

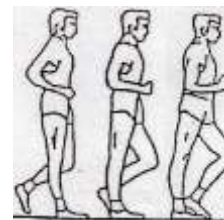
The Enfield Walker 2019

June

(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>



Fourth Moulton Win for Dominic King

In sunny warm conditions Olympian Dominic King won the event for the fourth time whilst Emma Dyos continued her progress at the discipline finishing in front of all but the first four men. The awards were presented by RWA President Helen Elleker and Suffolk CAA chairman Joe Mower.



Photo Mark Easton

Emma
and
Dominic



Steve Uttley
and
Chris Hobbs

ERW League Tables after 7 fixtures The reward for another good turnout by Ilford walkers at the Moulton Five was the leap-frogging of EHAC to top the League, but with only two competitors in the field at the LICC they slipped back again to second spot. Ashford AC remains in third and because of the number of races their athletes have in hand could still be in contention come November. Young Athletes George Wilkinson and Jacqueline Benson continue to head the overall table.

Ladies

1. 391/6 Jacqueline Benson YA
2. 321/5 Emma Dyos
3. 312/5 Melanie Peddle
4. 303/5 Helen Middleton
5. 274/5 Lesley Hall
6. 262/5 Sue Barnett
7. 214/4 Rachel Lawless
8. 172/3 Maddy Shott
9. 172/3 Maureen Noel
10. 152/3 Noel Blatchford

Men

- | | |
|------------------------------|----------------------------|
| 1. 415/6 George Wilkinson YA | 11. 235/4 Mark Culshaw |
| 2. 368/6 Stuart Bennett © | 12. 228/5 Tony Wilkinson |
| 3. 333/7 Malcolm Blackwood | 13. 227/4 John Ralph |
| 4. 312/5 Chris Hobbs | 14. 218/4 David Kates © |
| 5. 296/5 Simon Morgan | 15. 210/3 David Annetts |
| 6. 275/6 Arthur Thomson | 16. 204/3 Francisco Reis |
| 7. 269/5 Tom Casserley | 17. 190/4 Steve Cartwright |
| 8. 264/4 Trevor Jones | 18. 183/3 Stefano Zennaro |
| 9. 261/4 Steve Uttley | 19. 165/3 John Borgars © |
| 10. 245/5 David Hoben | 20. 152/3 Chris Flint © |

Team Table

- | | | |
|---------------|-------------|--|
| 1. EHAC | 1751 | 415 Wilkinson, 303 Middleton, 275 Thomson, 269 Casserley, 262 Barnett, 227 Ralph |
| 2. Ilford AC' | 1678 | 368 Bennett, 321 Dyos, 296 Morgan, 261 Uttley, 218 Kates, 214 Lawless, |
| 3. Ashford AC | 1275 | 391 Benson, 312 Hobbs, 274 Hall, 132 Morris M, 113 Whittingham, 53 Arthurs |
| 4. Surrey WC | 987 | 245 Hoben, 204 Reis, 152 Flint, 137 Crane, 129 MartinM, 120 MartinA |
| 5. Belgrave H | 861 | 235 Culshaw, 183 Zennaro, 172 Noel, 172 Shott, 99 Hall |

Next ERWL fixture Always check the enfieldleague.weebly.com website for last minute changes

Saturday 27th July 11.40 5/3/2 kms LICC Ilianz Stadium, NW4 1RL (ERWL race 8)

Bank Holiday weekend

11.40 Check-in Deadline!

Men

1. Dominic King © (Colchester H)	36.26	M35
2. George Wilkinson (Enfield HAC)	39.49	U20
3. David Crane (Surrey WC)	43.22	M40
4. Trevor Jones (Steyning AC)	47.23	M60
5. Steve Uttley (Ilford AC)	48.41	M60
6. Martin Fisher © (Redcar RWC)	48.52	M65
7. Chris Hobbs (Ashford AC)	49.50	M60
8. Stefano Zennaro (Belgrave H)	50.10	M45
9. Colin Vesty © (Leicester WC)	51.10	M50
10. Simon Morgan (Ilford AC)	52.49	M50
11. George Nibre (Ilford AC)	54.15	M60
12. David Kates © (Ilford AC)	54.45	M70
13. Dan Maskell (Surrey WC)	54.52	M70
14. Brian Armstrong (Ilford AC)	56.13	M70
15. John Borgars © (Loughton AC)	55.30	M70
16. Tony Wilkinson (unattached)	57.59	M55
17. David Hoben (Surrey WC)	58.35	M65
18. Paul Firmage (Ryston R)	58.42	M65
19. Arthur Thomson (Enfield H AC)	59.17	M80
20. Paul Forshaw (Fetch Everyone)	59.47	M65
21. Malcolm Blackwood (Trent Park)	60.27	M65
22. Michael Harran (Surrey WC)	61.37	M80
23. Phil Nutley (LDWA)	71.17	M70

Women

1. Emma Dyos (Ilford AC)	48.44	W40
2. Melanie Peddle (Loughton AC)	48.55	W50
3. Jaqueline Benson (Ashford AC)	49.49	U20
4. Sue Barnett (EMAC)	55.53	W65
5. Joyce Crawford © (Enfield H AC)	58.16	W50
6. Diana Braverman (Enfield HAC)	59.01	W65
7. Valerie Nutley (LDWA)	61.11	W60
8. Angela Martin (Surrey WC)	62.26	W50
9. Kate James (Moulton)	65.30	W40
10. Lara Briggs (Moulton)	68.29	W45
11. Rachel Crane (unattached)	70.38	W35
12. Sue Mills (Moulton)	72.28	W50

© = Centurion

\ Suffolk CAA championships

Joyce Crawford	George Wilkinson
Val Nutley	Tony Wilkinson
Kate James	Paul Forshaw

Judges: P.Cassidy, M.Graham, J.Hall, S.Lightman, P.Wilson © - Registrations: L.Spinks, M.Livermore

Timekeepers/Recorders: J.Mower, P.Welch L.Jennings/ P.Ficken ©

First Aid: M.Houghton, G.Law, M.Woollard -

Refreshments: R.Spinks, J.Wallwork - Water Station: 1st Moulton Scout TroopMarshalls: D.Annetts, R.Bowes, S.Clements ©, G. & J. Dobson, J.Grant, D.Rabbeth, C. & E. Richmond,
L. Ruddock, R.Saych, A.Smith, D.Spinks, L.Warner

Course Management: M.Ashpole, I.Spinks - Event Organiser: R.Wallwork ©



Helen Middleton the event's most prolific winner with five titles to her credit wasn't able to make the start because she was unwell.

Franisico Reis was joined by Dominic to share the men's leading winners who have four victories to their names..

Pictured here are seven of the thirteen Centurions who attended the race. John Borgars, David Kates, winner Dominic King, RWA Hon./Sec. Colin Vesty, Mal Blyth, Martin Fisher, Stuart Bennett and Joyce Crawford. Sue Clements, Pam Ficken, Ken Livermore, Ron Wallwork and Pauline Wilson were busy with their officiating tasks when the photograph was taken.

One week later at the Dutch 100 and supporting events, Martin Fisher took part in the 50 miles and completed it in under 12 hours whilst Leaguers Chris Flint and David Hoben did 50 miles and 50km respectively recording times of 13.37.42 and 7.17.53.

Ken Matthews MBE RIP

It was announced on 3rd June that Ken Matthews MBE had died at the age of 84. Ken won the Enfield Open Seven three times, 1958, 1960 and 1961. An article in *Athletics Weekly* in October 1964 entitled “A Walker Ahead of his time” outlined his wonderful career which included Olympic, European and Lugano Cup victories and a host of national titles and records.

As teenager I entered the sport in the late 50's, he quickly became my idol and I consider myself privileged to have competed against him, with him in GB colours and be a friend of his.

We kept in touch over the years and he unhesitatingly entrusted me with his Tokyo gold medal and autographed photographs to use in presentations I made to local school children. He wasn't well enough to attend the 90th Enfield Open Seven but sent a note with best wishes.

He once told me that on the Monday mornings after his early visits to races in the capital, he got fed up of telling his workmates that he'd finished 2nd to a bloke called Stan Vickers and determined to train harder. I saw both these great exponents on several occasions, but the one I remember most was the trial for the 1960 Rome Olympics which was staged at Victoria Park, London on the evening of 23rd July. I had been competing in the AAA junior mile at Hurlingham that afternoon and was taken along to the trial race by “walking encyclopedia” and NUTS man Colin Young. I was so impressed with what I saw, that after just a couple of years in the event I was truly hooked on the discipline. Ken won that day but it was Stan who won a medal in Rome and it was during the four years that followed that Ken won everything there was to win. Incidentally third in the trial race was yet another ‘great’ of the time, Don Thompson.

Ken Matthews, a modest unassuming man and a wonderful athlete - RIP Ken.



ERWL 2019 Race 7 -16th June

LICC 5/3km

Allianz Park



Photo by Georgina Benson

Prior to the start competitors, officials and supporters joined in a dedicated applause in memory of Ken Matthews.

Eight of the twenty walkers who took part recorded quicker times than they did in the first LICC race at the end of April, three recording their best times ever at the distance. Conditions were favourable and fewer people on the track were possible contributing factors.

* = pb © = Centurion

1. George Wilkinson (EHAC)	*23.09 U20	1. Penelope Cummings (Aldershot AFD)	28.10 W40
2. Steve Uttley (Ilford AC)	29.10 M60	2. Jacqueline Benson (Ashford AC)	*28.33 U20
3. Mark Culshaw (Belgrave H)	30.56 M50	3. Emma Dyos (Ilford AC)	*28.58 W40
4. Simon Morgan (Ilford AC)	31.36 M50	4. Melanie Peddle (Loughton AC)	29.21 W50
5. Amos Seddon (EHAC)	33.34 M75	5. Helen Middleton (EHAC)	30.32 W55
6. Tom Casserley (EHAC)	34.01 M80	6. Silvana Alves (Barnet DAC)	31.46 W45
7. John Borgars (Loughton AC)	34.20 M70	7. Lesley Hall (Ashford AC)	32.33 W60
8. Malcolm Blackwood (Trent Park)	34.52 M65	8. Sue Barnett (EHAC)	33.25 W65
9. Tony Wilkinson (unattached)	35.02 M55	9. Geraldine Legon (Bexley AC)	34.33 W60
10. Arthur Thomson (EHAC)	35.29 M80		
11. David Hoben (EHAC)	36.36 M65		

Judges: Peter Cassidy, Shaun Lightman, Pauline Wilson©

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

Registration: Ron Wallwork ©, Tracey Wilkinson

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

International successes for Callum Wilkinson

Congratulations! to Callum Wilkinson 81.54 (EHAC/L) and his GB team mates Tom Bosworth 80.33 (Ton AC) and Cameron Corbishley 85.45 (Ash AC) on their wonderful runner-up team medal at the **European Cup** for Walking, which took place in Alytus, Lithuania on 19th May.

Callum's absence from the Moulton Five on 1st June was his first since 2012 when the race was his introduction to race walking. The reason was an invitation to guest in the **Czech Republic's 10km national championship** which took place on the same day. He won the race, a very satisfying result, but his time 39.31 shaved four seconds of Tom Bosworth's British record set in 2015. So, more congratulations!

Leaguer Tony Bell (LWC/L) clocked 76.51 for 7 miles in his club's Allen Trophy event on 27th April and 30.35 for 5km in the South Yorkshire League in mid-May.

Three female **county champions** who didn't get a mention in the last issue were: Penelope Cummings (AFD/L) Hampshire 16.40, Pamela Abbot (EHAC) Cambridgeshire 20.37 and Geraldine Legon (Bxy/L) Kent 20.43

Leaguers Steve Uttley (Ilf) and Graham Chapman (HRR) kept close order in the opening laps of the **Oxfordshire 3km championship** staged at Tilsey Park, Abingdon on 25th May, before Steve gradually pulled away to win comfortably in 17.12. Graham's finishing time in second place was 17.58. The race was held in conjunction with the **SVAC championships** where Noel Blatchford W70 (Ab/L) 19.20 won her age group and Geraldine Legon (Bxy/L) W60 21.12 finished second in hers.

Only four walkers faced the starter for the **Surrey & Sussex Masters 3km** championships at Kingston on 2nd June, among them Chris Flint (SWC/L) 21.23

On the same day at Horspath, Oxford, the **BMAF 10km track** championship attracted 11 entries where Noel Blatchford W70 (Ab/L) 67.59 won her category and Penelope Cummings W40 (Ald/L) 60.22 was second in hers.

The opening **Woodford Tuesday 3km** on 11th June got underway on a cold, damp and generally dismal night. Nevertheless a dozen walkers, the healthiest number of starters since 2011, contested the race. Luc Legon (Bxy) 13.28 and Maddy Shott (Bel) 14.42 were the respective winners but also in the race were Melanie Peddle (Ltn/L) 16.56, Emma Dyos (Ilf) 17.00, Stuart Bennett (Ilf/L) 18.13, John Borgars (Ltn/L) 20.19, Lesley Morris (Ilf/L) 20.31.

On the same evening at Battersea Park the **VAC's** second fixture of the summer, the **5km championship** was won by Dan Maskell (SWC/L) 52.41. However, the race was won by guest Stefano Zennaro (Bel) 46.12. The top lady was Maureen Noel (Bel/L) 53.17 and the only other entrants were Mark Culshaw (Bel/L) 52.41, David Hoben (SWC/L) 52.29 and Paul King (Bel/L) 59.48.

On the same day as the LICC meeting at Allianz Park the **BMAF 5km** road championships were being staged 200 miles away in Horwich, Lancashire. It was well supported with a total of 35 participants, due largely to the local club Lancashire who fielded 12 athletes. The only Leaguer at the event was Noel Blatchford W70 (Ab/L) who walked slightly faster than her April LICC 5km clocking 32.48 and easily won her age group and the Ladies Age Graded table.

The funeral of Ken Matthews will take place on Monday 1st July in Wrexham Methodist Church, 37 Regent Street, Wrexham, Wales, LL11 1RY. Afterwards at the Wrexham Memorial Hall, Bodhyfryd, Wrexham, LL12 7AG there s to a gathering. Details will be announced at the Church