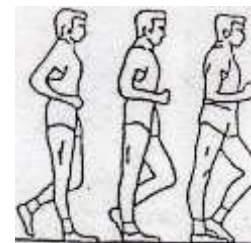


The Enfield Walker 2018

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

The Ladies set the pace

In this year of celebrating the emancipation of the fairer sex in our country, women walkers in the ERWL are setting the pace as three of them currently occupy places in the overall top four. EHAC has opened a substantial gap in the team league, but so many walkers have races in hand, the positions in both team and individual tables could change dramatically by the end of the season. So far in the six fixtures that have taken place, 35 women and 60 men representing 34 clubs have notched up 214 performances.

Ladies

1. 384/6 Helen Middleton
2. 336/6 Fiona Bishop
3. 311/5 Melanie Peddle
4. 207/4 Janice Bentley/Pearson
5. 207/4 Mady Shott
6. 180/4 Rachel Lawless
7. 178/3 Maureen Noel
8. 173/4 Anne Scurfield
9. 169/4 Lesley Morris
10. 130/3 Angela Martin

Men

- | | |
|-------------------------------|----------------------------|
| 1. 343/5 David Crane | 11. 207/4 Chris Flint © |
| 2. 307/5 Stuart Bennett © | 12. 204/3 Seb Parris |
| 3. 293/5 John Ralph | 13. 200/3 Malcolm Martin |
| 4. 286/5 David Kates © | 14. 198/4 Michael Harran |
| 5. 283/5 Gary Smith © | 15. 195/4 Arthur Thomson |
| 6. 278/5 John Borgars © | 16. 187/5 Dave Ainsworth © |
| 7. 271/4 George Wilkinson YAG | 17. 184/4 David Hoben |
| 8. 253/4 John Hall | 17. 181/4 Tony Wilkinson |
| 9. 238/4 Steve Allen | 19. 168/4 Peter Cassidy |
| 10. 227/4 Mark Culshaw | 20. 162/3 Andrew Cox |

Team Table 118/2 Maureen Noel

- | | | |
|------------------|-------------|---|
| 1. EHAC | 1762 | 384 Middleton, 336 Bishop, 293 Ralph, 283 Smith, 271 Wilkinson, 195 Thomson |
| 2. Ilford AC' | 1418 | 307 Bennett, 286 Kates, 227 Culshaw, 207 Pearson, 204 Parris, 187 Ainsworth |
| 3. Surrey WC | 1262 | 343 Crane, 207 Flint, 200 MartinM, 198 Harran, 184 Hoben, 130 MartinM, |
| 4. Ilford AC 'B' | 819 | 180 Lawless, 173 Scurfield, 169 Morris 128 Uttley, 112 Barnbrook, 57 Nibre |
| 5. Loughton AC | 757 | 311 Peddle, 278 Borgars, 168 Cassidy |
| 6. Belgrave H | 311 | 253 Hall, 207 Shott, 178 Noel, 49 King |

The next two ERWL fixtures are

LICC 5km

plus **YAG & Novice 1 or 3km**

Allianz Stadium NW4 1RL (formerly Copthall)

Saturday 30th June at 11.30am

LICC 5km

plus **YAG & Novice 1 or 3km**

Allianz Stadium NW4 1RL

Saturday 28th July at 11.30am

The remaining Autumn fixtures

- | | | | |
|----------------------------|------|------------|---|
| 22 nd September | 12pm | Hour Walks | Hour Badge Races at Lee Valley Athletic Centre, N9 0AS
for first timers at 5, 6 and 7 miles – Plaques for 8 miles |
| 13 th October | 1pm | 5 miles | Road Walk at Lee Valley Athletic Centre, N9 0AS |
| 10 th November | 1pm | 7miles | 92nd Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS |

Details also on <http://enfieldleague.weebly.com>

The race over a challenging out and back course took place in warm muggy conditions. The walkers were sent on their way in two waves by Olympians Barbara Lawton (*nee* Inkpen) and Eric Hall; those who were deemed unlikely to better the hour and all others 20 minutes later.

Callum Wilkinson took ten seconds off Dominic King's course record and Maddy Shott, putting recent health difficulties behind her walked impressively to an easy victory.

It was truly a family event with Two Kings, three Wilkinson's and five Crane family members taking part along with a number of 'casual' walkers who make a point of supporting this particular event. There were prizes presented by Joe Mower (Suffolk CAA), Oliver Flynn (1978 CG champion) and George Nibre (1979 GB international), for every participant. Over 25% of the competitors were Centurions and it was the Masters debut for the King twins.



Men's 5 miles

1	Callum Wilkinson	(Enfield HAC)	33.48	U23
2	Dominic King ©	(Colchester H)	36.15	M35
3	Daniel King ©	(Colchester H)	36.28	M35
4	David Crane	(Surrey WC)	40.15	M40
5	George Wilkinson	(Enfield HAC)	41.56	U17
6	Steve Uttley	(Ilford AC)	48.52	M60
7	John Hall	(Belgrave H)	49.22	M65
8	Mark Culshaw	(Ilford AC)	50.35	M
9	John Ralph	(Enfield HAC)	52.25	M60
10	John Borgars ©	(Loughton AC)	52.39	M70
11	George Nibre	(Ilford AC)	53.33	M60
12	David Kates ©	(Ilford AC)	53.50	M65
13	Steve Allen	(Barnet & D)	55.05	M55
14	Tony Wilkinson	(unattached)	57.12	M55
15	Michael Harran	(Surrey WC)	57.17	M80
16	Chris Flint ©	(Surrey WC)	57.24	M70
17	Arthur Thomson	(Enfield HAC)	57.59	M80
18	Bob Dobson ©	(Ilford AC)	58.51	M70
19	David Hoben	(Surrey WC)	59.02	M65
20	Paul Firmage	(Ryston R)	59.07	M60
21	Sean Pender ©	(Enfield HAC)	60.11	M60
22	Peter Crane	(Surrey WC)	63.38	M70
23	Peter Cassidy	(Loughton AC)	63.44	M75
24	Ben Turner	(Unattached)	64.37	SM
25	Phil Nutley	(LDWA)	67.07	M70
26	Mick Barnbrook ©	(Ilford AC)	67.28	M70
27	David Ainsworth ©	(Ilford AC)	74.42	M65
28	Ken Livermore ©	(Enfield HAC)	76.26	M85



Women's 5 miles © = Centurion Pictures by Nick Crawford

1.	Maddy Shott	(Belgrave H)	45.37	sw
2.	Helen Middleton	(Enfield HAC)	49.46	w55
3.	Maureen Noel	(Belgrave H)	51.46	w55
4.	Fiona Bishop	(Woking AC)	53.52	w55
5.	Clare Parkinson	(unattached)	53.57	w60
6.	Joyce Crawford ©	(Enfield HAC)	55 11	w50
7.	Sue Barnett	(EMAC)	56.15	w65
8.	Angie Underdown ©	(Bury Pacers)	57.35	w50
9.	Diana Braverman	(Enfield HAC)	61.32	w65
10.	Valerie Nutley	(LDWA)	62.08	w60
11.	Rachel Crane	(unattached)	63.38	w35
12.	Anna Crane	(Histon & Imp)	64.37	sw
13.	Viv Haughton	(Moulton)	71.14	w60
14.	Sue Mills	(Moulton)	71.47	w50
15.	Anne Scriven	(Moulton)	77.36	w50

1 milers

Gemma Lewis	(Frinton)	14.02	Gu13
Anya Nibre	(Frinton)	14.02	Gu13
Peter Howard	(Enfield HAC)	16.28	M75

Suffolk CAA championships

Joyce Crawford	Callum Wilkinson
Angie Underdown	George Wilkinson
Val Nutley	Tony Wilkinson

Judges: S.Cartwright, S.Lightman, P.Wilson © - Registrations: L.Spinks, M.Livermore

Timekeepers/Recorders: J.Mower, P.Welch / C.Lawton © P.Ficken ©, T.Wilkinson, -

First Aid: M.Houghton, G.Law, M.Woollard - Finish Water Stewards: J. Knott, C.

Refreshments: M.Hall, Y.Slater, R.Spinks, J.Wallwork - Water Station: 1st Moulton Scout Troop

Marshalls: R.Bowes, G.& J. Dobson, J.Grant, P.McHugh, J.Morgan, D.Rabbeth, C.Richmond,

L. Ruddock, D.Spinks, R.Still, L.Warner

Course Management: M.Ashpole, I.Spinks - Event Organiser: R.Wallwork ©

Peter Emery c625 RIP

It is with sadness that I report the death of 80 year old Peter Emery on 26th May this year after a short illness.

I'm sure that everyone connected with the Club and the ERWL would endorse condolences to his wife Dawn, children Dyrol, Tanyia and Natasha and their five grandchildren.

Peter last turned out in August 2009 in an under-card 3km at LVAC and from time to time in the intervening years managed to get along to fixtures, always willing to volunteer when he did. He was a life-long supporter of Aylesbury United FC, had an interest in most sports and was supportive of local teams, but his passion was military history which prompted visits to many battle-sights including the Somme twice.

Peter (an Enfield member since the early seventies) started running when he was 16 with Finchley Harriers which through amalgamations over the years is now Hillingdon AC and he competed in cross country, road relays, track and road events. He confessed to never getting beyond the "C" or "D" teams, but did run the mile under five minutes a couple of times and recorded 28.44 for five miles, 64.56 for ten, 2h.17 for twenty, 3h.25 for the marathon and 5h.19 for the Woodford to Southend.

Peter's running career spanned the sixties and seventies and it was when he took up employment at Vauxhall Motors in the mid seventies that he really discovered race walking when joining six or seven colleagues in lunch-time traing sessions. Everyone in the group was faster than he and it included the late George Coleman, one of the most respected walkers of his era and from whom Peter learned much.

He once told me how qualifying as *Centurion 625* in the 1977 Bristol Hundred in 23.41.47, bettering ten hours (9.55.56) in his first London to Brighton in 1979 and completing his second hundred at Leicester in 1982 in 23.06.34, were particularly thrilling and satisfying moments and he had never forgotten the warm glow of satisfaction he felt at the time.

Peter also told me that for the most part, the whole of his athletic experience had been enjoyable and was convinced that a major contributing factor to this and the reason he got along to races whenever he could, was the friendly accommodating people that race walking seems to attract. There are not he said "many sports where people are as genuineley interested in your performance as they are their own".

Peter's best times are: 3km 15.25, 7 miles (road) 60.12, 10 miles 86.20, 20 miles 3h 08, 50km 5h 14 and 100km 11h 53.

Olly Browne c789 Retirement statement.

Olly as he likes to be called qualified as a Centurion in the 1985 Colchester 24 hour track race, passing 100 miles in 23.05.49. He went on to complete four other 100's including one with a fractured foot and outside of competition undertook many charity walks raising considerable sums for good causes and in particular 'Help for Hero's'. The miles have caught up with him and he recently announced his retirement which prompted this statement

I am absolutely humbled by the kind words from fellow athletes and am so grateful to have been a part of the race-walking world!

For me, it started in Ilford, walking for miles along the Roding River; and ended here, in Leigh on Sea, where I still reside, walking along the seafront.

To be part of the 'All-time list' is a huge honour, and one I will be forever proud of. I've walked with some inspirational people over time, too many to name, and the community has been nothing but encouraging.

I may be retiring, but I hope to still be there cheering you all on at events, and joining you for a pint or two at the finish line.

Thank you for a lifetime of happiness, and also hip pain! All worth it.

Get comprehensive results and reports from the **Race Walking Record** which is published promptly at the end of each month. If you are not on the mailing list contact noel.carmody@btopenworld.com and ask to be put on it.

Leaguer's in Action

(Club name/L) = ERW Leaguer – if no club indicated the athlete is EHAC

Club members Pamela Abbott and Sean Pender both had performances in May that were omitted in the last issue. Pamela clocked 20.18 winning the **Cambridgeshire 3km** on 12th May and Sean competing in Guernsey in the **Sean Pender** track 2km (yes a race he sponsors) on 20th May, recorded 14.15 in 8th place in a race won by Donna Allan in 11.01.

On 2nd June Dan Maskell (Surrey WC/L) in the Lancashire WC's **Dick & Zena Smith 10km** finished third in 67.52, in a race won by the promoting club's Adrian Edwards who recorded 56.57.

There was a disappointing entry for the **BMAF 10km track championship** at Horspath, Oxford the day after the Moulton Five. Leading the ten walkers home was M50 David Annetts (N.Herts R) 55.52 to win his age category as indeed did M70 John Borgars (Loughton AC/L) 67.30 and W70 Noel Blatchford (Abingdon AC/L) 71.07.

The 6th **Jack Fitzgerald Meeting** was staged by VAC at Tilgate Park, Crawley on Saturday 9th June with a choice of two distances; 10.325km and 5.9kms. The main race winners were Ian Richards (Steyning AC) 56.42 and Maddy Shott (Belgrave H) 56.53. More than two dozen walkers took part in the meeting. Mark Culshaw (Ilford AC/L) 63.51 and Melanie Peddle (Loughton AC/L) 63.54 filled their respective race runner-up positions and other performances of ERWL interest were registered by Dan Maskell 5th 70.26, Chris Flint 8th 71.11, Michael Harran 9th 75.25, Dave Hoben 10th 77.23 and Peter Hannell 11th 80.27 (all six Surrey WC/L).

A line up of nine walkers, which should have been eleven or even 12, completed the first of the season's **Woodford Tuesday 3km** on 12th June. Would have been eleven or 12, but Steve Allen (Barnet/L) and Mark Culshaw (Ilford AC/L) stepped up to officiate instead of competing, because organisers Pauline and Peter Cassidy had the misfortune to have their car break down en-route to the venue. In any case, all but two of the walkers who took part or might have taken part were Leaguers. The winner Maddy Shot (Belgrave H) 15.02 was one of the two with Melanie Peddle Loughton/L) 16.52 and Stuart Bennett (Ilford/L) 17.40 making up the leading three. The others completing the race were Dan Maskell (Surrey/L) 17.58, John Brock (Southend) 20.15, Steve Cartwright (Col & T/L) 21.43, Sean Pender (EHAC/L) 21.48, Mick Barnbrook and Dave Ainsworth (both Ilford/L) 23.29/24.21.

Noel Blatchford W70 (Abingdon AC/L) was the only Leaguer among the 32 veterans who contested the **BMAF 5km road** championship at Horwich, Lancashire on 17th June. Her age group winning time was 32.28. M70 Ian Richards (Steyning AC) 25.29 was first to cross the line followed by Irishman M55 Pat Murphy 25.51. The steadily improving M50 David Annetts (N.Herts R) 26.14 was third.

The third **VAC Summer walk** at Battersea Park on 19th June over 5 miles was the club's 5 mile championship held in fine sunny conditions and won by M50 David Annetts N.Herts R) 42.28. W50 Maureen Noel Belgrave H/L) 51.50 was first woman home and the other contestants were: M70 Dan Maskell (Surrey WC/L) 55.03, W55 Fiona Bishop (Woking/L) 55.29, M70 Chris Flint (Surrey WC/) 56.17, M65 Paul King (Belgrave H/L) 56.59, M75 Tom Casserley (EHAC) 57.25 pb, M65 David Hoben 59.07 and M75 Peter Hannell 61.01 (both Surrey WC/L).

Ron's Ramblings

Last year I reported that only eight walkers in total contested the **U23 and u20 championships** at Bedford and that there were no ladies and only four of the walkers completed the distance. I'm saddened to report that this year, again at the same venue on 17th June only eight walkers; three of them ladies took part. It was a depressing experience as only three men; Cameron Corbishley u23 43.37, Tom Partington u20 47.55 and Luc Legon u20 48.32, satisfied the judges and even they had a couple of red markers on the 'naughty board'.

I overheard some rather harsh comments about the judging, but 21 cards given independently for eight competitor's shows consistency in their observations. My guess is that four of the five dq's were for technique deficiencies ie bent knees, although most spectators watching the races would have undoubtedly recognised their mode of progression as race walking. However, the rule requires a straight leg from the moment of contact and the responsibility for that rests with athletes and their coaches.

The poor entry could be attributed to the date of the championships clashing with exams, but entries in other events were plentiful. I wait with anticipation for the u17's and u15's at Bedford on 26th August.