

The Enfield Walker 2023

(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

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April



Medals and Records for Dave Annetts at the World Masters

Congratulations to Leaguer Dave Annetts on his double silver performances at the World Masters Indoor championships in Torun, Poland.

On 27th March in the 3km championship M55 Dave set a BMAF record of 13.26.75 when finishing just hundredths of a second behind Spain's Carvajal Ortega 13.26.31. Four days later in the 10km the Spaniard again came out on top in 47.58 ahead of Dave who set another BMAF record of 48.22.

The only other Brit to medal in the walks at this championship was M70 Ian Richards who collected a bronze medal in the 3km in a time of 17.00.10



Enfield & HAC Chair Emily McMahon who officiated at this year's opening fixture finished 6th in her category in the Long Jump

Two other Leaguers were in action on the continent recently, running in the **Paris Marathon** on 2nd April. The national Long distance champion Jonathan Hobbs finished around the 1000th mark in 2.51.18 and Fiona Bishop 73rd in her age group with a time of 4.20.33. By way of interest Jonathan's sister Rachel also ran in Paris clocking just over 4½ hours

ERWL Tables after 3 Fixtures

The report and results of the "Les Barrett Walks" on 18th March were circulated, but appear again on page 3 with amendments..

Melanie Peddle continues to lead overall as does Ilford AC in the team competition, but it is so close and with at least eight fixtures remaining there are sure to be lots of twists and turns to come. See *Reflections of the "Good Old Days"* on page ??

Individual Tables		Ladies	Men	points awarded as if amalgamated with real league				
1.	200/3	Melanie Peddle (50)	1.	192/3	John Arthur (60)	1.	188/3	Cath Duhig © (65)
2.	187/3	Maureen Noel (60)	2.	165/3	Chris Hobbs (60)	2.	173/3	Marco Bernatzki (50)
3.	171/3	Sue Barnett (70)	3.	149/3	Simon Morgan	3.	137/3	Diana Braverman (70)
4.	165/3	Fiona Bishop (60)	4.	145/3	John Borgars ©	4.	135/2	Mark Williams (55)
5.	132/3	Shaheda Arthur (60)	5.	140/2	Dave Annetts (55)	5.	124/3	Tony Perkins ©(70)
6.	130/2	Emma Dyos (45)	6.	138/2	Jonathan Hobbs © (SM)	6.	123/3	Richard Emsley (70)
7.	126/2	Abigail Jennings (SW)	7.	121/2	Stuart Bennett © (65)	7.	111/2	Keith Vallis (M55)
8.	108/2	Amalia daSilva (60)	8.	116/2	John Ralph (65)	8.	88/2	Ron Penfold (75)
9.	107/2	Lesley Morris (60)	9.	112/2	Dave Walsh (60)	9.	84/2	Terry Braverman (75)
10.	68/1	Jessica Wilton (u20)	10.	101/2	Ian Richards (70)	10.	68/1	Jaqueline Benson (SW)
Team Table								
	1. Ilford AC'	603	192 Arthur J, 149 Morgan, 132 Arthur S & 130 Dyos.					
	2. EHAC	564	171 Barnett, 165 Bishop, 116 Ralph & 112 Walsh.					
	3. Ilford AC "B"	372	121 Bennett ©, 107 Morris, 100 Ainsworth © & 44 Smith.					
	4. Ashford AC	371	165 Hobbs C, 138 Hobbs J©C & 68 Wilton.					
	5 Loughton AC	344	200 Peddle & 145 Borgars ©.					
	6. Belgrave H	295	187 Noel & 108 daSilva					

Next Fixture

The "Pat Furey 3km, 5km & 10km Walks"

(Permit RWA applied for)

29th April- 11.00am QEII, Donkey Lane, EN1 3PL

There will be a cut-off time of 75 minutes and walkers not taking the Bell by 67.30 will be classified.
Presentations will commence at 12.50pm

Entries on the Day

The Virtual version of the "Pat Furey Walks" - Performances over the weekend of 29th/30th April to be registered with Richard Emsley r.emsley@bopenworld.com before midnight on 30th April stating name, club, time and Century No.

Pat Furey

Pat's career in athletics didn't start until 1967, when working as a London Transport (LT) bus conductor at Edmonton, where he was introduced to race walking by fellow LT employees Bill Fenlon and Charlie Weston ©. London Transport at that time had a thriving sports section and held athletic championships which included 3km and 7 mile walks which got Pat started and which events, that over the following decade and more, he won and was a record breaker at both distances.

Within a year, Inspired by the Club's history and a current line-up that included Charlie Fogg, Amos Seddon, Ken Easlea, Adrian James and Peter Worth, Pat had joined Enfield Harriers. He told me that he "feels fortunate to have met some of the pre and post war greats like Titch Marler, Johnny Johnson and many others".

In addition to his LT titles Pat also won more than once the British Rail championship, numerous Middlesex team medals at 10 and 20 miles, gained his Middlesex County vest, which was no mean feat in those days and when re-settling in Hertfordshire, also won several championship medals there.

Among many proud moments; beating Charlie Fogg to win the Middlesex 10 miles championship, racing against Roy Thorpe in 1974 shortly after Roy's Commonwealth games silver medal performance in New Zealand although it involved losing his British transport title.



Perhaps his greatest achievement was international selection for Ireland in the Compiegne to Paris 85km in 1978. Pat had never walked anywhere near that distance before, 35km being the furthest and it says much for his courage that he took it on and helped Ireland make the top six teams. Clubmate Peter Worth represented GB in the same race.

Overall, he says "I enjoyed my time at Enfield culminating in the role as Race Organiser of the historic and prestigious Enfield Open Seven, which attracted fields of up to 200 walkers and as many and more spectators lining the carriage way through the park, a wonderful event!

Pat failed to mention his generosity in sponsoring an ERWL race annually for several years.

Reflections of the "Good Old Days"

A fierce but friendly inter-club rivalry was a feature of race walking competitions up to the late 1970's, since when for various reasons the size of the fields competing have dwindled to the sparse numbers that race today. This is not a harp back to the 'good old days' when it was not uncommon for major races and championships programmes to list over a 100 individual entries and as many as 15 or 20 teams teams of four to score from a declared list of eight, but a mourning at the demise of the team rivalry element, which in my opinion added so much interest and spice to racing in those days. Slower walkers were often key figures in team results, with many an anxious wait endured by the speedmen who were 'home and dried' but depending on and awaiting their fourth counter to close in their club.

What got me into this train of thought has been the initial results of the 26th Edition of the ERWL. There are five clubs who, if they could encourage just two more walkers from their ranks to turnout, would not only add so much interest to the event, but enhance the experience of all taking part.

First Aid Course

If there is sufficient demand (a minimum of six) the ERWL through the "Bernie Hercock Legacy", will part fund a half day (4 hour) First Aid course. It would be conducted by Centurion 950 Sue Clements *BSc.TechIOSH VMSM*. Attendees receive a Certificate of Attendance and the content of the course would include.

Dealing with an emergency and assessing a casualty; calling 999

Responsibilities

Primary survey & Secondary assessment

Unconscious Casualty; recovery position

CPR; AED

Choking, Asthma, Heart attacks

The date and venue to be determined in the light of convenience for the majority of people signing on for the course.

Expressions of interest are invited from walkers, officials and volunteers to determine the viability of the course. Enquiries and more details from Ron Wallwork ronc893moulton@gmail.com or 07460 041 643

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

On the afternoon of 18th March ten walkers faced to starter for the **Herts, Kent and Middlesex indoor 2km championships**, among them Dave Annetts, Grazina Manzotti and John Borgars all three of whom had raced at Donkey Lane earlier in the day. Unfortunately John collected three red cards, but Dave 9.28.51 won the Herts title and Grazina Manzotti 10.49.57 the silver medal in the Kent championship as did Leaguer David Crane 8.40.23 in the men's race. The quickest on the day was the 2023 EA national Winter 10km champion Luc Legon in 8.19.86.

EMAC & VAC 2km Indoor championships at LVAC on 26th March. The M50 Melanie Peddle 10.32.04 guesting the race won narrowly from M50 Grazia Manzotti 10.34.70. The first man to finish was M60 Colin Harle 11.45.42. Seven of the eleven strong field were Leaguers and in addition to Melanie and Colin they were W45 Penelope Cummings 12.02.12, W55 Maureen Noel 12.29.80, M60 John Arthur 12.30.70, M55 Simon Morgan 13.21.10 and M75 John Borgars 13.34.90.

Centurion's Spring 2023 White Cliffs Social Walk

Leaguers Chris Flint, John Borgars and Brian Bogenpoel joined the Centurion's Seven miles Spring Social Walk along the White Cliffs [of Dover] on Saturday 25th March.

The picture lineup from the left is: Chris Flint C.849 Hendon 1989, Steve Kemp C.1075 Newmarket 2009, John Borgars C.1170 Redcar 2016, Kim Howard C.1020 Norfolk 2005 and Danny Long C.877 Hungarton 1990. Not in picture, Ruth Borgars and Brian Bogenpoel who took the photograph



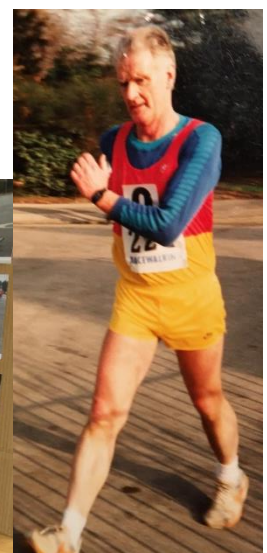
The first of the Season's **VAC Summer Series** got underway on 4th April at Battersea Park with a 5km race which attracted 17 entries of which ten faced the starter. Dave Annetts 22.58 was recovered enough from his Polish double, to set a pb in winning the race and the ever consistent Maureen Noel 31.12 the women's section. The only non-Leaguer in the field was the second man home Stephano Zennaro 30.04. Dave Walsh 30.12, Mark Culshaw 31.23, Stuart Bennett © 31.51, Fiona Bishop (just two days after her Paris marathon!) 33.20, Lesley Morris 37.04, Dave Hoben 39.11 and Chris Flint © 39.37 were the other competitors. Good to see Lesley Morris competing again after her fall at Donkey Lane in February and also Coach & Judge Mark Culshaw taking the opportunity to race

This & That

Leaguer and Centurion Mick Barnbrook who was a staunch supporter of the ERWL until poor health curtailed his activity, celebrated his 80th Birthday on 25th March. Congratulations Mick!

The Suffolk Walking Festival promotes over 70 walks at various distances between 13th and 19th May and details of them can be found on the Suffolk Walking Festival website. Leaguer and Centurion Joyce Crawford is leading four of the walks and would be happy for people to contact her on nandicrawford@tiscali.co.uk if they would like to join one of hers.

At the recent funeral of Ray Middleton I met up with Ron Powell. Ron (*right*) has lived by the sea in Overstrand, Norfolk for several years now and enjoys good health. He was the EHAC walking captain for many years and part of his inspirational methodology was to produce collage's like the one pictured here and display prior to events.



Stuart Halsall RIP

Notification has been received that Stuart Halsall passed away recently. He was the proud owner of a 1920's classic Rolls Royce which he had shipped from South Africa when in his 80's he retired to Norfolk in 2010.

Stuart was briefly an EHAC member in 2011/12 and no mean performer; as demonstrated by his 58.44 clocking in the 2012 in the 2012 Moulton Five.



Herts & North Middlesex Masters League

There is a 2km walk in two of this year's leagues fixtures:

Monday 22nd May at Lee Valley Athletic Centre start time 6.40pm - Host Club; Enfield/Ilford

Monday 17th July at Lee Valley Athletic Centre start time 7.15pm - Barnet & District

Teams

Barnet & District	Herts Phoenix	London Heathside
Dacorum & Tring	Ilford AC	Harrow
Enfield & Harringey	Stevenage & North Herts	St.Albans
Herts Phoenix		

Declarations should be emailed to the host club AT LEAST 24 HOURS BEFORE the start of the meeting. Athletes who are not declared before the day MAY find that there will NOT be room for them to compete on the day. The referees will make the final decision.

If you are able to support these races, PLEASE DO!

So far as Enfield Walkers are concerned please let Ray Gibbins know if you are able to compete for the club in these events. His phone number is 07818 148 748

2023 ERWL Fixture 3 Results

Les Barrett Walks

(Permit: RWA23008-1)

18th March at Donkey Lane, Enfield

It was a busy day for officials who after their morning stint at Donkey Lane were in action again mid-afternoon at the Kent, Middlesex and Herts Indoor championships at LVAC. Some of the morning protagonists also contested the indoor event.

10km

1 Dave Annetts	North Herts RR	48.46 M55
2 Jonathan Hobbs ©	Ashford AC	49.46 SM
3 John Arthur	Ilford AC	67.24 M60
4 Chris Hobbs	Ashford AC	68.51 M60
5 John Ralph	Enfield H AC	71.44 M65
Ian Richards ©	Steyning AC	dqd M70
Simon Morgan	Ilford AC	dqd M55

10km

1 Melanie Peddle	Loughton AC	60.41 W50
2 Maureen Noel	Belgrave H	64.39 W55
3 Fiona Bishop	Enfield HAC	71.52 W60
4 Sue Barnett	Enfield HAC	71.55 W70

5km

1 Abigail Jennings	Aldershot FD	24.44 SW
2 Grazina Manzotti	Tonbridge AC	28.28 W50
3 Shaheda Arthur	Ilford AC	dqd W60

B Race Result

10km John Borgars ©	Loughton A	68.33 M75
9km Paul Firmage	LRyston R	76.48 M65
5km Tony Wilkinson	unattached	35.59 M60
Dave Hoben	Surrey WC	38.34 M70
Dave Ainsworth ©	Ilford AC	48.12 M70

Timekeeper/Recorders:

Phil Welch, Pam Ficken ©, John Hall, Carl Lawton ©

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

Mick Graham. - J/Runners: Barbara Ralph & Amalia daSilva

Race Organiser: Ron Wallwork ©

Virtual Result

10km Jaqueline Benson	Ashford AC	58.07 SW
Cath Duhig ©	CA Millennium	67.23 W65
Richard Emsley	Corby AC	67.56 M70
Mark Bernatzki	LA/Herten Ger	71.06 M50
Ed Shillabeer ©	Ilford AC	103.57 M80

5km Di Braverman	Enfield HAC	36.27 W70
Ron Penfold	Steyning AC	36.50 M80
Mick Graham	Belgrave H	43.25 M70
Terry Braverman	Enfield HAC	46.09 M75
Tony Perkins ©	Ilford AC	50.34 M70

Further Fixture Dates for the Diary

Cecil Gittins Meeting on Sunday 4th June

Moulton Walks on Saturday 8th July

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.

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Essex Walker

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