

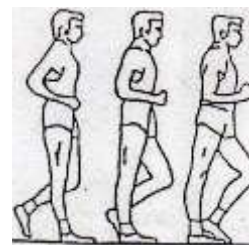
The Enfield Walker 2017

June

(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>



Your chance to walk in London during the staging of the IAAF World championships.

Entries have started to trickle in for this event, but it would be a great help in the organisation of the race, if anyone intending to take part submitted their entry as soon as possible or contacted me to indicate their intentions

01638 751869 or at ronc893moulton@gmail.com

Entries will be taken on the day, but to guarantee a memento UK entries need to be received by Friday 28th July.

Entry forms on enfieldleague.weebly.com

Moulton Open Five

Blue skies, hot and sunny conditions made the testing out and back course even more strenuous for the 54 starters in the annual Moulton Walks. One of the features of the event is the appearance every year of local people giving race walking a try and this year was no exception. The race was started by Centurion 899 Ian Garmston a co-founder of the event in 2002.



A number of the regular supporters of this event were seeking international qualifying times in La Corunia, Spain, so Callum Wilkinson was untroubled putting 10 minutes between himself and the rest of the field. The absences already referred to left the way open for novice David Annetts to make an impression, but the outstanding walk of the day was that of Callum's brother George, who only turned 15 at the end of April.

Helen Middleton notched up her fifth victory in nine years, whilst Fiona Bishop just managed to hold off the improving Melanie Peddle.

In action after several years were George Nibre (4.16.47 50km in 1980) and Brian Armstrong a top performer for Ilford AC in the 1970/80's. *Full result over page*

Barclay Reunion The annual get together has been arranged for Thursday 20th July at the Bedford Lodge Hotel, Bury Road, Newmarket, CB8 7BX. The meeting time is 11.30am so that the pre noon and post noon miles can be walked prior to the most important item on the agenda; social activity centered on lunch.

Anne Lewis RIP

In the Feb/March issue of Enfield Walker there was a piece about the remarkable and inspirational Ann Lewis (AFD), who not only won four ERWL titles, but also notched up four Open 7 victories.

Her heroic fight with cancer ended on 18th June and I know that everyone associated with the ERWL will join me in expressing deep condolences to her husband Lew, children Roger and Jennie and her four grandchildren.

See letter from Verity Snook on back page

Men's 5 miles

1. Callum Wilkinson (Enfield H AC)	35.22	U23
2. David Annetts (North Herts RR)	45.56	M50
3. George Wilkinson (Enfield H AC)	46.22	U17
4. Mark Culshaw (Ilford AC)	47.47	M50
5. Colin Vesty © (Leics WC)	49.30	M50
6. John Ralph (Enfield H AC)	49.52	M60
7. Hardeep Minas (Leicsy WC)	50.33	M55
8. Steve Allen (Barnet & Dist)	51.00	M60
9. Ken Bobbett (Hillingdon AC)	51.05	M70
10. John Constandinou (Birchfield H)	51.15	M40
11. Steve Kemp © (EMAC)	51.29	M55
12. Brian Armstrong (Ilford AC)	51.52	M65
13. Kevin Marshall © (Ilford AC)	52.18	M55
14. George Nibre (Ilford AC)	52.18	M60
15. Glyn Jones (Coventry Godiva)	53.10	M70
16. John Hall (Belgrave H)	53.49	M65
17. John Borgars © (Loughton AC)	54.15	M70
18. Jonathan Petty (unattached)	54.15	M55
19. Arthur Thomson (Enfield H AC)	54.25	M80
20. Russ Jackson (Yorks RWC)	54.31	M70
21. Chris Flint © (Surrey WC)	54.31	M70
22. John McDonagh (Dalhan)	56.25	M55
23. Steve Cartwright (Colchester)	57.04	M55
24. David Delaney (Surrey WC)	57.23	M70
25. David Hoben (Surrey WC)	58.05	M60
26. Bob Dobson © (Ilford AC)	58.32	M70
27. Sean Pender © (Enfield H AC)	58.57	M60
28. Malcolm Smith (Moulton)	59.41	M70
29. Paul Firmage (Ryston R)	60.53	M70
30. Phil Nutley (LDWA)	59.06	M65
31. Peter Crane (Surrey WC)	67.07	M70
32. Paul Forshaw (Unattached)	68.03	M60
33. Jon May (Enfield H AC)	68.45	M60
34. David Ainsworth © (Ilford AC)	72.02	M65
35. Ken Livermore © (Enfield H AC)	74.27	M80

Dan Maskell (Surrey WC) *ret.inj*

Judges: P.Cassidy, M.Graham, F.Pearce, P.Marlow, P.Wilson - **Registrations:** L.Spinks, M.Livermore
Timekeepers/Recorders: Dr.L.Jennings, J.Mower, P.Welch / P.Ficken - **First Aid:** M.Houghton, G.Law, M.Woollard
Refreshments: M.Hall, C.Pearce, J.Wallwork - **Water Station:** 1st Moulton Scout Troop
Marshalls: G.& J. Dobson, J.Grant, C.McDonnagh, P & C.May-Holt, T.O'Meara, R.Saych,
D.Spinks, I. Starling, R.Still, M.& D.Young, S.Woolston
Race Organisers: M.Ashpole, I.Spinks, R.Wallwork

Suffolk Women's medalists



u11's 467 Anya Nibre & Gemma Lewis



Suffolk Men's medalist's



Women's 5 miles

© = Centurion

1. Helen Middleton (Enfield H AC)	49.11	W50
2. Fiona Bishop (Woking AC)	50.02	W55
3. Melanie Peddle (Loughton AC)	50.11	W45
4. Joyce Crawford (Red Lodge R)	51.58	W50
5. Maureen Noel (Belgrave H)	52.50	W50
6. Charlotte Hawes (Positive Steps)	58.47	W55
7. Sue Clements © (Cambs/Col)	62.50	W60
8. Valerie Nutley (LDWA)	63.35	W60
9. Andrea Lorenz (unattached)	64.03	W50
10. Sue Mills (Moulton)	66.41	W50
11. Anna Crane (unattached)	67.05	SW
12. Rachel Webb (Moulton)	67.31	W50
13. Jennie Grimwood (Newmarket J)	71.53	W60
14. Anne Scriven (Moulton)	72.22	W80
15. Sue Smith (Ryston R)	74.17	W55
16. Viv Houghton (Moulton)	77.36	W50

Junior 2km

Jemma Lewis (Frinton)	8.05	Gu13
Anya Nibre (Frinton)	8.05	Gu13

Suffolk CAA championships

Joyce Crawford	Callum Wilkinson
Charlotte Hawes	George Wilkinson
Sue Mills	Kevin Marshall

pictured below

League Tables after Six fixtures Thirty-nine women and 75 men from 43 clubs have registered 222 performances so far this year.

Ladies

1. 393/6 Helen Middleton
2. 251/4 Melanie Peddle
3. 248/4 Fiona Bishop
4. 247/4 Maureen Noel
5. 246/4 Joyce Crawford
6. 198/4 Jo Miles
7. 152/3 Anne Jones
8. 148/3 Geraldine Legon
9. 141/3 Noel Blatchford
10. 134/2 Emily Ghose

Men

- | | |
|---------------------------|--------------------------------|
| 1. 343/6 John Borgars © | 11. 219/4 Gary Smith © |
| 2. 324/6 Chris Flint © | 12. 219/4 Don Cox |
| 3. 321/5 John Ralph | 13. 198/3 Graham Chapman |
| 4. 318/6 Dan Maskell | 14. 197/4 David Delaney |
| 5. 314/5 Mark Culshaw | 15. 197/5 Dave Ainsworth © |
| 6. 298/5 Ken Bobbett | 16. 194/4 George Wilkinson YAG |
| 7. 277/6 Sean Pender © | 17. 190/4 Steve Cartwright |
| 8. 271/4 Sebastian Parris | 18. 165/3 Arthur Thomson |
| 9. 259/4 Stuart Bennett © | 19. 139/2 Jim Ball |
| 10. 245/5 David Hoben | 139/2 Malcolm Martin |

Team Table

- | | | |
|------------------|-------------|---|
| 1. EHAC | 1650 | 393 Middleton, 321 Ralph, 277 Pender, 219 Smith, 246 Crawford, 194 WilkinsonG |
| 2. Surrey WC | 1324 | 324 Flint 318 Maskell, 245 Hoben, 197Delaney, Martin, 101 MartinA, |
| 3. Ilford AC' | 1241 | 314 Culshaw 271 Parris, 259 Bennett, 197 Ainsworth, 130 Barnbrook, 70 Aidietyte |
| 4. Hillingdon AC | 757 | 298 Bobbett, 219 Cox, 198 Miles, 42 Vroobel |
| 5. Loughton AC | 639 | 343 Borgars, 251 Peddle, Cassidy, 45 |
| 6. EHAC 'B' | 417 | 165 Thomson, 136 Livermore 80 WilkinsonC, 36 May |
| 7. Steyning AC | 406 | 139 Ball, 152 JonesA, 62 JonesT, 53 Penfold |

Wilkinson Sets New u23 British Record and makes European Top Ten

In the European Walking Cup held in Podebrady, Czech Republic, on Sunday 21st May, Callum Wilkinson competing in only his second senior 20km event, set a new under 23 national record of 82.17 in finishing tenth. The time also elevates him to fourth on the British all-time list. His 5km splits were: 20.25, 20.21, 20.40 and 20.57.

Dan Maskell was in the composite team that won Lancashire Waking Club's **Fred Pearce 3 x 5km** relay which was staged at Simister on 29th May. He was 6th fastest with 32.46 the quickest being Adrian Edwards 28.00.

Fastest walker at the **Surrey and Sussex Masters 3km** championship at Ewell Court on Sunday 4th June was Penelope Cummings (W40) in 16.47 in a new Surrey record. Other Leaguers who took part in the event were: Ron Penfold (M75) 19.18, Peter Hannell (M70) 20.00, Chris Flint (M70) 20.01, Fiona Bishop (W55) 21.25 and Dave Hoben (M60) 21.49.

The first weekend in June was a particularly busy one for *Leaguer* Ken Bobbett. He drove a 340 miles round trip to compete at Moulton on the Saturday and then another 120 the day after to compete at Brecon over 2km, where he finished 3rd behind two teenagers in 11.46.73, but won the Welsh Masters title, He only raced once the following weekend and that was as a guest at the 100th staging of the **Welsh Track and Field championships** at Cardiff. At the 50th staging of the championships in 1967 he won the 2 miles in 14.50.2. Although not the fastest this time, he clocked 18.14.38 over the 3km, to finish in third place.

There was a 3km walk in the **British Milers club** races staged at Beckett Park, Leeds on Monday 12th June, where the cream of GB's up and coming juniors were in action and where all five competitors set pb's; Callum Wilkinson 11.13.09, Cameron Corbishley 11.19.10, Tom Partington 12.59.31, Gemma Bridge 12.59.47 and Erica Kelly 13.36.34.

The **5th Jack Fitzgerald Memorial Walks** were staged at Tilgate Park, Crawley on 10th June and attracted 23 starters. Sean Pender 72.47 was the only club man at the event but *Leaguers* Fransisco Reis 54.59 and Melanie Peddle 63.46 topped their respective categories in the main race the 10.325km. Chris Flint 70.25, Angela & Malcolm Martin 71.03, Anne Jones 72.04 and David's Delaney and Hoben both 75.59 were other Enfield regulars who supported the event. John Hall 44.02 also made the result sheet finishing 3rd in the 5.9km race.

There was a poor turn-out for the **EA u17's and u23's 10km championships** at Bedford on Sunday 18th June. There were no females and only eight men; four in each category and half of them destined not to finish. In extremely hot conditions Cameron Corbishley walked a very measured race to win the u23 title easily in 41.37.44 as did Chris Snook 46.18.94 in the u17's. The runners-up were Luc Legon 49.47.80 and Tom Partington 47.41.10, the only two others to finish. Callum Wilkinson blazed a 20.04 5km, on schedule to better Phil Vesty's 1984 national u23 record, before slowing slightly and receiving the red paddle at 7km. The red paddle was out again as the race progressed dismissing Guy Thomas (u23) and Oliver Hopkins (u17) whilst Tim Snook (u23) retired unwell.

Also on 18th June at Horwich, Lancashire, the **BMAF road 5km championship** took place. Sean Pender (M60), the only club member among the 21 men in the race finished 3rd in his category in a time of 35.13. However among the ten women racing, there were age group wins for *Leaguers* Penelope Cummings (W40) 29.02 and Fiona Bishop (W55) 32.02.

English Schools AA included a Development walk in their Combined Events meeting at Milton Keynes on Saturday 24th June. In total an encouraging 21 youngsters ranging in age from 10 to 15 took part in 2km and 3km races. As is the case with these events there was an obvious gap between boys and girls with walking experience and those who were novices at the discipline. Thus, in the 3km George Wilkinson 16.17 (a pb), Jack Childs 16.37, Martin Crane 16.46 and Abigail Jennings 16.47 were well clear of the field. One judge remarked that the overall standard of walking was good and I have to agree with her.

More than 30 walkers took part in the **BMAF T & F championships** at Birmingham over the weekend of 24th/25th June. Two distances, 3km and 5kms were contested and whilst sadly, the club had no participants, seven *Leaguers* did compete. They are listed here and unless otherwise noted, won their respective age group titles: 3km - Penelope Cummings (W40) 16.47, Ken Bobbett (M70) 18.28, John Borgars (M70) 19.23 2nd and Fiona Bishop (W55) 20.02. 5km – Melanie Peddle (W45) 29.55, Ron Penfold (M75) 32.32, John Borgars 33.30, Fiona Bishop 34.01 and Sue Barnett (W65) 35.09. *It was nice to see Sue Barnett League winner in 2013 back competing again.*

I couldn't make it to Leeds on 25th June for the **British Grand Prix and RWA 20km championship and trials** for the World championships. I have seen the result sheet which shows that 11 women and 16 men started their respective events. Five of the 11 women and six of the 16 men were walkers from abroad, thus highlighting the international nature of the event.

The only two British walkers to have a World championship qualifying time under their belts, Tom Bosworth and Callum Wilkinson walked side by side until the last few yards when Bosworth quickened to take the win. Their times were 84.58 and 84.59; a good two minutes slower than either did in the recent European Cup. Dominic King continues to get faster and clocked 86.08 a pb, whilst outstanding veteran Francisco Reis (M55) finished 8th in 104.33. Only three other Brits finished and six were disqualified among them club members John Ralph and Sean Pender.

Gemma Bridge 92.33 saw off New Zealander Alana Barber 92.38 to win the women's race and with third placer Bethan Davies 93.04, booked their places in the GB line-up at the World championships. *Supporters of British Race walking will have the opportunity to cheer them on along The Mall on Sunday 13th August when the World championship 20km and 50kms take place.*

Dear Friends,

It is with a heavy heart that I write to inform you of the sad passing of Ann Lewis, AFD AC. Ann has battled the dread C word for a decade; she slipped peacefully away with her husband Arnie, daughter Jennie and son Roger at her side on Sunday 18th June.

Ann's funeral is on Friday 14th July, 10.30am at Easthampstead Park Cemetery and Crematorium, South Road, Nine Mile Ride, Wokingham. RG40 3DW. Ann wishes that everyone wear bright colours to celebrate her life. Only family flowers and Ann wasn't keen on asking for donations, but if you wish to, there will be a collection box in aid of Phyllis Tuckwell Hospice at the crematorium.

Arnie, Jennie and Roger would like to invite everyone back to the Wake and suggest those that may find it challenging getting to the funeral due to travel arrangements etc. is very welcome to attend just the Wake. The Wake will be held at the Camberley and District Indoor Bowling Club, Wilton Road, Camberley, Surrey, GU15 2QW and we think from around 12.30 onwards.

Please pass these details onto anyone you think would like to attend.

God speed Ann, may she now join Heavens AFD elite athletic team - Verity on behalf of Ann's family.

Action from the Moulton Five *Start of the Novice section, 178 Charlotte Hawes who bettered the hour.*

This photograph and the one on the first page are by courtesy of Mark Easton. Pictures of most walking events appear on his website
<http://markeaston.zenfolio.com/p372203810>

Can You Help? John Petty who is blind, needs guides to help him become a Centurion in the Bury 100 which takes place on 5th/6th August. If you can spare the time, however short the period, contact Kevin Marshall T. 01284 716483/M. 07955495016

