

The Enfield Walker 2023

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 07460 041 643 – 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>

July



ERWL Tables after 6 Fixtures

Melanie and John continue to set the individual pace, whilst a dearth of Enfield contestants has allowed Ashford to relegate the promoting club to third place. But, with five fixtures remaining and a good number of walkers with races in hand there is ample opportunity for further changes. *The report and results of the "Moulton Walks" on 8th July were circulated, but appear overleaf.*

Individual Tables

Ladies	Men	Virtual League (mixed)
1. 388/6 Melanie Peddle (50)	1. 376/6 John Arthur (60)	1. 328/6 Cath Duhig © (65)
2. 299/5 Maureen Noel (60)	2. 348/5 Dave Annetts (55)	2. 303/6 Marco Bernatzki (50)
3. 286/5 Sue Barnett (70)	3. 322/6 Simon Morgan (55)	3. 282/5 Mark Williams (55)
4. 276/6 Shaheda Arthur (60)	4. 277/5 Chris Hobbs (65)	4. 235/6 Tony Perkins ©(70)
5. 256/4 Grazia Manzotti (50)	5. 260/5 John Borgars © (75)	5. 215/4 Richard Emsley (70)
6. 216/4 Fiona Bishop (60)	6. 243/5 Dave Hoben (70)	6. 207/5 Ron Penfold (75)
7. 191/3 Jessica Wilton (u20)	7. 208/3 Jonathan Hobbs © (SM)	7. 160/4 Karen Williams
8. 182/3 Abigail Jennings (SW)	8. 192/4 Dave Ainsworth © (75)	8. 137/3 Diana Braverman
9. 170/3 Noel Blatchford (75)	9. 181/3 Stuart Bennett © (60)	9. 119/3 Mick Grahams (70)
10. 132/2 Jaqueline Benson (SW)	10. 169/3 Ian Richards	10. 111/2 Keith Vallis

Team Table

1. Ilford AC'	1166	376 Arthur J, 322 Morgan, 276 Arthur S & 192 Ainsworth.
2. Ashford AC	808	277 Hobbs C, 208 Hobbs J, 191 Wilton & 132 Benson
3. EHAC	782	286 Barnett, 216 Bishop, 168 Ralph & 112 Walsh.
4. Loughton AC	648	388 Peddle & 260 Borgars.
5. Belgrave H	536	299 Noel, 108 daSilva, 65 Harle & 64 Zennaro
6. Ilford AC "B"	434	181 Bennett, 130 Dyos, 107 Morris, & 49 Shillabeer

Next Fixture

The "Stan Mantor 3km, 5km & 10km Walks"

(Permit RWA applied for)

5th July- 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 "Stan Mantor Walks" - Performances over the weekend of 5th/6th August to be registered with Richard Emsley r.emsley@btopenworld.com **before midnight on 6th August** stating name, club, time and Centurion No.



Stan Mantor c304 was an outstanding Coach. He spent countless hours with watch in hand timing and observing walking styles and technique in all weathers, as well as motivating so many with letters and telephone conversations. To mention but a few top walkers that he trained over many years besides myself, Bryan Ely (7th Mexico Olympic 50km), Peter and Mary Worth (GB long Distance International and multi World Veterans champion), evergreen Amos Seddon (6th 20km European Games 1974) and Alex Ross a Scottish International.

One of his secrets was that he would never divulge to you what training he had planned until you arrived and probably would have thought twice about turning up if you'd known! Many past Enfield walkers will remember him for his friendly, sharp wit and advice from his many years' experience as a great Club walker and outstanding Centurion (1960 Leicester-Skegness 20.36.58).

The picture is from a group photograph taken at a Coaching Conference at Lilleshall, 9th November 1969. Behind Stan is John Marshall, Ron Stone and at the back Colin Young

Thanks to Bill Sutherland for this tribute. – Bill has the distinction of winning the 20 miles walk Bronze medal for Scotland at the 1970 Commonwealth Games.

In the best turnout since Covid, hot humid conditions made the annual Moulton challenges even more challenging. Event regulars, including Olympians, former internationals and past winners of the event made for a great atmosphere.

Prior to the start of the race there was a tribute to Mick Holmes a walking star of the 1970's who recently away.

Grazia Manzotti and Dave Annetts had things all their own way in their respective events. However there was a welcome re-appearance by Phil Barnard who repeated his 2008 runner-up position and making her debut in the race Grazia clocked the fourth fastest Ladies winning time.

There was some promising performances from the Young Newmarket Joggers and Robert Dobson emulated his father by winning the "Kingston Cup" for the first villager to finish and bettering the hour in the process. Callum Wilkinson started the races and presented the prizes.

1 Dave Annetts	N.Herts RR	39.50 M55	1 Grazia Manzotti	Tonbridge AC	45.03 W50
2 Philip Barnard	unattached	44.35 M35	2 Melanie Peddle	Loughton AC	47.14 W50
3 Mark Culshaw	Cambridge H	50.45 M60	3 Jaqui Benson	Ashford AC	50.01 SW
4 Hardeep Minhas ©	Leicester WC	51.49 M50	4 Maureen Noel	Belgrave H	53.23 W60
5 John Arthur	Ilford AC	52.48 M60	5 Sue Barnett	Enfield HAC	57.35 W70
6 Simon Morgan	Ilford AC	54.05 M55	6 Noel Blatchford	Abingdon AC	59.11 W70
7 Robert Dobson	Moulton (Suffolk 1)	55.24 M40	7 Kate James	Moulton (Suffolk 1)	61.25 SW
8 Chris Hobbs	Ashford AC	55.56 M65	8 Sue Clements ©	Cambs/Col'dge	64.55 W65
9 Tony Wilkinson	Moulton (Suffolk 2)	57.18 M60	9 Anne Jones	Steyning AC	66.49 W65
10 Dave Hoben	Surrey WC	63.24 M70	10 Sheila Leavy	N.Herts RR	66.59 W70
11 Paul Firmage	Ryston R	64.58 M65	11 Viv Houghton	Moulton (Suffolk 2)	71.29 W70
12 Chris Flint ©	Surrey WC	65.30 M75	12 Elizabeth Edgell	Newmarket(Suffolk 3)	71.29 W60
13 Trevor Jones	Steyning AC	66.49 M65	13 Linda Warner	Moulton	71.29 W60
14 David Ainsworth ©	Ilford AC	79.50 M70	14 Shaheda Arthur	Ilford AC	89.18 W60

Youngsters mile

1 Cerys Bithell	Nkt Joggers	11.10 Gu16
2 Sophie Blundell	Nkt Joggers	11.58 Gu11
3 Lily Ann Cooper	Nkt Joggers	12.40 Gu13
4 Elijah Barnard	unattached	15.18 Bu11
Eq Joel Barnard	unattached	15.18 Bu7

Novice mile

1 Phil Blundell	Nkt Joggers	12.00 M45
3 Ellie Bithell	Nkt Joggers	12.06 W45

Starter: Callum Wilkinson -

Timekeeper/Recorders: Joe Mower, Phil Welch, Pam Ficken & Tracey Wilkinson

Judges: Shaun Lightman (Ch), Elizabeth & Simon Benson, Andrew Garner & Mick Graham

Marshalls: Geoff & June Dobson, John Hall, Tony O'Meara, Alex Nichols, George Nibre, Elaine & Colin Richmond, Ray Still, Linda Warner & Rachel Webb

Water Station: Natalie Whymark - Safety Vehicles: Jonathan & George Wilkinson

Race Organiser/First Aid: Tracey Wilkinson Catering/First Aid: Rebecca Spinks

Virtual Result

Mark Williams	Birchfield H	5 miles	42.44 M55
Richard Emsley	Corby AC	5 miles	52.54 M70
Mark Bernatzki	LA/Herten Ger	5 miles	58.47 M50
Ron Penfold	Steyning AC	5 miles	58.51 M80
Mick Graham	Belgrave H	5km	41.54 M70
Tony P Perkins ©	Ilford AC	5km	51.23 M70

Cath Duhig ©	CA Millennium	5 miles	52.54 W65
Alison Wilson	Moulton	5 miles	56.54 W55
Karen Williams	Birchfield H	5 miles	64.53 W65



Above:

Judges: Mick Graham, Simon & Elizabeth Benson, Andrew Garner & Shaun Lightman

Callum Wilkinson presents the women's awards: Melanie Peddle, Grazia Manzotti & Jacqueline Benson.

Men's Rostrum: Phil Barnard supported by his family, Dave Annetts & Mark Culshaw



Fun walkers and novices take instruction from Chief Judge & Olympian Shaun Lightman

Main field start

Diary Dates for the Remaining ERWL Fixtures

5 th August	<i>details front page</i>
23 rd September	<i>details back page</i>
14 th October	<i>details back page</i>
11 th November	<i>96th Enfield Open 7</i>
2 nd December	<i>2023 Finale fixture</i>



Congratulations!

Jaqueline Benson's name didn't appear in the results very often during the first half of the year, because she prioritised her university studies. The decision paid off and she emerged with a BSc in Geography and Environmental Hazards which earned her a First and as if that wasn't enough she was awarded the "Hugo Harries Award" for the Best Science Independent study. Congratulations Jacqueline!

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

On 15th June in the **Ashford T&F meeting** Jaqueline Benson and Lesley Hall posted times of 8.11.46 and 10.52.02 respectively. At Millhouses Park 250 miles to the north in the **South Yorkshire League** Tony Bell registered 34.06 in the 5km event.

Over half the field in the **Johnson Bowl 5 miles** at Bromley on 28th June were Leaguers: Melanie Peddle 2nd/35.30, Mark Culshaw 4th/39.44, John Arthur 6th/41.06, Dave Hoben 8th/49.12, Chris Flint © 9th/50.54, Micky Harran 10th/56.19 and Shaheda Arthur 11th/73.06. The winner in 35.29 was under 20 Jonathan Ellerton just a second ahead of Melanie.

A reminder of the need to support the **South of England championships** at Lea Valley on Sunday 13th August.

Entries Close Online 1st August. www.seaa.org.uk

Just how important it is that this event is well supported is underlined by the Southern RWA's gesture of a £10 grant towards the entry fee.

Southend on Sea Athletic Club T & F Championships & Open on the 2023 Bank Holiday **Monday August 28th** at **Garon Park**. The first event at 10am is a **One Mile walk** (U13/Yr6 through to Masters)

On-Line Entries Only via Or QR Code: www.southend-on-sea-athletic-club.co.uk/annual-clubevents

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

Essex Walker

Lots of local information

dave.ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out Tuesdays

stuwalks@yahoo.com.au

PB RACE WALK AWARDS MEETING**23rd September****at QEII Stadium, Enfield, EN1 3PL**

under 13 2km **under 15 to Senior 3km**
under 17 to Senior 5km **under 20 to Senior 10km**



Time Table: 10.00 Registrations
 10.30 2,000m/3,000m -
 11.00 One hour race incorporating 5,000/10,000m
Entries taken on the day - Under 16's free - under 20's £5 others £10

What are the PB Awards

The PB Awards are a series of awards with nine levels of progression per age group, which celebrate athletes reaching new 'personal bests' in all track and field events.

The PB Awards are aimed at athletes from under 13 through to senior age groups.

There are different award tables for every athletics event including combined events. They cover for each age group, for both male and female athletes aimed at the whole athletics community.

Athletes achieving a PB award level will receive a Certificate.

**Race Walking Female Award Standards**

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
2,000m									
U13	15:10.0	14:35.0	14:00.0	13:30.0	13:00.0	12:35.0	12:10.0	11:50.0	11:30.0
3,000M									
U15	22:18.0	21:27.0	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0
U17	20:40.0	19:57.0	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0
U20 (Junior)	19:16.0	18:37.0	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0
Senior	18:00.0	17:25.0	16:52.0	16:20.0	15:48.0	15:18.0	14:49.0	14:20.0	13:52.0
5,000m									
U17	35:00.0	33:50.0	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0
U20 (Junior)	32:42.0	31:38.0	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0
Senior	30:38.0	29:40.0	28:45.0	27:51.0	27:00.0	26:10.0	25:21.0	24:35.0	23:50.0
10,000m									
U20 (Junior)	01:07:10	01:05:00	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0
Senior	01:03:00	01:01:00	59:10.0	57:20.0	55:35.0	53:50.0	52:15.0	50:40.0	49:05.0

Race Walking Male Award Standards

	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	Level 8	Level 9
2,000m									
U13	14:30.0	14:00.0	13:30.0	13:00.0	12:30.0	12:00.0	11:35.0	11:10.0	10:50.0
3,000M									
U15	19:50.0	19:10.0	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0
U17	18:32.0	17:55.0	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0
U20 (Junior)	17:20.0	16:47.0	16:15.0	15:45.0	15:16.0	14:48.0	14:21.0	13:55.0	13:31.0
Senior	16:15.0	15:45.0	15:16.0	14:48.0	14:22.0	13:56.0	13:31.0	13:06.0	12:43.0
5,000m									
U17	31:00.0	30:00.0	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0
U20 (Junior)	29:03.0	28:08.0	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0
Senior	27:16.0	26:26.0	25:39.0	24:53.0	24:08.0	23:25.0	22:43.0	22:02.0	21:25.0
10,000m									
U20 (Junior)	59:33.0	57:45.0	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0
Senior	56:00.0	54:23.0	52:48.0	51:17.0	49:50.0	48:25.0	47:00.0	45:40.0	44:25.0

ENTRY FORMS to BE AVAILABLE 5th AUGUST