

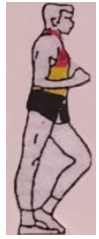
# The Enfield Walker 2022

(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>

December



## ERWL 25<sup>th</sup> Edition Successfully Completed

The 25<sup>th</sup> edition of the ERWL managed a full live programme of twelve fixtures and running alongside it, by request a virtual programme which operated independently. Participation was meagre totalling less than one hundred, which without any disrespect to those who did take part, saw a drop in the overall standard of the competition. Nevertheless, congratulations not only to the award winners, but to everyone who took part and ensured that the ERWL continues.

Melanie Peddle recorded her first League triumph and George Wilkinson completed a hat-trick of victories. Emma "Dynamic" Dyos and the most improved walker of the year Amalia DaSilva made the podium, and so did Dave Annetts who improved on his third in 2021 and Ilford's relative newcomer and team leader John Arthur.

Ilford AC who in 2021 dropped out of the top three for only the second time since the League started in 1998, bounced right back with a resounding team win, due in part to the 994 points amassed by John and Shaheda Arthur. Enfield sadly missed stalwarts John Ralph with recurring sciatica and Helen Middleton concentrating on a 100 mile attempt. Without the input of the Leagues' most prolific medallist \*Fiona Bishop, relative newcomer Dave Walsh and the persistent W70 Sue Barnett, the promoting club could well have languished in third spot. Belgrave finished in third place for the fourth time and with just one more walker turning out regularly could have been a serious challenger to the top two.

The number of Virtual walkers was, as expected down, but the competition still provided incentive and a link with race walking for those unable to travel or still Covid cautious. Six walkers put in ten or more performances.

The Enfield Race Walking League could not function without officials and volunteers who hail from a number of other southern clubs among them Abingdon AC, Ashford AC, Belgrave H, Ilford AC, Hillingdon, Loughton and Surrey WC. The ERWL is also indebted to the LICC for including fixtures at it meetings and the hospitality extended by Enfield Town FC. **THANK YOU!**

*\*since the ERWL's inception in 1998, Fiona prior to this season had collected 2 gold, 8 silver and 2 individual medals.*



Peter Cassidy, Ron Wallwork, Elizabeth & Simon Benson, Chris Hobbs, Mark Culshaw, Phil Welch, John Hall and Pam Ficken



Stephen Cartwright, Andrew Garner, Shaun Lightman, Pauline Wilson, Tracey Wilkinson, Jon May and Mick Graham

## 2022 ERWL Final Figures

<b>Team</b>	<b>1 Ilford AC</b>	<b>2479</b>	566 ArthurJ, 505 Dyos, 471 Morgan, 428 ArthurS, 293 Bennett, 216 Morris
<b>Table</b>	<b>2 Enfield H AC</b>	<b>2264</b>	630 WilkinsonG, 462 Bishop, 448 Walsh, 380 Barnett, 234 BravermanD, 110 BravermanT
	<b>3 Belgrave Harriers</b>	<b>1429</b>	478 daSilva, 417 Noel, 378 Harle, 52 Culshaw, 104 Hall
	<b>4 Loughton AC</b>	<b>990</b>	591 Peddle, 399 Borgars
	<b>5 Ilford AC 'B'</b>	<b>820</b>	207 Lawless, 119 Ainsworth, 174 Kates, 133 Uttley, 67Masilioniene, 40 Shillabeer
	<b>6 Ashford AC'</b>	<b>622</b>	395 Benson, 106 HobbsC, 63 HobbsJ, 53 Harding

Other Clubs/organisations who had representation were: Ashford AC, Surrey WC, Moulton Wanderers, North Herts RR, Tonbridge AC, Aldershot F&D, Abingdon AC, Steyning AC, Blackheath/Brom AC, Ryston R, Vets AC, Corby AC, Headington AC, Nuneaton H, Trent Park, Colchester H, Taunton AC, Barnet & dAC, FE Running, Gt.Bentley RR,

### Top Three

Melanie Peddle (Loughton AC)  
Emma Dyos (Ilford AC)  
Amalia daSilva (Belgrave)

George Wilkinson (Enfield H AC)  
Dave Annetts (North Herts RR)  
John Arthur (Ilford AC)

Ilford AC  
Enfield & Haringey AC  
Belgrave H

### 2022 ERWL Overall Individual Tables *Highlighted or underlined walkers appeared in both formats*

Real table				Real table				Virtual table			
1	George Wilkinson	SM/1	630/10	21	Diana Braverman	W65/1	234/5	1	Mark Williams	M55	608/12
2	Dave Annetts	M55/1	620/9	22	Lesley Morris	W60/3	216/4	2	Cath Dugig ©	W65	538/11
3	Melanie Peddle	W50/1	591/10	23	Rachel Lawless	W55/3	207/4	3	Marco Bernatzki	M50	483/12
4	John Arthur	M60/1	566/12	24	Dave Ainsworth ©	M70/1	199/5	4	Brian Adams ©	M70	449/12
5	Emma Dyos	W45/1	505/8	25	Paul Firmage	M65/2	188/4	5	Ron Penfold	M80	446/10
6	Amalia daSilva	W55/1	478/9	26	Johnny Ellerton	Mu17	185/3	6	Keith Vallis	M55	420/8
7	Simon Morgan	M55/2	471/8	27	Chris Flint ©	M75	183/4	7	Tony Perkins ©	M70/8	392/12
8	Fiona Bishop	W60/1	462/8	28	David Kates ©	M70/2	174/3	8	Karen Williams	W65	388/9
9	Dave Walsh	M60/2	448/9	29	Andrew Tweed	M70/3	154/3	9	Richard Emsley	M70	238/4
10	Shaheda Arthur	W60/2	428/12	30	Abigail Jennings	SW	135/2	10	Bill Sutherland ©	M75	206/5
11	Maureen Noel	W55/2	417/7	31	Steve Uttley	M65/3	133/2	11	Paul Gaston	M70	206/4
12	John Borgars ©	M75/1	399/6	32	Trevor Jones	M65/4	129/2	12	Helen Middleton	W55	156/3
13	Jacqueline Benson	SW/1	359/6	33	George Michael	M50	125/2	13	Dave Annetts	M55	137/2
14	Sue Barnett	W70/1	380/7	34	Richard Emsley	M70	124/2	14	Jaqueline Benson	SW	132/2
15	Colin Harle	M60/3	378/6	35	Graham Chapman	M65/5	119/2	15	Diane Bradley	W60	119/2
16	Tony Wilkinson	M60/4	341/7	36	John Ralph	M65/6	115/2	16	Andrew Cox	M70	99/2
17	Noel Blatchford	M70/2	307/6	37	Terry Braverman	M75	110/3	17	John Borgars ©	M75	98/2
18	Stuart Bennett ©	M60/5	293/5	38	Chris Hobbs	M65/7	106/2	18	June Avery	W60	94/2
19	Dave Hoben	M65/1	283/6	39	John Hall	M65/8	104/2	19	Diana Braverman	W70	94/2
20	Grazia Manzotte	W50/2	258/4	40	Sandra Campbell	W50	104/2	20	Terry Braverman	M75	83/2

*In the REAL fixtures a further 33 walkers took part, and they were: Doing 2 races, Kathy Smith W55, Malcolm Blackwood M75, Tom Casserley M80, Francisco Reis M60. Doing 1 race, Dominic King © M35/1, Kate Siviour SW, Stephen Crane M40, Abbey Hughes Wu17, Jonathan Hobbs SM, Nerenga Masilioniene W35, Ian Richards © M70, Lois Carty Wu20, Helen Middleton W55, Diane Bradley W60, Steve Allen M65, Alison Wilson W55, Rachel Harding Wu20, Mark Culshaw M55, Phylis Pope SW, Mark Mears M45, Paul Foreshaw M65, Ron Penfold M80, Elizabeth Edgell SW, Brian Balchin SM, Steve Cartwright M60, Viv Houghton W70, Chris Warner M65, Penelope Cummings SW, Ed Shillabeer M80, Lucy Engwell wu17, Peter Hannell M80, Christopher Stone Mu15, Lola Billingham Wu17.*

*In the Virtual fixtures a further 4 walkers took part, and they were Steve Cartwright M, George Wilkinson, Chris Hobbs and Fiona Bishop all of which appeared in the Real list.*

**Centurions at the 2022 ERWL/VERL** Fifteen members of the brother/sisterhood took part in the ERWL/VERWL series, four of them in an official capacity. The leading Centurions were Virtual competitors Cath Duhig c986 and Brian Adams c778 and it was John Borgars c1170 who topped the Real table.

	Live	Virtual	Total	
Performances:	252	123	375	Some in both Live and Virtual
Athletes	73	24	97	Some in both Live and Virtual
Women	30	8	38	Some in both Live and Virtual
Men	44	16	60	Some in both Live and Virtual



Dave Ainsworth with team scorers Lesley Morris, Stuart Bennett, Simon Morgan, John Arthur (front) Shaheda Arthur and Emma Dyos



Melanie Peddle (69) with George Wilkinson

**2022 ERWL/VERWL Age Category Breakdown** (for most of a walkers performances)

<b>U20's</b>	Lola Billingham u17 Abbey Hughes u17 Lois Engwell u17 Lois Carty u20 Rachel Harding u20	Christopher Stone u15 Jonathan Ellerton u20	<b>65</b>	Diana Braverman Cath Duhig © Karen Williams	Dave Hoben Paul Firmage Steve Uttley Trevor Jones Graham Chapman John Ralph Chris Hobbs John Hall Steve Allen Paul Foreshaw Chris Warner
<b>Sen</b>	Jacqueline Benson u23 Abigail Jennings u23 Kate Siviour u23 Penelope Cummings	George Wilkinson u23 Jonathan Hobbs © Brian Balchin			
<b>35</b>	Neringa Masilioniene	Dominic King ©			
<b>40</b>		Stephen Crane	<b>70</b>	Sue Barnett Noel Blatchford Diana Braverman Viv Houghton	Dave Ainsworth © Dave Kates © Andrew Tweed Richard Emsley Ian Richards © Brian Adams © Tony Perkins © Paul Gaston Andrew Cox
<b>45</b>	Emma Dyos	Mark Mears			
<b>50</b>	Melanie Peddle Grazia Manotti Sandra Campbell	George Michael Marco Bernatzki			
<b>55</b>	Amalia daSilva Maureen Noel Rachel Lawless Kathy Smith Helen Middleton	Dave Annetts Simon Morgan Mark Culshaw Mark Williams Keith Vallis	<b>75</b>		John Borgars © Chris Flint © Terry Braverman Malcom Blackwood Bill Sutherland ©
<b>60</b>	Fiona Bishop Shaheda Arthur Lesley Morris Diane Bradley Elizabeth Edgell Phillis Pope June Avery	John Arthur Dave Walsh Colin Harle Tony Wilkinson Stuart Bennett © Francisco Reis Steve Cartwright	<b>80</b>		Tom Casserley Ron Penfold Ed Shillabeer © Peter Hannell

# The Bernie Hercock & 95<sup>th</sup> Enfield Open Walks King George Playing Fields, Enfield on 13th November 2021

(Permit: RWA22065-1 Cat B)

In near perfect conditions Daniel Saunders (Bernie Hercock's Grandson) sent the twenty-six walkers on their way. George Wilkinson and Dave Annetts sped ahead of the main field passing the mile marker in 7.43 with two-time Olympian Neringa Masilionene (nee' Aidietyte, the RWA Long distance champion Jonathan Hobbs, Jacqueline Benson and Masters' champion Ian Richards a quarter of a minute behind. Wilkinson pulled away over the last mile and a half to join his brother Callum as a winner of this event.

In the Mixed Team race only two closed in; Ilford AC through Masilionene, Emma Dyos, John Arthur and Simon Morgan.

Enfield were second.

Enfield's second-placed team with Bernie's Grandchildren who kindly started the race presented the prizes.

George Wilkinson, Fiona Bishop, Michael Saunders, Sue Barnett, Daniel Saunders and Tom Casserley



## 7 miles

1 George Wilkinson (EHAC)	54.24 SM	1 Neringa Masilionene (Ilford AC)	58.11 W35
2 Dave Annetts (N.Herts RR)	55.10 M55	2 Jaqueline Benson (Ashford AC)	65.46 SW
3 Jonathan Hobbs © (Ashford AC)	57.18 SM	3 Melanie Peddle (Loughton AC)	67.14 W50
4 Ian Richards © (Steyning AC)	63.51 M70	4 Emma Dyos (Ilford AC)	69.15 W45
5 Trevor Jones (Steyning AC)	65.49 M65	5 Maureen Noel (Berlgrave H)	71.17 W55
6 Richard Emsley (Corby AC)	71.42 M70	6 Fiona Bishop (EHAC)	76.49 W60
7 John Arthur (Ilford AC)	72.11 M60	7 Sue Barnett (EHAC)	77.40 W70
8 Simon Morgan (Ilford AC)	75.49 M55	8 Lesley Morris (Ilford AC)	79.58 W60
9 John Borgars © (Loughton AC)	76.24 M75		
10 Stuart Bennett © (Ilford AC)	76.47 M60		
11 Tony Wilkinson (unattached)	79.50 M60		

Bob Clark Award: George Wilkinson

6 miles David Hoben (Surrey WC)	74.25 M70	4 miles Tom Casserley (EHAC)	48.30 M80
Chris Flint © (Surrey WC)	75.29 M75	Shaheda Arthur (Ilford AC)	56.45 W60
5 miles Amalia daSilva (Belgrave H)	58.12 W55	3 miles Dave Ainsworth © (Ilford AC)	46.55 M70
Brian Balcin (unattached)	58.24 SM		

© = Centurion

Judges: Elizabeth & Simon Benson, Peter Cassidy, Mark Culshaw (Chief), Chris Hobbs, Shaun Lightman

Timekeeper: Phil Welch - Recorders: Pam Ficken ©, John Hall, Carl Lawton ©

Race Organiser/Referee: Ron Wallwork ©

Photo's of the race available to view on [markeaston.zenfolio](https://markeaston.zenfolio.com).

## Virtual Results

### 7 mile

1. Mark Williams (Birchfield H)	66.18 M55
2. Cath Duhig © (CA M Torreveija)	76.21 W65
3. Keith Vallis (Overton Hr)	83.41 M55
4. Brian Adams © (Leicester WC)	92.47 M70

### 5 mile

Ron Penfold (Steyning AC)	57.19 M80
Diana Braverman (Enfield H AC)	60.51 W65

### 3 mile

Tony Perkins © (Ilford AC)	48.54 M70
Terry Braverman (Enfield H AC)	49.00 M75

### 2 mile

Marco Bernatzki (LA Herten/Ger)	23.06 M50
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(Marco is currently recovering from a bout of Covid-19)



To facilitate a Festive Season coming together  
over the weekend of 17<sup>th</sup>/18<sup>th</sup> December  
there will be a Virtual 5km

Results to [r.emsley@btopenworld.com](mailto:r.emsley@btopenworld.com) before midnight on 18<sup>th</sup> December

## The 95<sup>th</sup> EO7 pictures Courtesy of Mark Easton



*Daniel Saunders starts the 95<sup>th</sup> EO7*



*The first four home including ladies winner*

For double Olympian (82) Nerenga Masilioniene (nee Aidityte) this was her second EO7 victory, the last being in 2011. Dave Annetts (63) Finished second the same position he occupied in the World Masters 5km championships in Finland during the summer.

George Wilkinson (61) notched up his first EO7 win and sealed his hat-trick of ERWL titles.

Johnathan Hobbs who in August won the RWA National Long Distance title and qualified as Centurion in 18.44.32 showed that the performance hasn't slowed him too much.

### Mid-race action



*Emma Dyos, Melanie Peddle and Amalia DaSilva - Stuart Bennett, Tony Wilkinson, Sue Barnett - John Borgars & Fiona Bishop*

Melanie, Emma and Amalia topped the 25<sup>th</sup> Women's ERWL, whilst John Borgars c1170 was first Centurion in the League. John qualified as a Centurion at Redcar in 2016 in 22.31.52 at the age of 70, becoming the oldest walker to join the Brother/Sisterhood.

### Making the day Extra Special

*The attendance of Bernie's Family and EHAC Chairman Barry Cook seen with Daniel and Michael Saunders*



## Letters and Catchups



I was delighted to hear from Geoff Robinson, a member of the successful Enfield teams of the late seventies and who organised the EO7 for a number of years. Poor health kept him off the scene shortly after that and in August this year he underwent prostrate surgery from which he reports that he is recovering well.

He was on the ward built with funds raised by Sir Tom Moore during the pandemic and the thoughts of 'Captain Tom' walking up and down his garden raising funds for the NHS, has inspired Geoff. He hopes to get clearance from his surgeon in January after which he is looking forward to getting along to some of the League fixtures at Donkey Lane and meeting up with some old friends. We look forward to seeing him.

Hi Ron, Thanks for keeping the Virtual series and the Enfield 7 going, what an amazing history it has. Thank you too for all the time and work that you have put into it.

I have virtually decided to retire.. no, I have decided to virtually retire, well I am retiring... virtually. What I mean is .. I will not be joining you in the Enfield League next year.

Keep well, *Walk with Jesus* - Brian Adams

Hi Ron, If the situation around Covid-19 continues to ease next summer, I can imagine taking part in one of the Real events in person. Over the winter months, however, I will stick to the possibility of a virtual start for the time being, if it is still possible? Greetings from Germany - Marco Bernatzki

Following closely on the news of Noel Blatchford's stroke reported in the last issue I received a message from Cath Duhig, on 13<sup>th</sup> November to say that her husband Pete, who many will no through his committed involvement in Masters' athletics, had suffered a serious stroke, resulting in right paralysis, loss of speech and impaired swallowing response. I understand that hopes are raised because he feels some sensation in his right leg, but swallowing and speech remains a problem. I have no doubt that the thoughts of the hordes of Duhig friends will be with Cath.

Arthur and Bon Thomson are now settled in their new flat in Cranleigh and have had several race-walkers visiting already. Walkers in the area very welcome to call in, it'll be good for Arthur's memory! But please email Bon first to check they'll be in.

Pauline Wilson is now home and continuing her exercises to strengthen her muscles and improve her control over them. She is not yet very mobile, but is slowly improving. She sends her Seasonal Greetings and Best Wishes to all her friends in the Enfield League and hopes to see them sometime next year. She has been really moved by their messages of support.



### December Birthday Greetings

This picture of Ken Roost c557 on the left, with Ken Livermore c386, was taken in 2011 at the Centurions Centenary Dinner at the Houses of Parliament. On 12<sup>th</sup> December Ken Livermore celebrates his 90<sup>th</sup> Birthday, whilst the other Ken celebrates his 92<sup>nd</sup>.

*The Best wishes to both of them!*

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### Farewell's

It is sad to report the death of the 1966 and 1968 EO7 winner John Webb. I lived in the north at the time John was at his peak. I was fortunate to enjoy his company as a fellow GB team member at the 1966 European championships in 1966 and the 1967 Lugano Trophy finals in Bad Saarow, which was then in the GDR, East Germany.

Barry Ingarfield who was an EHAC member for a short time in 2005/06 to, has passed away. Barry had one international in 1976 when a member of the Metropolitan Walking Club.

*Comprehensive tributes to John and Barry appear in the Essex Walker*

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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.

[noel.carmody@outlook.com](mailto:noel.carmody@outlook.com)

#### **Essex Walker**

Lots of local information

[dave.ainsworth@yahoo.co.uk](mailto:dave.ainsworth@yahoo.co.uk)

#### **Heel and Toe online**

Australian publication out Tuesdays

[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

For race walking Photographs [markeaston.zenfolio](http://markeaston.zenfolio).

*Anyone using pictures or articles from these sources should acknowledge their origin*