

The Enfield Walker 2023

February



(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>

Revised ERWL Race Distances

Commencing with the March fixture ERWL races with the exception of the annual Moulton 5 and EO7, will be over metric distances. The feature distance will be 10km but walkers are invited to compete at shorter ones.

Because of venue time restrictions a time limit of 70 minutes operate at fixtures held at Donkey Lane.

Bernie Hercock Awards 2023

The 2023 Awards will be geared towards assisting younger walkers to have international experience and with this in mind the Dutch Tilbury walks on 1st October which embraces races from 3km to 20km is being considered as the likely event for assisted funding. The qualifying criteria is likely to be participation in a minimum of three ERWL fixtures.

ERWL Tables after 2 Fixtures

The report and results of the "Adrian James" walks on 11th February were circulated, but appear again on page 3 with minor corrections.

The fierce Peddle/Dyos rivalry on the road has positioned the pair as top scorers after two fixtures and with a further five women in the top ten, the ladies are currently dominating the series. Still, it is early days and with the team competition now four to score, there is no sizeable gap in the team placings and every incentive for club's to encourage their members to turn out and make a real contest of it.

Individual Tables		Ladies	Men	points awarded as if amalgamated with real league		
1.	132/2	Melanie Peddle (50)	1. 127/2	John Arthur (60)	1. 135/2	Mark Williams (M55)
2.	130/2	Emma Dyos (45)	2. 121/2	Stuart Bennett © (65)	2. 124/2	Cath Duhig © (W65)
3.	121/2	Maureen Noel (55)	3. 112/2	Dave Walsh (60)	3. 112/2	Marco Bernatzki (50)
4.	113/2	Sue Barnett (70)	4. 103/2	Chris Hobbs (60)	4. 111/2	Keith Vallis (55)
5.	108/2	Amalia daSilva (60)	5. 97/2	Simon Morgan (50)	5. 89/2	Di Braverman (65)
6.	107/2	Lesley Morris (60)	6. 94/2	John Borgars © (75)	6. 81/2	Tony Perkins © (70)
7.	106/2	Fiona Bishop (60)	7. 70/1	Dave Annetts(55)	7. 67/1	Dave Annetts (M55)
8.	90/2	Shaheda Arthur (60)	8. 69/1	Jonathan Hobbs (SM)	8. 60/1	Richard Emsley (70)
9.	70/1	Abigail Jennings (SW)	9. 69/1	Trevor Jones (65)	9. 44/1	Karen Williams (65)
10.	68/2	Jessica Wilton (u20)	10. 64/1	Matt Ellerton (45)	10. 41/1	Ron Penfold (75)
Team Table						
	1. Ilford AC'	485	130 Dyos, 127 Arthur J, 121 Bennett © & 107 Morris.			
	2. EHAC	387	113 Barnett, 112 Walsh, 106 Bishop & 56 Ralph.			
	3. Ilford AC "B"	278	97 Morgan, 90 Arthur S, 46 Ainsworth © & 45 Smith.			
	4. Ashford AC	240	103 Hobbs C, 69 Hobbs J & 68 Wilton.			
	5. Belgrave H	229	121 Noel & 108 daSilva			
	6 Loughton AC	226	132 Peddle & 94 Borgars ©.			

Next Fixture

The "Les Barrett 3km, 5km & 10km Walks"

(Permit RWA23008-1)

18th March - 11.00am QEII, Donkey Lane, EN1 3PL

Because of venue time restrictions a time limit of 70 minutes will operate for the 10km.

Entries on the Day

On the same day the Tri-Counties (Herts, Kent, Middlesex) Indoor 2km championships take place at LVAC

An afternoon start time has been arranged so that walkers with Herts, Kent or Middlesex qualification (by birth or 9 months minimum residence) have the opportunity to double up.

Entries close Friday 3rd March at: <https://data.opentrack.run/en-gb/x2023/GBR/middxtf/>

Les Barrett

On 14th June 1946 at the famous White City Stadium, London, Les Barrett, averaging over 5 miles an hour, qualified as Enfield's first Centurion. However, it was far more than a straight forward qualification and the RWR account describes a dramatic event with weather as cruel and unkind as it was for last year's 100 at Middlesbrough.

It was a 24 hour race promoted by the Metropolitan WC and twenty walkers set off with the intention of doing the full distance of which only four survived to do that. The race started at 5pm and conditions became more and more appalling as the night and then the next day wore on. After 12 hours the track became waterlogged in places and almost ankle deep in red slush and the "Red Sea" rather than the White City seemed more appropriate at the time.

What handicap this was to the walkers, some of whom like the winner Percy Reading were walking five feet out from the inside for many hours, cannot be assessed. It was great credit indeed to the gallant eight who carried on to score a hundred miles, and particularly the four who went on to complete the 24 hours. None of the latter, Reading, Barrett, Smith and Andrews, had before walked more than half the distance.

The RWR reported that Yorkshire WC's N.Smith (5 years in the Irish Guards) held second place until passed by "little Les Barrett of Enfield with just 55 minutes to go"

Les occupied fourth place at the 100 mile mark which he passed in 19.45.24 and finished second in the event covering 119 miles 743 yards – given the conditions a magnificent performance!

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

Credit to John Arthur who the day after the "Adrian James fixture" won the Southern Vets Indoor 3km championship in 18.23.11, although fastest on the day was Grazina Manzotte (not yet a leaguer) with 16.08.59. There were seven walkers in the race, among them Dave Annetts who fell foul of the Judges, but who six days later at the BMAF Indoor championships at Sheffield, romped home in 14.18.75 to win the M55 category and set the quickest time of the day.

Other Leaguers competing at Sheffield were M60 Colin Harle 2nd/18.24.49 and W45 Penelope Cummings 2nd/18.57.77.

On the same weekend as the BMAF championships, over in Birmingham, the British senior Indoor championships were taking place. Callum Wilkinson completed a remarkable eight days, in which he registered three world-class performances. On 12th February at the Munster Indoor 5km although finishing second he clocked 18.50.14, behind Ireland's David Kenny 18.42.38. Six days later guesting in the Irish Indoor 5km championship he clocked 19.48.63 (Kenny 19.11.42) and the following day in Birmingham won his first British Indoor title over 3km in a world lead of 11.00.98. George Wilkinson, currently recovering from injury also raced at Birmingham finishing 5th in 13.29.40.

Callum dedicated his first indoor national championship victory to the recently deceased Ray Middleton who had encouraged him when he first started race walking at Moulton back in 2012.

ERWL Dates for the Diary

15 th April	Pat Furey 3/5/10km	11am Donkey Lane
4 th June	Cecil Gittins Memorial	3/5/10km - 2.00 pm - Gravesend Cyclo Park
8 th July	Moulton 5	12.30 pm - details to be confirmed
12 th August	LICC 1/3/5km	StoneX Stadium

CENTURIONS SOCIAL WALK - SATURDAY 25th MARCH

These popular walks are open **to all**, not just Centurion members. The latest is to commence at the Royal Air Force Battle-of-Britain Memorial near Folkestone and will take in the Kent cliffs. It'll be about 7 miles, at a casual walking pace, and led by Chris Flint who writes, "Start at **11 am** from the RAF Memorial. Those travelling by car can park there. Those coming by train will be picked up at 10.30 am from Folkestone Central station and taken up to the Memorial site where we all congregate. Good boots and warm clothing, and a walking stick are recommended".

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

Lots of local information

dave_ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out Tuesdays

stuwalks@yahoo.com.au

For race walking Photographs mark_j_easton@hotmail.com

In dry chilly conditions Ashford's 17 year old Jessica Wilton), making her debut at 5 miles proved to be the star of the show as the first woman to finish and in a club u20 record too!

Dave Annetts and national Long distance champion Jonathan Hobbs were well clear in the men's race and the ongoing razor-edge rivalry involving Melanie Peddle and Emma Dyos once again was fascinating to watch. The script remained unchanged from previous encounters, with Emma building up a substantial lead only to be reeled in and passed with less than half a mile to go. Both, who sliced two minutes off their opening race times are training partners under the watchful eye of Stuart Bennett.

Unfortunately, two walkers stumbled and fell during the race; Lesley Morris on the first lap and Sue Barnett later on. Sue was able to carry on but Lesley suffered a fractured humerus and will be out of action for several weeks.

The first table shows the official result, the second the finishing position and time of every walker along with the League points they scored. The judges summary sheet is available on request.

Men				* = pb	© Centurions		Women			
1	Dave Annetts	N.Herts RR	38.19	M55	1	Jessica Wilton	Ashford AC	*44.38	U20	
2	Jonathan Hobbs ©	Ashford AC	40.52	SM	2	Melanie Peddle	Loughton AC	46.55	W50	
3	John Arthur	Ilford AC	50.43	M60	3	Emma Dyos	Ilford AC	47.04	W45	
4	Stuart Bennett ©	Ilford AC	53.40	M60	4	Maureen Noel	Belgrave H	52.15	W55	
5	John Ralph	Enfield HAC	59.15	M65	5	Sue Barnett	Enfield HAC	59.06	W70	
6	Dave Walsh	Enfield HAC	Dqd	M60	6	Amalia daSilva	Belgrave H	60.19	W55	
7	Simon Morgan	Ilford AC	Dqd	M55	7	Lesley Morris	Ilford AC	Retired	W60	
					8	Fiona Bishop	Enfield HAC	Dqd	W60	
3mls	Chris Hobbs	Ashford AC	32.11	M60	1ml	Shadeda Arthur	Ilford AC	16.26	W60	

Starter: Adrian James - Race Organiser: Ron Wallwork ©

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

Judges: Peter Cassidy (CJ), Steve Cartwright, Elizabeth & Simon Benson, Mark Culshaw, Mick Graham, Runner: Francisco Reis

Finishing list and points Allocation

Finish Position/Name/age/Club/ Category/Time/distance/Points



Ashford record breaker
Jessica Wilton

below: Adrian James the race Starter
and Awards Presenter flanked
by John Hall and Dave Annetts



1	Dave Annetts	M55	N.Herts RR	A	38.19	5m	70
2	Jonathan Hobbs©	SM	Ashford AC	A	40.52	5m	69
3	Jessica Wilton	W17	Ashford AC	A	44.38	5m	68
4	Mel Peddle	W50	Loughton AC	A	46.55	5m	67
5	Emma Dyos	W45	Ilford AC	A	47.04	5m	66
7	John Arthur	M60	Ilford AC	A	50.43	5m	65
8	Maureen Noel	W55	Belgrave H	A	52.15	5m	64
9	Stuart Bennett ©	M60	Ilford AC	A	53.40	5m	63
13	Sue Barnett	W70	Enfield HAC	A	59.06	5m	62
14	John Ralph	M65	Enfield HAC	A	59.15	5m	61
15	Amalia da Silva	W55	Belgrave H	A	60.19	5m	60
12	Chris Hobbs	M65	Ashford AC	A	32.11	3m	59
18	Shaheda Arthur	W60	Ilford AC	A	16.26	1m	58
17	Lesley Morris	W60	Ilford AC	A	Retired	1m	57
6	Dave Walsh	M60	Enfield HAC	B	50.28	5m	56
10	Simon Morgan	M55	Ilford AC	B	54.13	5m	55
11	John Borgars ©	M75	Loughton AC	B	54.16	5m	54
12	Fiona Bishop	W60	Enfield HAC	B	55.44	5m	53
16	Dave Hoben	M70	Surrey WC	B	62.42	5m	52
20	Dave Ainsworth©	M70	Ilford AC	B	61.11	4m	51

Virtual Result	Mark Williams	Birchfield H	46.11 M55	3km	Karen Williams	Birchfield H	56.53 M75
	Cath Duhig ©	CA Millennium	53.04 W65				
	Richard Emsley	Corby AC	54.03 M70				
	Keith Vallis	Overton H	56.23 M55				
	Mark Bernatzki	LA/Herten Ger	56.58 M50	3ml	Tony Perkins ©	Ilford AC	50.03 M70
	Di Braverman	Enfield HAC	63.27 W65				