

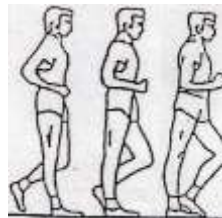
# The Enfield Walker 2019

July/August

(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>



Pictured: Stefano Zennaro, Silvana Alves, Francisco Reis, Record. Vincenzo Panico, Alicia Drenda and Sergio Alumbo.

League Leaders George Wilkinson who scored his second 5km victory for the season and Jacqueline Benson who was the second woman to cross the line strengthened their positions, whilst a special mention is warranted for young Jonathan Ellerton who sliced a huge 4.51 from the time he posted on his 3km debut in April. Also setting pb's were Maddy Shott, Emma Dyos and Silvana Alves

The League was pleased to welcome overseas visitors; Vincenzo Panico and Sergio Alumbo.

Thank you to the LICC for incorporating the fixture in its programme and the officials who gave freely of their time and expense. A full result (listing times to 100<sup>th</sup> of a second) can be found in the Race Walking

## ERW League Tables after 8 fixtures

The charge for the team title remains hotly contested, but youngsters George Wilkinson and Jacqueline Benson have opened considerable gaps between them and their main challengers. It is good to see ardent League supporter Mal Blackwood in the top three, but his chasers have races in hand and the big mover is the 2011 winner Steve Uttley who after a late start to the campaign is well placed, if he completes the last four races, to make the podium.

With four fixtures remaining only Jacqueline Benson needing to compete in 2 of them, Simon Morgan 3 and Lesley Hall and Chris Hobbs in all 4, have the opportunity to become new Leaguers this year.

The stats reveal that 40 of the 94 participants so far this season are women and that 26 clubs have been represented.

### Ladies

1. 456/7 Jacqueline Benson YA
2. 384/6 Emma Dyos
3. 374/6 Melanie Peddle
4. 359/6 Helen Middleton
5. 314/6 Sue Barnett
6. 274/5 Lesley Hall
7. 241/4 Maddy Shott
8. 226/4 Maureen Noel
9. 214/4 Rachel Lawless
10. 205/4 Noel Blatchford

### Men

- |                              |                            |
|------------------------------|----------------------------|
| 1. 485/7 George Wilkinson YA | 11. 269/5 David Kates ©    |
| 2. 381/8 Mal Blackwood       | 12. 262/4 Trevor Jones     |
| 3. 368/6 Stuart Bennett ©    | 13. 251/4 Stefano Zennaro  |
| 4. 351/6 Simon Morgan        | 14. 237/5 Steve Cartwright |
| 5. 320/5 Steve Uttley        | 15. 235/4 Mark Culshaw     |
| 6. 319/7 Arthur Thomson      | 16. 228/5 Tony Wilkinson   |
| 7. 312/5 Chris Hobbs         | 17. 227/4 John Ralph       |
| 8. 291/6 David Hoben         | 18. 215/4 John Borgars ©   |
| 9. 270/4 Francisco Reis      | 19. 210/3 David Annetts    |
| 10. 269/5 Tom Casserley      | 20. 152/3 Chris Flint ©    |

### Team Table

- |               |             |  |
|---------------|-------------|--|
| 1. EHAC       | <b>1973</b> | 485 Wilkinson, 359 Middleton, 319 Thomson, 314 Barnett, 269 Casserley, 227 Ralph |
| 2. Ilford AC' | <b>1906</b> | 384 Dyos, 368 Bennett, 351 Morgan, 320 Uttley, 269 Kates, 214 Lawless,           |
| 3. Ashford AC | <b>1464</b> | 456 Benson, 312 Hobbs, 274 Hall, 196 Morris M, 173 Whittingham, 53 Arthurs       |
| 4. Belgrave H | <b>1101</b> | 251 Zennaro, 241 Shott, 235 Culshaw, 226 Noel, 99 Hall, 49 Drenda                |
| 5. Surrey WC  | <b>1099</b> | 291 Hoben, 270 Reis, 152 Flint, 137 Crane, 129 MartinM, 120 MartinA              |

**Next ERWL fixture** Always check the [enfieldleague.weebly.com](http://enfieldleague.weebly.com) website for last minute changes

31<sup>st</sup> August 11.40

5/3/2 kms

LICC Ilianz Stadium, NW4 1RL (ERWL race 9)

**11.40 Check-in Deadline!**

## Important Notice re: ERWL One Hour Meeting

Due to track availability it has been necessary to change the date of the **ERWL One Hour Meeting. IT IS NOW SUNDAY 29<sup>th</sup> SEPTEMBER.**

It is proposed to stage two races to embrace both categories and Entries Must be Made in Advance. Numbers will be limited and it would be of great assistance if persons thinking of doing the event could contact [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com) to register an interest. **See back page**

ERWL 2019 Race 8 -27 <sup>th</sup> July			LICC 5/3km		Allianz Park
1. George Wilkinson	(EHAC)	23.58 U20	1. Maddy Shott	(Belgrave H)	*24.04 SW
2. Stefano Zennaro	(Belgrave H)	26.57 M45	2. Jacqueline Benson	(Ashford AC)	*28.01 U20
3. Vincenzo Panico	(BSC France)	27.02 M65	3. Millie Morris	(Ashford AC)	28.14 U17
4. Fransisco Reis	(Surrey WC)	28.01 M55	4. Emma Dyos	(Ilford AC)	*28.35 W40
5. Steve Uttley	(Ilford AC)	29.33 M60	5. Melanie Peddle	(Loughton AC)	29.00 W50
6. Graham Chapman	(Headington RR)	29.57 M65	6. Silvana Alves	(Barnet DAC)	*29.11 W45
7. Steve Allen	(Barnet DAC)	30.51 M60	7. Grace Whittingham	(Ashford AC)	29.32 U17
8. Simon Morgan	(Ilford AC)	31.57 M50	8. Helen Middleton	(EHAC)	31.04 W55
9. David Kates ©	(Ilford AC)	33.36 M70	9. Maureen Noel	(Belgrave H)	32.34 W55
10. John Borgars	(Loughton AC)	33.47 M70	10. Noel Blatchford	(Abingdon AC)	32.34 W70
11. Malcolm Blackwood	(Trent Park)	34.18 M65	11. Sue Barnett	(EHAC)	33.19 W65
12. Steve Cartwright	(Col/Tend)	34.30 M60	12. Alicia Drenda	(Belgrave H)	34.02 W35
13. David Hoben	(EHAC)	35.43 M65			
14. Arthur Thomson	(EHAC)	38.33 M80			
Sergio Alumbo	(Italy)	ret U17			
			<b>3km</b>		
			Jonathan Ellerton	(Bkth/Bromley)	*20.27 U15

*Judges:* Peter Cassidy, Andrew Garner, John Hall, Shaun Lightman, Pauline Wilson©

*Timekeepers Officials of the LICC/Recorders:* Pam Ficken©, Carl Lawton©, Ken Livermore©, Jack Rossiter ©

*Registration:* Margaret Livermore, Ron Wallwork ©, Tracey Wilkinson

If there was a 'Leading Leaguer of the Summer' award it would surely go to Callum Wilkinson who in the space of two weeks won his first British senior title and collected a bronze medal at the European u23 championships. His early season form; a sub 82 performance at the European Cup, a 10km international win in a new GB best time of 39.21, an u23 cbp of 40.29 at Bedford, indicated that something special was on the way.

In winning the British Grand Prix 20km staged in Leeds, which incorporated the national championship in a time of 81.46 Callum ended a six year domination of the event by his friend Tom Bosworth.

At the Euro u23 in Sweden things didn't quite go to plan; he wasn't technically at his best and two red cards just before the half way point demanded a cautious second half to his race. Nevertheless, his time of 82.13 underlines his consistency in recording quick times and should be the platform for even faster ones that will be required in Doha at the World championships and next year in Tokyo.

There was a dramatic finish to the race in Sweden as Salih Korkmaz who was over a minute ahead with 2km to go suffered a bout of sickness and was forced to slow down allowing neutral Russian Vasily Mizinov to overtake him just metres from the finish line.

*The picture was taken just before 3km with Callum tracking the long-time race leader Salih Korkmaz (Turkey) 81.32 and eventual winner Vasily Mizinov(ANA) in 4<sup>th</sup> position 81.29.*



## Leaguer's in Action (Club name/L) = ERW Leaguer

Ash - Ashford AC  
Bxy - Bexley Heath  
CTen - Colchester/Tendering AC  
LWC - Lancs WC  
Stey - Steyning AC

Ab - Abingdon AC  
Bfld - Birchfield H  
EMAC - Eastern Masters AC  
Ltn - Loughton AC  
WC - Surrey WC

Ald - Aldershot F & D  
Bkth - Blackheath & Bromley  
EHAC - Enfield H AC  
MMK - Marshal M.Keynes  
Ton - Tonbridge AC

Bnt - Barnet & District  
Ch - Chiltern H  
HRR - Headington RR  
NHRR - North Herts RR  
TP - Trent Park

Bel - Belgrave Harriers  
Col - Colchester H  
Ilf - Ilford AC  
Red - Redcar RW Club  
WB - Wolves/Bilston

Organiser David Hoben writes: Veterans AC hosted the seventh running of the **Jack Fitzgerald walks** at Tilgate Park on 22<sup>nd</sup> June, on a lakeside course once used as the test bed for Britain's water speed record around popular beauty spot called Campbell's lake, in what can only be described as perfect June weather. The race was held to raise funds for Blind Veterans UK, as a tribute to RAF fighter pilot Jack Fitzgerald. On the start line ages ranged from 9 year old Charlie Perry (Lewes AC), to prolific veteran record breaker Arthur Thomson (Enfield AC) who recently turned 83.

The first three in the men's headline race over 10.325m race were Trevor Jones (Stey/L) 59.52, Jim Ball (Stey) 60.33, Mark Culshaw (Bel/L) 65.58, whilst Emily Ghose (Ton) 61.26, triumphed after a close battle with Penelope Cummings (AFD/L) 61.28 to be first lady home. Among the two dozen competitors were Leaguers Melanie Peddle (Ltn/L) 63.27, Dan Maskell (SWC/L) 69.47, Steve Cartwright (CTen/L) 73.14, David Hoben (SWC/L) 65.43, Geraldine Legon (Bxy/L) 77.47 and Arthur Thomson (EHAC/L) 78.27

The entry of nine (only 2 of them women) for the **EA under 20/23 10km championships** at Bedford on 22<sup>nd</sup> June was sparse to say the least, but that shouldn't detract from excellent performances of Callum Wilkinson (EHAC/L) 40.29 who set a pb which was also a Championship best performance, the 42.28 by Cameron Corbishley (Med) 42.28 and Chris Snook's (AFD) 45.00. The pit lane was in use by three athletes, one of them being George Wilkinson (EHAC/L) 50.37.



Leaguers at the Jim Sharlott/BMAF 10km at the Oval, Abbey Park Leicester on Sunday 30<sup>th</sup> June,

Front row: Arthur Thomson (EHAC/L) 71.13 M80 winner, George Wilkinson (EHAC) 47.48 Open race winner, Sarah Sharlott Jim Sharlott's daughter, Geraldine Legon (Bxy/L) 72.46 W60 3<sup>rd</sup> and John Borgars (Ltn/L) 71.06 M70 4<sup>th</sup>,

Back row: John Hall (Bel/L) official, Maureen Noel (Bel/L) 67.52 1<sup>st</sup> W55, Melanie Peddle (Ltn/L) 61.04 1<sup>st</sup> W50 and Steve Allen (Bnt/L) 63.22 1<sup>st</sup> M60. Francisco Reis (SWC/L) 57.49 1<sup>st</sup> M55 also took part.

The **Surrey WC 'Gazette' 4 miles** cup was held in conjunction with the Blackheath & Bromley meeting on 3<sup>rd</sup> July and the winner was David Hoben 47.30 ahead of Michael Harran 48.35 and Chris Flint 53.19. (all SWC/L).

Lots of action involving Leaguers on **Saturday 6<sup>th</sup> July**. At **Lewes** in the local club's development races, the 5km was won by Penelope Cummings (AFD/L) in 28.38 and also competing were Mark Culshaw (Bel/L) 31.26 and Dave Hoben (SWC/L) 36.35.

Moving up the country, at **Coventry** the **BMAF inter-area match** was taking place over 2km and where six Leaguers was scoring points for their various teams. They were Melanie Peddle (Ltn/L) 11.06, Malcolm Martin (SWC/L) 11.18, Steve Allen (Bnt/L) 11.34, Rachel Lawless (Ilf/L) 12.21, John Borgars (Ltn/L) 13.37, Geraldine Legon (Bxy/L) 14.20.

Further north at **Macclesfield** in the LWC '**Barnard 10km** fixture Dan Maskell (SWC/L) 66.10 finished 3<sup>rd</sup> behind Adrian Edwards (LWC) 58.38.

There were two races in **London** on Tuesday 9<sup>th</sup> July. The second Woodford 3km had an excellent turnout of 20 walkers. Luc Legon (Bxy) 12.56 won easily. Matthew Crane (Bxy) 13.46 and Dave Annetts (NHRR) 13.49 occupied the minor places, whilst Maddy Shott (Bel) 14.09, Melanie Peddle (Ltn/L) 16.44 and Emma Dyos (Ilf/L) 17.01 were the top three ladies. Other Leaguers racing were Francisco Reis (SWEC/L) 15.13, Stuart Bennett (Ilf/L) 17.54, Steve Allen (Bnt/L) 18.13, Rachel Lawless (Ilf/L) 18.57, John Borgars (Ltn/L) 20.33, Lesley Morris (Ilf/L) 20.40 and Geraldine Legon (Bxy/L) 21.28



Meanwhile, over at Battersea Park the third VAC fixture of the season was the 5km championships and was staged in good conditions. The overall winner was Stefano Zennaro 26.42. The championship winner was Penelope Cummings (AFD/L) 28.14, followed home by Maureen Noel (Bel/L) 32.04. The Men's championship winner was Dan Maskell (SWC/L) 32.22 and behind him performances by Tom Casserley (EHAC/L) 34.18, David Hoben (SWC/L) 34.55, Paul King (Bel/L) 35.03, Shaun Lightman (SWC/L) 37.12.

**BMAF 20km** held in conjunction with the Midland championships at Coventry on 14<sup>th</sup> July attracted 19 walkers of which 10 were women. In hot humid conditions Lisa Kehler (WB) was the first to cross the line in 1.54.19; the first man was Peter Boszko (Bfld) 2.05.55. Three Leaguers were in action; Noel Blatchford (Ab/L) 1<sup>st</sup> W70 in 2.27.07, Melanie Peddle (Ltn/L) 2<sup>nd</sup> W50 in 2.09.02 and Steve Allen (Bnt/L) who unfortunately was one of the seven athletes who collected three red cards. A further four walkers failed to finish.

On the same day at Ashford the Senior Eight Counties meeting, the 3km walk was won by Dominic King (Col) 12.02. Trevor Jones (Stey/L) 16.22, Emma Dyos (Ilf/L) 16.50 and Rachel Lawless (Ilf/L) 18.56 also competed.

The third week in July is **Njmegan Marches** time and walkers with ERWL connection spotted at this year's gathering were Sue Clements, Kathy Crilley, Chris Flint and David Hoben .

Penelope Cummings (AFD/L) 45.57 won her second successive **VAC race** at Battersea Park on 6<sup>th</sup> August, this time over 5 miles. Only five of the seven starters finished; Belgrave trio Mark Culshaw 47.44, Stefano Zennaro 48.40, and Paul King 59.26 who were separated by David Hoben (SWC/L) 57.30.

Over the weekend of 10<sup>th</sup>/11<sup>th</sup> August at Birmingham, the **BMAF** staged its T&F championships which include a 3 and 5km walk. A mixed field of 21 and 18 respectively contested the two distances in very blustery conditions. ERWL connections won age category medals. They were gold for M60 Steve Allen (Bnt/L) 17.55/30.27, W55 Rachel Lawless (Ilf/L) 18.56 and W65 Sue Barnett (EMAV/L) 33.24, silver for W40 Penelope Cummings (AFD/L) 16.33 and W55 Lesley Morris (Ilf/L) 20.46 along with a bronze for W40 Emma Dyos (Ilf/L) 16.52

The third **Woodford Tuesday 3km** on 13<sup>th</sup> August was won by George Wilkinson (EHAC/L) in a pb of 13.01. Dave Annetts (NHRR) 13.49 was second and Maddy Shott (Bel) 14.35 third. Fransisco Reis (SWC/L) 14.52, Steve Uttley (Ilf/L) 16.52, Steve Allen (Bnt/L) 17.49, Rachel Lawless (Ilf/L) 19.04, Geraldine Legon (Bex/L) 20.42 and Lesley Morris (Ilf/L) 20.51 were among the 13 starters.

Retirements from racing announced recently include two Ilford AC stalwarts; Dave Ainsworth and Mick Barnbrook. Both are Centurions and have been avid supporters of the League, Dave (*on the right in the picture*) taking part in the inaugural season. Tributes to their contributions to race walking and other areas of their lives have appeared in *The Essex Walker* issues 388 and 389. If you don't receive *The Essex Walker* contact [essexwalker@brinternet.com](mailto:essexwalker@brinternet.com) and ask to be added to the mailing list and sent these back numbers.



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## ERWL ONE HOUR BADGE Walks – SUNDAY 29<sup>th</sup> SEPTEMBER 2019

The event also incorporates the **ESSEX** championships

Lee Valley Athletic Centre, N9 0ASA

**Badges awarded for first-timers achieving  
Five, Six and Seven miles and plaques for Eight miles**

***Subject to sufficient support there will be an A and B category races***

**Entries in advance only, NO LATER THAN 21<sup>st</sup> SEPTEMBER  
Name, age category, Club and A or B preference**

To: [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)

Or 35A Newmarket Road, Moulton, Suffolk, CB8 8QP