

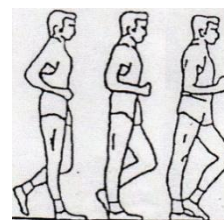
The Enfield Walker 2019

December

(Newsheet of the Walking Section of Enfield & Haringey AC)

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-01638 751869 – ronc893moulton@gmail.com
who apologises for any errors and who welcomes contributions and comments for future issues

Latest League news at <http://enfieldleague.weebly.com>



93rd Enfield Open Seven The 93rd edition of this event which was first staged in 1920 was dominated by Callum and George Wilkinson who finished well ahead of the main field. Their times were modest, but given the cold, damp conditions and an 'end of season' atmosphere they compared with many leading times of the past.

Luc Legon and last year's lady winner Maddy Shott were comfortably under the hour and Silvana Alves continued her rapid improvement to take the women's runner-up spot ahead of Penelope Cummings. Amos Seddon made his 40th appearance in the event.

Enfield & Haringey with John Ralph and Sue Barnett backing up the Wilkinson brothers, easily triumphed in the mixed team race from Ilford AC who were led by Steve Uttley and Surrey Walking Club led by David Crane. The 'Bob Clark' Award went to George Wilkinson, the Centurion award to Martin Fisher C788 and the Novice award to Dave Walsh. Millie Morris sliced half a minute of her 5 mile pb. Full result overleaf.



Photo by Mark Easton

That was the League that was

2019 was another year of milestone's for the League; For the first time the rankings were topped by athletes aged under 20; George Wilkinson and Jacqueline Benson, the former being the youngest ever to win the overall competition and Jaqueline's club Ashford AC becoming the seventh club to qualify to have its name on the honours board.

The top six walkers was made up of an equal number of men and women. Helen Middleton finished in the women's top three for the 10th time, whilst Steve Uttley by virtue of a late string of performances finished second man, increasing his total of podium finishes to six, thus equalling the number set by Dave Sharpe prior to 2007. Stuart Bennett C858 retained the Leading Centurion award ahead of David Kates C936 and John Borgars (c1070)..

The promoting Club notched it's twelfth team victory from old rivals Ilford AC, but Surrey WC who won the League in 2016 dropped out of the first three and were pressed by Belgave H as the season ended.

The number of participants in the League was four down on 2018, but a welcoming trend was the appearance of several newcomers and the coaches who encouraged them to do so should be congratulated, not just for introducing them to race walking but for instilling in them a good basic technique.

Although named the Enfield League, it only continues to prosper because of input by way of officials and volunteers who hale from other clubs and organisations, so to them a huge thank you! A very special Thanks also to Jon May for his invaluable contribution in keeping the tables up to date.

Final League tables on back page.

Changes to the Donkey Lane Start time

The dearth of courses financially viable and available to stage events like the ERWL are increasingly difficult to find and exacerbating the difficulties is the decreasing numbers of people willing to take on marshalling duties.

The King George Playing Fields popularly known as Donkey Lane is currently the option for a sizeable portion of the ERWL's 2020 programme. Hitherto we have been welcomed there by Enfield Town FC when our fixtures have clashed with the first teams away fixtures. However, another club now also plays at the ground on those weekends, so it has been necessary to **re-timetable our races which will now start at 11am**. This applies to the Donkey Lane only.

The opening fixture of the 23rd edition of the ERWL will be over 5 miles starting at 11am and has been arranged to take place at The King George Playing Fields, Donkey Lane, Enfield, EN1 3PL, on

Saturday 18th January at 11am Followed by Presentation of the 2019 awards

The course is a mile circuit, so walkers wishing to race shorter distances in multiples of a mile may do so

Men

1. Callum Wilkinson (EHAC)	53.30 SM
2. George Wilkinson (EHAC)	54.41 U20
3. Luc Legon (Cambridge H)	57.04 SM
4. David Crane (Surrey WC)	59.39 M40
5. Trevor Jones (Steyning AC)	64.37 M60
6. Dave Walsh (Redhill R/Notts)	66.00 M55
7. Steve Uttley (Ilford AC)	66.21 M60
8. Malcolm Martin (Surrey WC)	67.27 M60
9. Graham Chapman (Headington)	68.47 M60
10. Richard Emsley (Saints/Sinners)	69.05 M65
11. Martin Fisher © (Redcar RWC)	69.44 M60
12. Stuart Bennett © (Ilford AC)	71.52 M60
13. Colin Harle (Belgrave H)	72.50 M60
14. John Ralph (EHAC)	74.01 M60
15. Steve Kemp © (EMAC)	74.14 M60
16. David Kates © (Ilford AC)	75.52 M70
17. John Borgars © (Loughton AC)	76.13 M70
18. Amos Seddon (EHAC)	76.56 M75
19. Ron Penfold (Steyning AC)	77.19 M75
20. Glyn Jones (Cov.Godiva AC)	78.14 M75
21. David Hoben (Surrey WC)	80.08 M65
22. Malcom Blackwood (Trent Park)	80.13 M65
23. Steve Cartwright (Col/Tend AC)	81.21 M60
24. Arthur Thomson (EHAC)	81.31 M80
25. Chris Flint © (Surrey WC)	83.29 M70

Team:

Enfield HAC	C.Wilkinson, G.Wilkinson, J.Ralph, Sue Barnett	45pts
Ilford AC	S.Uttley, E.Dyos, S.Bennett, D.Kates	63pts
Surrey WC	D.Crane, M.Martin, D.Hoben, C.Flint	77pts
Belgrave H	M.Shott, C.Harle, A.Drende	

The SVAC championship results held in conjunction with the race can be found on its website.

Judges: Peter Cassidy, Andrew Garner, Mick Graham, Shaun Lightman, Pauline Wilson ©

Timekeeper/Recorders/Marshalls: Phil Welch / Pam Ficken ©, Carl Lawton ©

Starter: Roger Michell ©

J/Runners: Anne Jones, Barbara Ralph

Registration: Margaret Livermore, Linda Spinks

Referee: Ron Wallwork ©

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

The club affiliation will only be indicated on the first mention of the athlete in this issue

Ash - Ashford AC	Ab - Abingdon AC	Ald - Aldershot F & D	Bnt - Barnet & District	Bel - Belgrave Harriers
Bxy - Bexley Heath	Bfld - Birchfield H	Bkth - Blackheath & Bromley	Ch - Chiltern H	Col - Colchester H
CTen - Colchester/Tendering AC	EMAC - Eastern Masters AC	EHAC - Enfield H AC	HRR - Headington RR	Ilf - Ilford AC
LWC - Lancs WC	Ltn - Loughton AC	MM - Med/Maidstone	MMK - Marshal M.Keynes	NH - Nuneaton H
NHRR - North Herts RR	Red - Redcar RW Club	Stey - Steyning AC	WC - Surrey WC	Ton - Tonbridge AC
TP - Trent Park	WB - Wolves/Bilston			

There was an ERWL presence in all three of this season's **Midland Winter League**. The first was staged at Stourport on 13th October and won by Carolyn Derbyshire (NH) in 27.04, Tony Bell (LWC/L) clocked 30.56. A feature of the event was RWA President Helen Elleker's fund raising 30.12 performance which raised £652 for the Association's coffers.

The second fixture at Warwick University on 27th October was won by Graham Chapman (HRR/L) 58.44. Race one winner Carolyn Derbyshire got the better of Steve Uttley (Ilf/L) for second place, both being given 59.33 and in 10th place was Noel Blatchford (Ab/R) 68.01.

Women

1. Maddy Shott (Belgrave H)	57.06 SW
2. Silvana Alves (Barnet D AC)	64.58 W45
3. Penelope Cummings (Aldershot FD)	67.34 W50
4. Emma Dyos (Ilford AC)	68.03 W45
5. Melanie Peddle (Loughton AC)	68.57 W50
6. Alcja Drende (Belgrave H)	74.36 W35
7. Noel Blatchford (Abingdon AC)	74.42 W70
8. Sue Barnett (EHAC)	75.28 W65
9. Geraldine Legon (Bexley AC)	84.58 W60

6 mls

Beatrice Ubaka (Ilford AC)	76.24 W55
----------------------------	-----------

5mls

Millie Morris (Ilford AC)	45.17 U20
Diana Braverman (EHAC)	58.42 W65
Peter Hannell (Surrey WC)	62.45 M75
Angela Martin (Surrey WC)	65.07 W55
Terry Braverman (EHAC)	67.59 M75

3mls

Gary Smith © (EHAC)	36.58 M60
---------------------	-----------

1ml

Jonathan Ellerton (Black'th/Brom)	21.32 MU15
-----------------------------------	------------

Novice Winner: Dave Walsh



The final race was staged at Warwick University on Sunday 17th November where Leicester WC's Jasmine Nicholls won the 5km in 25.53 and the 10km in 55.36. Steve Uttley (Ilf/L) was third finisher in the 5km with a time of 28.38. In all over 20 walkers turned out.

Steining AC promoted two events in recent months; on 26th October their **Open 10km** at Steining and on 14th December at Horsham, the **Alf Palmer Memorial 5km Track** race with supporting junior events.

The 10km held in wet and windy conditions was won comfortably by Ian Richards (Stey) 51.50. Among the other dozen competitors were; Trevor Jones (Stey/L) 59.18, Steven Cartwright (CTen/L) 71.30 and three SWC Leaguers, Dave Hoben 73.50, Chris Flint 76.11 and the remarkable Michael Harran 81.07.

There was an excellent turn out of three dozen for the Track races with Ian Richards 26.39 again occupying the top spot and on this occasion Abigail Jennings (AFD) 25.21 proving to be the quickest lady. Leaguers contesting this race were Millie Morris (Ash/L) 28.08, Trevor Jones 28.28, Malcolm Martin (SWC/L) 28.52, Penelope Cummings (AFD/L) 29.02, Chris Hobbs (Ash/L) 29.51, Anne Jones (Stey/L) 33.28, Geraldine Legon (Bex/L) 34.05, Fiona Bishop (AFD/L) 34.15, David Hoben 35.34, Shaun Lightman (SWC/L) 36.01, Arthur Thomson (EHAC/L) 36.16, Michael Harran 36.40, Chris Flint 36.43, Angela Martin (SWC/L) 37.34 and Peter Hannell 37.45.

Tony Bell (LWC/L) had a busy start to November. On the first he was runner-up to Tony Taylor (LWC) in **Lancashire WC's Bill Jackson 5km** in a time of 31.46. On the tenth he was 5th in the 1km Hill Climb in Sheffield and a day later clocked 31.10 for 5km in the English Institute of Sport meeting also in Sheffield.

Five Leaguers were among the 12 starters in the **Surrey WC Open track 5km** at Tonbridge on 23rd November. They were: race winner Jacqueline Benson (Ash/L) 28.45, in third spot Malcolm Martin 29.49 and further down the field Dave Hoben 36.24, Fiona Bishop 38.02 and Angela Martin 38.44

Guesting in the **Irish 30km championship** staged in Dublin on 7th December, Callum Wilkinson in his first race over the distance won comfortably in 2.15.35 and in the women's race over **20km** newly qualified Leaguer Maddy Shott, also debuting at this distance finished runner-up in 108.47.

Major Award for Leaguers Cath Duhig

Leaguer Cath Duhig who with husband Peter moved to live in Spain three years ago has been elected as "**Female Master-of-the-Year**" in the Mercia Region. Her award is to be received at a Gala Presentation in Cieza. A gold and two bronze medals at the Euro Masters championships in Venice in September no doubt contributed to the winning of this award. Cath won similar sporting awards in East Anglia, and now they're being presented on mainland Europe! Cath qualified as Centurion 986 at Newmarket's Rowley Mile course in 2003, clocking 21:27.43 when finishing in 8th position (3rd lady) wearing the colours of Ryston Runners.

Meanwhile, back in the UK on Wednesday 4th December at the Essex C AA Annual General Meeting, Life Membership was bestowed on race walk stalwarts Dave Ainsworth c540 and Peter Cassidy.

More Leaguer news:

I understand that Centurion Olly Browne (Ilf/L) was recently hospitalised and spent some time in Intensive Care with a ruptured Gaul bladder. I'm pleased to report that he is back home resting and I'm sure that everyone connected with the ERWL wish a swift and complete recovery.

Centurion's Social Walk

The latest in a long line of successful Centurions' Socials Walks was held in mid-October, starting at outside Loughton Underground Station and after meandering through Epping Forest ended at a tea room directly opposite Loughton "Nick". In perfect and even sunny weather, this walk was led by Richard Howard, a son of Kim Howard c1020 who herself was an enthusiastic participant. This picture at the tea room was taken by Kay Kemp. The Walk Leader Richard is second from the left. Centurions' Social Walks Co-ordinator Steve Kemp is already considering where the next one is to be! *Photo from Kay Kemp - Photograph from Loughton.*



Walkers by invitation only: Walkers are advised to contact June Cork southendac@hotmail.co.uk 01702-472195 if they would like to participate in Southend AC's Boxing Day Pier event which starts at 10.15. The distance is 2 miles.

January AGM's RWA on 11th January at the Coventry Godiva Clubhouse, Kirkby Corner Road, Coventry, CV4 7AL

Centurions 1911 on 25th January at The Tally Ho Conference Centre, Pershore Road, Birmingham, B5 7RN
Doors Open at 12 noon for a 1pm Start

Final League Tables

Ladies

1. 588/9 Jacqueline Benson YA
2. 560/9 Melanie Peddle
3. 536/9 Helen Middleton
4. 469/9 Sue Barnett
5. 443/7 Emma Dyos
6. 412/8 Noel Blatchford
7. 412/7 Maddy Shott
8. 393/7 Maureen Noel
9. 360/6 Millie Morris
10. 309/5 Silvana Alves

Men

1. 627/9 George Wilkinson YA
2. 577/9 Steve Uttley
3. 539/9 Stuart Bennett ©
4. 476/8 Chris Hobbs
5. 472/7 Francisco Reis
6. 464/8 Simon Morgan
7. 434/9 Malcolm Blackwood
8. 431/8 John Ralph
9. 424/9 David Hoben
10. 417/6 Dave Annetts
11. 416/8 Tom Caserley
12. 407/9 Arthur Thomson
13. 368/6 David Kates ©
14. 327/5 Trevor Jones
15. 325/7 Steve Carwright
16. 315/5 Malcolm Martin
17. 312/6 John Borgars ©
18. 296/5 Mark Culshaw
19. 251/4 Stefano Zennaro
20. 238/4 Martin Fisher ©

Team Table

- | | | |
|---------------|-------------|---|
| 1. EHAC | 2886 | 627 Wilkinson, 536 Middleton, 469 Barnett, 416 Caserley, 431 Ralph, 407 Thomson |
| 2. Ilford AC' | 2653 | 577 Uttley, 539 Bennett, 464 Morgan, 443 Dyos, 368 Kates, 262 Lawless, |
| 3. Ashford AC | 2118 | 588 Benson, 476 HobbsC, 360 Morris, 327 Hall, 229 Whittingham, M, 68 HobbsJ |
| 4. Surrey WC | 1783 | 472 Reis, 424 Hoben, 315 MartinM, 232 Flint, 201 Crane, 194 Harran |
| 5. Belgrave H | 1655 | 412 Shott, 393Noel, 296 Culshaw, 251 Zennaro, 204 Drenda, 99 Hall |

Overall Tables – Top 50 + those with two races – a full list of 108 walkers available on request

1	M1	George Wilkinson	Enfield H AC	627/11	27	M17	John Borgars ©	Loughton AC	315/6
2	W1	Jacqueline Benson	Ashford AC	588/9	28	W11	Silvana Alves	Barnet & D AC	309/5
3	M2	Steve Uttley	Ilford AC	577/9	29	M18	Mark Culshaw	Belgrave H	296/5
4	W2	Melanie Peddle	Loughton AC	560/10	30	W12	Rachel Lawless	Ilford AC	252/5
5	M3	Stuart Bennett (C)	Ilford AC	539/10	31	W13	Penelope Cummings	Aldershot FD	257/5
6	W3	Helen Middleton	Enfield H AC	536/9	32	M19	Stefano Zennaro	Belgrave H	251/4
7	M4	Chris Hobbs	Ashford AC	476/8	33	M20	Martin Fisher ©	Redcar RWC	238/4
8	M5	Francisco Reis	Surrey WC	472/7	34	M21	Steve Allen	Barnet & D AC	233/4
9	W4	Sue Barnett	Enfield H AC	469/10	35	M22	Chris Flint ©	Surrey WC	231/5
10	M6	Simon Morgan	Ilford AC	464/8	36	W14	Grace Whittingham	Ashford AC	229/4
11	W5	Emma Dyos	Ilford AC	443/7	37	M23	Tony Wilkinson	unattached	228/5
12	M7	Malcolm Blackwood	Trent Park	434/11	38	W15	Alicja Drende	Belgrave H	204/4
13	M8	John Ralph	Enfield H AC	431/8	39	M24	David Crane	Surrey WC	201/3
14	M9	David Hoben	Surrey WC	424/9	40	M25	Amos Seddon	Enfield H AC	197/4
15	M10	David Annetts	N.Herts RR	417/6	41	M26	Peter Hannell	Surrey WC	192/5
16	M11	Tom Caserley	Enfield H AC	416/8	42	M27	Michael Harran	Surrey WC	184/4
17	W6	Noel Blatchford	Abingdon AC	412/8	43	M28	Graham Chapman	Headington AC	177/3
18	W7	Maddy Shott	Belgrave H	412/7	44	M29	Gary Smith ©	Enfield H AC	169/4
19	M12	Arthur Thomson	Enfield H AC	407/10	45	M30	Jonathon Ellerton	Black/Bromley	159/4
20	W8	Maureen Noel	Belgrave H	393/7	46	W16	Angela Martin	Surrey WC	152/4
21	M13	David Kates ©	Ilford AC	368/6	47	W17	Lesley Morris	Ilford AC	148/3
22	W9	Millie Morris	Ashford AC	360/6	48	M31	Ron Penfold	Steyning AC	145/3
23	M14	Trevor Jones	Steyning AC	327/5	49	M32	Jim Ball	Steyning AC	131/2
24	W10	Lesley Hall	Ashford AC	327/6	50	M33	Shaun Lightman	Surrey WC	129/3
25	M15	Stephen Cartwright	Colch/Tend AC	325/7	51	M34	Bob Dobson ©	Ilford AC	126/3
26	M16	Malcolm Martin	Surrey WC	315/5	52	M35	Steve Kemp ©	EMAC	116/2

Other walkers Completing two fixtures and scoring less than 100 points were: John Hall (Belgrave H), Abigail Smith Black/Bromley), Geraldine Legon (Bexley AC), Peter Cassidy (Loughton AC), Alison Clements (Abingdon AC) and Diane Braverman EHAC).

*Wishing you a really nice Festive Season
and may you enjoy good health throughout 2020*

