

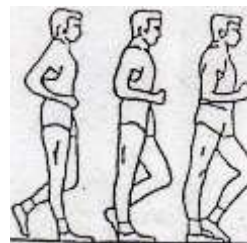
# The Enfield Walker 2017

(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>

Jan/Feb



## ERWL 2017 Series Gets Underway

Conditions for the opening race of the 2017 series could have been worse; it was cold (4c) but the icy biting wind that can sweep across the playing fields, was thankfully absent. Ilford's Sebastian Parris led early on with Jim Ball, Malc Martin and Stuart Bennett in close attendance and the promising teenager Emily Ghose also not far off the pace. However, novice Parris' enthusiasm and lack of race walking experience resulted in two red cards and as he struggled to avoid a third, Ball and Martin reeled him in.

Emily Ghose making her debut at the distance was an impressive winner of the ladies race, her time the fastest winning time for two years. It was also the first effort at the distance for Oliver Hopkins, who acquitted himself well with a high placing and a good time. Melanie Peddle and Joyce Crawford both set pb's as did George Wilkinson.



Following the race the awards for the 2016 ERWL series were presented by Enfield & HAC President Bernie Hercock and the picture shows the individual winners Jo Miles and John Ralph.

Pictured left are George Wilkinson (Young Leaguer Award), Carl Lawton (ERWL Official of the Year) and Sean Pender (Highest placed Centurion). More about Carl on page 2



The officials, among them Chris Hobbs (not in the picture) who won this race last year, deserve a special mention for enduring the conditions and Enfield Town FC for allowing the use their club room for the presentations.

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## Enfield Race Walking League - 2017 Series

RWA Permit Number 7012-2

**5 miles on**

**on 18<sup>th</sup> February & 11<sup>th</sup> March at 1pm**

**King George's Playing Fields, Enfield, EN1 3PL**

**Shorter distances for Novices and Younger Age Group athletes at 12.30pm**

**More info from**

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**2017 ERWL - Race 1****Five Miles****QEII Playing Fields, Enfield**

Men

© = Centurion - \*=pb

Women

1. Jim Ball	(Steyning AC)	43.48	M50
2. Malc Martin	(Surrey WC)	45.11	M60
3. Sebastian Parris	(Ilford AC)	46.08	SM
4. Oliver Hopkins	(Lewes AC)	47.23	U20
5. Graham Chapman	(Headington RR)	47.34	M50
6. Stuart Bennett ©	(Ilford AC)	47.35	M65
7. Steve Uttley	(Ilford AC)	49.45	M55
8. John Ralph	(Enfield HAC)	50.42	M60
9. Kevin Pedley	(Aldershot FD)	51.36	M50
10. Gary Smith ©	(Enfield HAC)	53.01	M60
11. Dan Maskell	(Surrey WC)	53.27	M65
12. John Borgars ©	(Loughton AC)	53.34	M70
13. Ken Bobbett	(Hillingdon AC)	54.05	M70
14. Chris Flint ©	(Surrey WC)	54.45	M70
15. Shaun Lightman	(Surrey WC)	55.23	M70
16. Michael Harran	(Surrey WC)	55.54	M75
17. John Hall	(Belgrave H)	56.58	M65
18. Stephen Cartwright	(Colchester)	57.40	M55
19. Sean Pender ©	(Enfield HAC)	58.03	M60

1. Emily Ghose	(Tonbridge AC)	46.49	U20
2. Helen Middleton	(Enfield HAC)	50.30	W50
3. Melanie Peddle	(Loughton AC)	50.44	W45
4. Joyce Crawford	(Eastern MAC)	51.45	W45
5. Maureen Noel	(Belgrave H)	52.11	W50
6. Anne Jones	(Steyning AC)	54.28	W60
7. Angela Martin	(Surrey WC)	54.29	W50
8. Noel Blatchford	(Abingdon AC)	55.55	W65
9. Geraldine Legon	(Bexley AC)	56.35	W55
10. Jo Miles	(Hillingdon AC)	56.51	W60

**4 miles**

Dave Ainsworth ©	(Ilford AC)	54.52	M65
Mick Barnbrook ©	(Ilford AC)	55.18	M70

**3 miles**

George Wilkinson	(Enfield HAC)	30.13	U17
Tony Wilkinson	(unattached)	35.55	M55

*Judges:* Peter Cassidy, Andrew Garner, Mick Graham, Chris Hobbs - *Judges Runner:* Trevor Jones  
*Recorders:* Phil Welch, Pam Ficken©, Carl Lawton© - *Registration:* Margaret Livermore, Tracey Wilkinson  
*Marshalls:* Ken Livermore, Ron Powell, Geoff Robinson, Kathy Crilley © - *Event Organiser:* R.Wallwork©

**The League Table** is set out below and individual table position reads the same as the result of the first race.

1. Surrey WC	<b>322</b>	69 Martin, 55 Maskell, 51 MartinA, 50 Flint, 49 Lightman, 48 Harran
2. EHAC	<b>318</b>	62 Middleton, 61 Ralph, 58 Crawford, 56 Smith, 42 Pender, 39 Wilkinson
3. Ilford AC'	<b>276</b>	68 Parris, 64 Bennett, 63 Uttley, 41 Ainsworth 40 Barnbrook
4. Steyning AC	<b>122</b>	70 Ball, 52 Jones
5. Loughton AC	<b>114</b>	60 Peddle, 54 Borgars
6. Belgrave H	<b>101</b>	57 Noel, 44 Hall
7. Hillingdon AC	<b>98</b>	53 Bobbett, 45 Miles

**New Year, New Age Group, New Records**

At Sheffield in the EA indoor 3km championship on 8<sup>th</sup> January, Callum Wilkinson won his first race as a senior in 11.35.0, an u23 record and the fifth fastest on the UK all-time list and three weeks later on 29<sup>th</sup> January finished second in the ELAN indoor meeting in Bratislava. The distance in the Slovakia event was 5km and passing 3km in 11.31.43, a time superior to his Sheffield effort, went on to clock 19.20.68 which was another age group best and hoisted him to second on the UK Indoor all-time list.

At the same Elan meeting 23 year old Gemma Bridge lowered her pb by 16 seconds when finishing runner up in the women's 3km to make it a very good weekend for Britain's young walkers!

**Award for Carl Lawton** (Dave Ainsworth)

Former National Champion Carl Lawton is one of our sport's greats, having earned selection for the European Games, Commonwealth Games and an IAAF World Championship. He was one of an unlucky trio who would have gained Olympic status at 50K had 1976's Montreal Games featured this event (the only Games since this event's 1932 introduction that no such race was held - the other 2 missing out being Bob Dobson & Roy Thorpe). All 3 are members of The Centurions, with Carl being an esteemed and very active Past President. When Carl qualified (Ewhurst 1983) his excellent 17.51.51 time earned him a place on that revered all-time fastest qualifiers' list. Carl hasn't raced of late, but has certainly put much back into our sport as an official, supporter and helper. This aspect of his athletics involvement was recognised by his latest award - **Enfield League Official-of-the-Year**. Well done Carl, and thanks from one-and-all.



**Spotlight on Jon May** *Jon is a modest man and has resisted my attempts to feature him in the EnfWalker for some years. He finally relented, so with his permission I have put together this brief synopsis in recognition of his contribution to the running of the League and to let people know what he attained as a competitor. This picture was taken in the 1971 Leicester Mercury 20 (44<sup>th</sup> 3.12.55)*

In the 1960's one of the country's dominant clubs was the Metropolitan Walking Club who could boast such members as the great Don Thompson and fellow Olympian –Tom Misson among its ranks along with Arthur Thomson and the legendary Harold Whitlock as Coach. The club organised a Middlesex School's league and it was after Jon had competed in the 1965/66 season that he was invited to join the club.

The year 1967 was one of steady progress for Jon; finishing 6th in the youth's 3 miles at his Club's April meeting in a time of 30.11 and two weeks later at Leicester's Open Schools 3 miles improved to 26.29 and by the end of the year lowered his time even further to 26.12 and had been awarded his junior Middlesex vest in an English Schools meeting at Bristol.

It would be another seven years before he was awarded his senior county colours and that was at Whetstone Park, Leicester in the 1974 RWA National 10 miles championship. Jon was one of 214 starters and finished a creditable 63<sup>rd</sup> in 83.27. Interestingly, ten places behind him was Ken Livermore in 84.13 and who would have thought then that these two would be essential contributors to the success of the ERWL.

Although Jon's serious walking career spanned over twenty years, the two between August 1973 and August 1975 were his most productive in terms of times, setting the following personal bests.

3km	14.59	18/05/74	Middlesex championships–W.London Stadium	8/9
5km	25.32	20/07/74	Met WC Meeting - Paddington track	9/21
10km	51.06	10/04/74	West London Stadium	7/18
20km	1.44.36	29/07/73	Southern championships – Victoria Park	31/82
50km	4.53.16	04/08/73	RWA National – Redditch	31/115
5mls	41.32	11/06/74	Lambeth Open	27/77
7mls	57.48	/12/73	Cambridge H Open – Bexley	30/93
1hour	7m 391yds	08/08/73	Ilford One Hour meeting	11/42
10mls	83.27	16/03/74	RWA National/CAU championship's – Leicester	63/214
20mls	3.02.37	14/06/75	RWA National – Isle of Man	

To put these performances into context I have included in italics his finishing positions and the number of starters in the race, which give a good indication of how tough the competition was at that time. Jon was consistently in the top third of the field and a regular handicap winner at various events and beat the Hastings to Brighton handicap on three occasions.

On his CV also, are very good performances in such classics of the period as the Leicester Mercury 20 miles and the Bradford 50km, two events which were often held over the Whitsun weekend, the Mercury on the Saturday and the Bradford two days later on Bank holiday Monday.

He was also no stranger to the top ranking long distance events of the time; the 53 miles London to Brighton (7<sup>th</sup> 8.57.52), the 52 miles Manchester to Blackpool (5<sup>th</sup> 8.42.55) and the 38 miles Hastings to Brighton (9<sup>th</sup> 6.01.00). In 1979 he finished 10<sup>th</sup> in the Isle of Man TT walk covering the same 38.75 miles used for the world famous annual motor bike races. The course is a gruelling one; from Douglas it is an undulating 20 miles to Ramsey, before the 6 mile climb up Snaefell and then a body "shocking" 6 miles of jarring downhill to the finish.

Jon takes his role as EHAC WS Vice Captain seriously and supports and encourages all walkers regardless of their club affiliation and in recent times assisted as a lap scorer in a number of 100 events.



*Newmarket July, 2009 – A job well done! After the six week duration of the bi-centennial re-enactment of Captain Barclays famous feat of completing on foot 1000 miles in 1000 consecutive hours for a wager of 1000 guineas by Richard Dunwoody, Jon and the support team pose for this picture. Next to John is; Amos Seddon, Olympian Eric Hall, Centurions Mal Blyth and Ron Wallwork and Glyn Jones.*



## Other Results

On 21<sup>st</sup> January which was a very cold day, a dozen walkers tested themselves over the undulating **Steyning Open 15km** course. Junior international Emma Achurch 72.48 outstripped the field by 11 minutes to set a new ladies record for the course. The first man home was 1980 Olympian Ian Richards 83.56. I was delighted to see Trevor Jones's name on the result sheet after a lengthy absence. ERW *Leaguers* times were; Trevor Jones 95.56, Dan Maskell 101.11, Anne Jones 103.34 Chris Flint 105.08.

The **London Indoor Games** at LVAC on 22<sup>nd</sup> January attracted a youthful entry: half of the 12 strong 3km field were under 23 and there were seven in the under 15's 1km. Luc Legon (u23) 12.58.6, looked very impressive as he sliced 12 seconds of his 3km pb and Emily Ghose (u20) followed up her ERWL win with another in 15.44.8 which also a pb. For the club George Wilkinson (u17) 17.52.5 and Arthur Thomson (M80) 19.13.7 put in solid performances as did Leaguers Malcolm Martin (M60) 16.29.1 and wife Angela (W50) 19.56.0.

Forty-two years after winning his first Essex championship medal (1975 County 50km) at **the Essex indoor 1 mile** at LVAC on 4<sup>th</sup> February Dave Ainsworth claimed yet another, the bronze in 12.12. The winner was Seb Parris in 9.26 who earlier in the day had finished runner-up in the Valentine Park Run. The surprise winner of the **Eastern championship** which was held in conjunction was 39 year old Bedford Harrier Adam Hills in 9.06.

Loughton AC's **London Walks** (incorporating the Southern championships) on 5<sup>th</sup> February were extremely successful with a good entry and plenty of youngsters showing good potential. None more so than 10km winner Luc Legon (u20) who continued his fine form, posting a pb of 47.45. Jonathan Hobbs 48.27 was runner up and Francisco Reis 51.25 third. The ladies 5km race winner was junior international Sophie Lewis-Ward 26.28 and current *League* leader Emily Ghose 27.13, the runner up.



Representing the club, Helen Middleton 30.33 finished third women and John Ralph 10<sup>th</sup> 63.40, Arthur Thomson 12<sup>th</sup> 65.30 and Sean Pender 22<sup>nd</sup> 73.05 collected the bronze awards in the open and Southern team events. *Leaguers* at the meeting included Malcolm Martin 5<sup>th</sup> 55.24, Graham Chapman 8<sup>th</sup> 59.58, Mark Culshaw 11<sup>th</sup> 65.12, David Kates 13<sup>th</sup> 65.37. Shaun Lightman 14<sup>th</sup> 65.53, John Borgars 18<sup>th</sup> 66.26 Chris Flint 19<sup>th</sup> 67.25 along with ladies Maureen Noel 9<sup>th</sup> 31.24, Anne Jones 13<sup>th</sup> 33.04 and Angela Martin 14<sup>th</sup> 33.53. The three ladies went on to complete the 10km and the respective times were; 63.54, 66.26 and 70.00. *pictured above; L to R: Mike Croft (Judge) Arthur, Helen, John and Sean*



### INVITATION TO ONE-AND-ALL

The latest in The Centurions' well-established series of "Social Walks" is to commence at Cambridge Station at 10.30am on Sunday 30<sup>th</sup> April. These walks are open to all (whether Centurions or not) and families & friends are made warmly welcome. Many haven't been to Cambridge, despite it being only an hour's drive from Essex. It's a great tourist centre, and an experienced local guide is to conduct our walk at a nice steady pace - yes, a social walk! What about making it a "day out" for all Essex Walker readers? Good public transport to Cambridge Station and the nearby National Express stop, and the station has Sunday parking for just £3 (all day).

Here's the plan: The 10K route will include picturesque views of the river, some of the colleges including the opportunity to walk round one of the gardens, along the Backs to see the spectacular view of King's College Chapel, through Sheep's Cote Fen and end at the Sunday market. There will time to gaze at other sights along the way and learn some interesting facts about Cambridge. Lunch will be either taken in one of the many restaurants or pubs, or those bringing sandwiches will be able to find someone convenient to sit while others buy lunch. Walking back to the railway station from the market will take about 15 minutes and I will accompany people back. Sue Clements 07940 524716. N.B. *Train & coach times from London are on The Centurions' website.*

**Peter Selby writes** On 25<sup>th</sup> Feb we have development races to try and get race walking moving in East Sussex. The venue is Lewes track, the distances are 1k 2k 3k 5k, the start is 12.30 and enter on day; £3 seniors £2 u 20s. The track is only 10mins walk from Lewes Station and about one hour from London. The road connection is good; M23 to A27 Eastwards then just two miles through Lewes follow signs to sports centre.