

The Enfield Walker 2023

September



(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>

Next Fixture

The SRWA/ERWL

"PB Race Walk Awards Meeting"

(Permit RWA applied for)

Saturday 23rd September at QEII Stadium

Under 13's 2000m under 17's 3000m under 20's 5000m Seniors 10,000m/One Hour

Time Table: 10.00 Registrations - 10.30 2,000m/3,000m - 11.00 10,000m/1 hour

Entries taken on the day - Under 17's free - under 20's £5 others £10

If you can Please use the online entry at <https://www.fabian4.co.uk>

Essex championship: Walkers need to enter One hour event

All races are on the track and with a bumper field anticipated **Volunteers are sought**

Contact ronc893moulton@gmail.com if you can help

Message from Southern Area Chairman Mark Easton.

The PB race walk meeting provides the ideal opportunity for athletes of all ages, but particularly young ones, to try the discipline. Coaches are invited to incorporate race walking in their schedules using the meeting as a focus/target for their athletes.

Entries will be taken on the day and is free to under 16 year olds.

ERWL Tables after 7 Fixtures

To date 64 individuals from 21 clubs have participated in this year's live League. Sixteen from 12 clubs have raced virtually. The report and results of the "Stan Mantor Walks" on 5th August have been circulated, but appear again overleaf.

Individual Tables Ladies

1.	388/6	Melanie Peddle (50)
2.	347/6	Sue Barnett (70)
3.	327/7	Shaheda Arthur (60)
4.	325/5	Grazina Manzotti (50)
5.	299/5	Maureen Noel (60)
6.	279/5	Fiona Bishop (60)
7.	152/4	Abigail Jennings (SW)
8.	200/3	Jaqueline Benson (SW)
9.	191/3	Jessica Wilton (u20)
10.	170/3	Noel Blatchford (75)

Men

1.	443/7	John Arthur (60)
2.	348/5	Dave Annetts (55)
3.	324/6	John Borgars © (75)
4.	322/6	Simon Morgan (55)
5.	243/6	Dave Hoben (70)
6.	277/5	Chris Hobbs (65)
7.	246/4	Stuart Bennett © (60)
8.	228/4	John Ralph (65)
9.	223/4	Ian Richards (75)
10.	212/4	Tony Wilkinson (60)

Virtual League (mixed)

1.	377/7	Cath Duhig © (65)
2.	351/7	Marco Bernatzki (50)
3.	332/6	Mark Williams (55)
4.	235/6	Tony Perkins ©(70)
5.	215/4	Richard Emsley (70)
6.	253/6	Ron Penfold (75)
7.	207/5	Karen Williams
8.	137/3	Diana Braverman
9.	164/4	Mick Graham (70)
10.	111/2	Keith Vallis

Team Table

1.	Iford AC'	1338	443 Arthur J, 322 Morgan, 327 Arthur S & 246 Bennett.
2.	EHAC	967	347 Barnett, 279 Bishop, 228 Ralph & 112 Walsh.
3.	Ashford AC	876	277 Hobbs C, 208 Hobbs J, 200 Benson & 191 Wilton
4.	Loughton AC	770	388 Peddle & 324 Borgars & 58 Corneciu.
5.	Surrey WC	579	299 Hoben, 211 Flint, 69 Crane
6.	Iford AC "B"	434	192 Ainsworth, 167 Morris, 130 Dyos & 49 Shillabeer

Melanie Peddle in record breaking form

Five days after warming up with a Garon stadium mile record on 28th August, Melanie cruised to victory in the BMAF championships at Derby setting a new 3000m National age Record of 15.49.30 3,000m. Congratulations Melanie!

Best wishes to Melanie, Fiona Bishop, Noel Blatchford, Grazina Manzotti and Ian Richards (plus any Leaguers I don't know about) along with any other Brits competing in the World Masters Championships being staged in Italy 21st September/1st October.

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

Well done! Kevin Marshall. During July Leaguer and Centurion Kevin Marshall successfully completed the ultra-distance cycle ride of 650ish miles from John O'Groats to Lands' End.

At the **VAC's Summer Series 5km** at Battersea Park on 1st August Dave Annetts 23.32 and Melanie Peddle 28.11 continued their dominant roles in this competition. Other Leaguers in the race were Penelope Cummings 30.20, Maureen Noel 32.24, Fiona Bishop 34.26, Dave Hoben 38.07 and Chris Flint 39.27.

The **SEAA championships** at LVAC on 13th August attracted a disappointing ten entries. Aldershot AFD provided both senior winners; Chris Snook 22.02.25 and Abigail Jennings in a women's championship best performance of 25.06.33. Dave Annetts 2nd/26.15.14 and Penelope Cummings who fell foul of the judges were the only Leaguers at the meeting.

Eight walkers turned out for the **Surrey WC Open 5km** at Tonbridge on 16th August. Gareth Thomas was an easy winner in 22.38.1. The leading Leaguer was David Crane 2nd/25.12.19, the others in the race were Mark Culshaw 4th/31.25.5, John Arthur 5th/31.27.4, Dave Hoben 7th/38.19.3 and Chris Flint 39.19.6. For the record the other competitors were Grazina Manzotti 3rd/28.59.1, G.Heaton 6th/36.10.4 and Peter Hannell 9th/42.37.2. 3km: Shaheda Arthur 32.19.7.

Steve Allen (Barnet) and Chris Flint were the only two Leaguers among the 20 entries for the **Middleburgh 100** staged on the 19th/20th August. Sadly neither finished retiring at 48 miles and 37 miles respectively. In fact only one of nine British competitors finished, that person being Leicester's Colin Vesty who duly won the RWA Long Distance championship in 22.53.08. The race winner was Edwin Van Wijngaarden (*Nederlands*) 19.08.26.

There were twelve starters in the supporting 50km event which saw another Dutch triumph by Ann Van Andel in 5.57.33, John Borgars finished 5th man in 6.48.14 and Sue Clements 3rd woman in 7.08.26.

Phil Barnard 7.44 was the first of ten Leaguers who contested the traditional **Southend City One mile** track race at Southend's Garon stadium on 28th August. The others were Melannie Peddle 8.25, Colin Harle 9.13, Stuart Bennett 9.30.47, John Arthur 9.30.53, Lesley Morris 10.46, Steve Allen (Ilford) 10.48, Alan O'Rawe 12.13, Dave Ainsworth 13.32 and Shaheda Arthur 16.29. Seventeen walkers took part, Melanie Peddle set a women's track record and Stuart Bennett won the George Woods trophy for the first Essex Centurion to finish. Full result in *Essex Walker*.

At the **Tonbridge Bank Holiday meeting** on 28th August Jaqueline Benson and Mark Culshaw set season's best 5km times of 16.59.33 and 17.44.22

The **BMAF 3000m track championships** were staged at Derby on 2nd/3rd September. Ten women and 13 men faced the starter, among them W55 Melanie Peddle who set a new national age record of 15.49.30, M55 Dave Annetts 15.05.29, M60 Dave Walsh 17.59.06, M65 Colin Harle 18.07.51, W75 Sue Barnett 20.52.53 and W75 Noel Blatchford 20.53.00. All six won their respective age category.

Other performances were registered by **Tony Bell** in the S.Yorks league 5km on 23rd August in 33.11 and 9,120m in the LWC Hour race on 2nd September. Meanwhile, on 17th August at the AFD Open Meeting 2km **Penelope Cummings** finished 3rd in 11.23.37 and was runner-up in the Surrey championships on 3rd September. 17.35.82.

VAC Forthcoming fixtures

30th September at Coulsdon Track starting at 1pm

The Veterans AC, Surrey, Middlesex, Herts, Sussex County 10k track championships.

A category if attending VAC and Counties 10k Championships; otherwise B.

Comprehensive details on the Vets AC website.

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.

CHANGE of VENUE for the ERWL October fixture

Ilford AC celebrates its Centenary this year and in recognition of that club's contribution and support of the ERWL, the fixture scheduled for 14th October will now take place at Hylands Park, Hornchurch, Essex, RM11 1HA, under the title the "Ilford Celebration Walks". The start time will be 1pm.

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

In unpleasant wet weather conditions, Bill Sutherland the Scottish bronze medallist at the 1970 Commonwealth Games, started the race which turned out to be “ladies day” with three of them, led by national champion Abigail Jennings leading the field home. It was good to see Lesley Morris back in action fully recovered from her fall at the February fixture, as well as Stephen Cartwright along with newcomers Alison Wilson and Livia Corneciu.

10km				10km			© = Centurion
1	John Arthur	Ilford AC	66.58 M60	1	Abigail Jennings	Aldershot FA	51.39 SW
2	Stuart Bennett ©	Ilford AC	69.33 M60	2	Grazia Manzotti	Tonbridge AC	58.08 W50
3	John Borgars ©	Loughton AC	69.57 M75	3	Jaqui Benson	Ashford AC	62.37 SW
4	John Ralph	Enfield HAC	74.14 M65	4	Alison Wilson	unattached	67.22 W55
				5	Fiona Bishop	Enfield HAC	72.08 W60
				6	Lesley Morris	Ilford AC	72.33 W60
				7	Sue Barnett	Enfield HAC	72.45 W70
				9km	Livia Corneciu	Loughton AC	71.24 W40

B Race Results

10km	Ian Richards ©	Steyning AC	61.18 M75				
9km	Chris Flint ©	Surrey WC	71.04 M75				
8km	Tony Wilkinson	unattached	57.48 M60	5km	Sheila Leavy	N.Herts RR	41.28 W70
8km	Stephen Cartwright	Gt.Bentley RC	63.37 M65		Shaheda Arthur	Ilford AC	56.38 W60
5km	Dave Hoben	Surrey WC	38.20 M70				
	Paul Firmage	Ryston R	40.24 M65				



Jacqueline Benson, John Arthur, Abigail Jennins, Grazia Manzotti, Bill Sutherland, Alison Wilson, Stuart Bennett



Abigail Jennings laps John Arthur and Alison Wilson

It was fitting that at the meeting commemorating Stan Mantor’s huge contribution to race walking, one of his numerous charges, Bill Sutherland who was greatly influenced by him, was on hand to pay tribute to the much respected coach.

Starter/Awards Presenter: Bill Sutherland ©

Timekeeper/Recorders:

Phil Welch, Pam Ficken ©, Carl Lawton © & Tracey Wilkinson

Judges: Mark Culshaw (Chief), Peter Cassidy & Simon Benson

Race Organisers/First Aid:

Ron Wallwork © & Tracey Wilkinson

Virtual Result

Mark Williams	Birchfield H	10km	52.11 M55	Cath Duhig ©	CA Millennium	10km	66.00 W65
Mark Bernatzki	LA/Herten Ger	10km	70.04 M50	Karen Williams	Birchfield H	10km	81.19 W70
Ron Penfold	Steyning AC	5km	58.51 M80				
Mick Graham	Belgrave H	5km	41.54 M70				
Tony Perkins ©	Ilford AC	5km					