Flint 14th/78.43.

European Masters Championships, Pescara, Italy - 21st September and 1st October

| Leaguer's Individual Medal count: | | 5km track | 10km road | 20km | ½ Marathon | 8km XC |
|-----------------------------------|-----------------|-----------------------------|-------------------------|--------------------------|---------------------------|-------------------------|
| W50 | Grazia Manzotti | 1 st / 27.39.10 | 2 nd / 58.21 | 1 st /2.00.38 | | |
| W55 | Melanie Peddle | 4 th / 27.24.3 | 5 th / 60.33 | 3 rd /2.03.04 | | |
| W60 | Maureen Noel | | 2 nd / 65.14 | 1 st /2.16.16 | | |
| | Fiona Bishop | 11 th / 40.17.76 | 9 th / 80.38 | 6 th /2.56.38 | 11 th /2.03.27 | 6 th / 43.33 |
| W75 | Noel Blatchford | 2 nd /36.026 | | | | |

Veterans AC 10k track race Woodcote High School, Purley, 30 September 2023. This race incorporates the Sussex, Surrey, Middx & Herts County Championships and took place in good racing conditions on a picture-perfect autumn afternoon, with cloud cover and a modest breeze.

With the second rail strike in two years on this race date and a number of regulars racing in Holland and Italy, this was never going to be a big field, however ten on the line faced the starter's pistol.

The men's race was won by Blackheath's junior Jonny Ellerton 57.19 showing good style. Leaguers Penelope Cummings 60.44 and Dave Walsh 62.47 occupied the next couple of places. A comprehensive result and report is available of the VAC website.

The First Aid Course part funded through the Hercock Legacy, will take place at Gazeley, Nr.Moulton on 4th November.

There are still places available and a reminder of what is on offer:

The course is being run by Centurion Sue Clements *BSc.TechIOSH VMSM*. who has consulted with UKA about validation. However, the reply was vague. So, the FAW course (Emergency First Aid at Work; Category B) is recommended, because it will give people sufficient practical and theoretical knowledge and a nationally recognised qualification. Also included would be recognising the presence of major illness such as heart attack etc.

It is a full day course and each person will receive a first aid manual, student training pack and certificate.

The fees for the course are: ERWL Officials/Walkers £20 - Others £65.

8th October is the deadline for enrolling through ronc893moulton@gmail.com or 07460 041 643

Warm autumn sunshine made good for good conditions and with the likes of Melanie Peddle, Noel Blatchford and Grazina Manzotti vying for honours at the Euro Masters championships in Italy, Hercocock Award recipients saving themselves for their big race next week and several still on holiday, it was a small field that faced the starter.

Small field it might have been, but history was made when the first England Athletic Race Walk PB Awards were attained by young walkers Ellin Wilson and Lily-Ann Cooper and RWA President Chris Hobbs was on hand to present them with their certificates. Three senior competitors also received certificates. It is hoped that this scheme will encourage other walkers especially young athletes in general, to try the discipline with this scheme providing a clear objective and pathway to improve.

Phil Barnard continued his comeback in good style winning easily, but as with most of the fixtures this season the hotly contested competition was at the head of the ladies race. On this occasion it was Jacqui Benson and Emma Dyos. Following a period of poor health Francisco Reis made a tentative start to his comeback by restricting himself to 5km and it was nice to see ERWL stats man Jon May in action again.



| Metres | | | Metres | | |
|----------------------|--------------|------------|----------------------|----------------|------------|
| 1. Phil Barnard | (unattached) | 10.812 M35 | 1. Jaqueline Benson | (Ashford AC) | 10.166 SW |
| 2. Colin Harle | (Belgrave H) | 9.635 M65 | 2. Emma Dyos | (Ilford AC) | 10.126 W45 |
| 3. Stuart Bennett © | (Ilford AC) | 9.031 M60 | 3. Penelope Cummings | (Heme H H) | 9.725 W45 |
| 4. David Ainsworth © | (Ilford AC) | 6.310 M75 | 4. Sue Barnett | (Enfield H AC) | 8.387 W70 |
| | | | 5. Livia Corneciu | (Loughton AC) | 8.068 W40 |

10km times: Phil Barnard 55.11.9 *EABP level 4*, Jacqueline Benson 59.06.8 *EABP level 3*, Emma Dyos 59.18.7 *EABP level 2*

B Race

| | | | | | |
|------------------|----------------|-------------|-------------------|----------------|-----------|
| 1. Simon Morgan | (Ilford AC) | 8.945 M55 | 1. Sue Clements © | (Cambs/Colrge) | 7.813 W65 |
| 2. John Ralph | (Enfield H AC) | 7.788 M65 | 2. Sheila Leavy | (N.Herts RR) | 7.241 W70 |
| 3. Chris Flint © | (Surrey WC) | 7.432 M75 | 3. Shaheda Arthur | (Ilford AC) | 5.444 W60 |
| 4. Jon May | (Enfield H AC) | 7.106 M70 | | | |
| Francisco Reis | retired | 5.2km/31.52 | | | |

Under 13's 2,000m: Ellen Wilson (Ashford AC) 11.22.6 *EABP level 9* - Lily-Ann Cooper (Newmarket J) 14.55.8 *EABP level 1*

Judges: Peter Cassidy (Chief), Mark Culshaw & Mick Graham,

Timekeeper: Phil Welch - Recorders: Pam Ficken ©, John Hall, Carl Lawton ©, George, Tracey & Tony Wilkinson



Phil Barnard, Emma Dyos and Jacqui Benson, Livia Corneciu leads Sue Clements and Chris Flint, Jon May

Virtual Result

| | | | | | | | |
|----------------|---------------|------|------------|----------------|----------------|------|-----------|
| Mark Williams | Birchfield H | 1 hr | 11.320 M55 | Cath Duhig © | CA Millennium | 10km | 64.52 W65 |
| Richard Emsley | Desborough | 1 hr | 8.490 M70 | Karen Williams | Birchfield H | 10km | 81.19 W70 |
| Mark Bernatzki | LA/Herten Ger | 1 hr | 8.417 M70 | Fiona Bishop | (Enfield H AC) | 1 hr | 8.387 W70 |
| Ron Penfold | Steyning AC | 1 hr | 8.135 M80 | | | | |
| Paul Gaston | Surrey WC | 5km | 34.17 M75 | | | | |
| Mick Graham | Belgrave H | 5km | 40.54 M70 | | | | |
| Tony Perkins © | Ilford AC | 5km | 50.21 M70 | | | | |

PETER MATTHEWS RIP

At the EAPB and Hour meeting on 23rd September tribute was paid to Peter Matthews who sadly passed away on 9th September. Peter was a highly respected athletics expert and was much sought after as a commentator, stadium announcer, historian and considered by many to be the world's top T&F statistician. He also served as President of Enfield & H AC for 25 years.

I am reminded of him on most days because I constantly refer to his wonderful booklet "WALKS" co-written with John Powell and published by the National Union of Track Statisticians.

Peter was a staunch backer of the race walking discipline and his support for the event never wavered. Our event has lost a great friend.

The picture shows him after receiving a memento from Committee member Angie McNamara at the 2009 Club AGM, the year he stepped down from office.



Forthcoming fixtures

22nd October at Sutcliffe Park, Lonon, SE9 5LW Cambridge H is promoting the inaugural fixture of the
"Ray Hall Winter Track League"
Details from noelcarmody@outlook.com

28th October
"Steyning Open 10km road races"

For information about Steyning/Sussex events contact:
Ron Penfold 01293 520506, Ian Richards 01903 504463 or Peter Selby 07721 747999

4th November at Tilgate Golf Club The VAC is promoting the **"Jack Fitzgerald Memorial Walks"**
The distances are approximately 3 or 6 miles and the races are under the B rule.
Comprehensive details will appear on the Vets AC website in due course.

11th November at Donkey Lane, Enfield starting at 10.30am the
96th Enfield Open Seven
With supporting distances - *Details to follow*

More Pics from Pescara



W50 10km team silver
Wendy Kane, Grazia & Melanie



W60 20km individual
Podium Moment of Triumph for Maureen



"Pheh, thanks that's over"
Melanie and Grazia after the 20km

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.
noelcarmody@outlook.com

Essex Walker
Lots of local information
dave_ainsworth@yahoo.co.uk

Heel and Toe online
Australian publication out Tuesdays
stuwalks@yahoo.com.au