

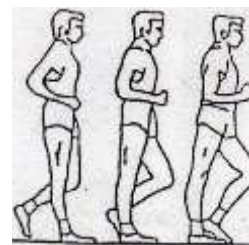
The Enfield Walker 2017

April

(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>



Dairy Note: Wednesday 9th August – Friendship Walks
12 noon at Enfield. Details to follow

World Best for Enfield in 1977

In 1977, as a fund raiser for the £5000 needed to stage the Lugano Trophy Finals that were to be held at Milton Keynes later that year, an attack on the 100 miles Relay world best of 14.23.45 set by the Colorado Track club in 1973 was organised.

Chelmsford was the venue and it took place over the weekend of 30th April/1st May and consisted of ten walkers covering one mile each in rotation.

The Enfield team included GB internationals Charlie Fogg, Amos Seddon, Adrian James and ultra-distance star Peter Worth (pictured



above in that order) and Scottish internationals Hamish Stewart and Graham Scott. The other team members were Geoff Robinson, Tim Major, Dave Salter and Colin Fisher.

They sliced over an hour and three quarters off the Americans' time clocking 12.37.24 and the *Race Walking Record* reported their average mile times as: Adrian James 7.05, Amos Seddon 7.06, Geoff Robinson 7.20, Colin Fisher 7.27, Hamish Stewart 7.28, Charlie Fogg and Graham Scott 7.31, Dave Salter 7.51, Tim Major and Peter Worth 8.09.

Five other clubs took part; Sheffield UWC 12.52.14, Belgrave H 12.53. 02, Brighton & Hove AC 13.01.48, Ilford AC 13.14.52 and Dawlish & S.Devon AC 14.46.33 and all bettered the Colorado club's figures.

Walkers still about today who took part (with their average times) were: Carl Lawton 7.07, Dave Ainsworth, 9.11 and Ed Shillabeer 7.29.

The next two Enfield League races are

The Pednor Open Five

inc. Bucks championship

plus an u15 Two miles

May 1st Bank Holiday Monday at 5pm

The Moulton Open Five

inc. Suffolk CAA & EVAC championships

plus an YAG & Novice 2km

Saturday 3rd June at 12.30pm

Flyers for both attached

2017 ERWL Race 3

Five Miles

11th March - Donkey Lane, Enfield

The lowest turnout of the year so far was probably due to a goodly number of *Leaguers* saving themselves for the BMAF indoor championships at LVAC the following day.

In exceedingly mild conditions, double Olympian Neringe Aidietyte demolished the field and looked very impressive doing it. Behind her Jim Ball had an easy time of things so far as the men's event was concerned and Helen Middleton and Maureen Noel set season pb's

Men

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1. Jim Ball	(Steyning AC)	43.49	M50
2. Sebastian Parris	(Ilford AC)	48.12	SM
3. Stuart Bennett ©	(Ilford AC)	48.32	M55
4. Gary Smith ©	(Enfield HAC)	50.01	M60
5. John Ralph	(Enfield HAC)	50.33	M60
6. Ken Bobbett	(Hillingdon AC)	52.27	M70
7. John Borgars ©	(Loughton AC)	52.54	M70
8. Chris Flint ©	(Surrey WC)	53.54	M70
9. Andrew Cox	(Hillingdon AC)	53.55	M60
10. Dan Maskell	(Surrey WC)	54.16	M65
11. Arthur Thomson	(Enfield HAC)	55.24	M80
12. Dave Hoben	(Surrey WC)	57.30	M60
13. David Delaney	(Surrey WC)	61.20	M70
14. Mick Barnbrook ©	(Ilford AC)	63.37	M70
15. Dave Ainsworth ©	(Ilford AC)	67.13	M65
Mark Culshaw	(Belgrave H)	retired	M50

Women

1. Neringe Aidietyte	(Ilford AC)	40.48	w30
2. Helen Middleton	(Enfield HAC)	49.01	w50
3. Maureen Noel	(Belgrave H)	50.10	w50
4. Fiona Bishop	(Woking AC)	53.57	w55
5. Jo Miles	(Hillingdon AC)	56.28	w60
6. Geraldine Legon	(Bexley AC)	57.17	w55

3 miles

Peter Hannell	(Surrey WC)	33.34	M70
Sean Pender©	(Enfield HAC)	36.38	M60

2 miles

Shaun Lightman	(Surrey WC)	22.12	M70
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Judges: P. Cassidy, M. Croft, R. Pearce, P. Wilson© - Judges Runner: B. Ralph
 Recorders: P. Welch, J. Hall, C. Lawton© - Registration: M. Livermore, J. Wallwork
 Marshalls: R. Powell, G. Robinson, K. Crilley © - Event Organiser: R. Wallwork©, J. Hall

League tables after Four races

Ladies

1. 252/4 Helen Middleton	1. 247/4 John Ralph	11. 170/3 Ken Bobbett
2. 185/3 Maureen Noel	2. 227/4 Dan Maskell	12. 163/4 Dave Ainsworth©
3. 179/3 Melanie Peddle	3. 226/4 John Borgars ©	13. 162/3 Andrew Cox
4. 152/3 Anne Jones	4. 219/4 Gary Smith ©	14. 144/3 Dave Hoben
5. 148/3 Geraldine Legon.	5. 213/4 Chris Flint ©	15. 139/2 Jim Ball
6. 143/3 Jo Miles	6. 201/3 Sebastian Parris	16. 139/2 Malcolm Martin
7. 141/3 Noel Blatchford	7. 198/3 Graham Chapman	17. 137/3 Steve Cartwright
8. 134/2 Emily Ghose	8. 192/3 Stuart Bennett ©	18. 134/2 Chris Hobbs
9. 120/2 Joyce Crawford	9. 176/4 Sean Pender ©	19. 130/3 Mick Barnbrook©
10. 111/2 Fiona Bishop	10. 171/3 Mark Culshaw	10. 119/3 Tony Wilkinson

Team Table

1. EHAC	1130	252 Middleton, 247 Ralph, 219 Smith, 176 Pender, 120 Crawford, 116 WilkinsonG
2. Ilford AC'	927	201 Parris, 192 Bennett, 171 Culshaw, 163 Ainsworth, 130 Barnbrook, 70 Aidietyte
3. Surrey WC	921	227 Maskell, 213 Flint, 144 Hoben, 139 Martin, 101 Martina, 97 Lightman
4. Hillingdon AC	517	170 Bobbett, 162 Cox, 143 Miles, 42 Vroobel
5. Steyning AC	406	139 Ball, 152 JonesA, 62 JonesT, 53 Penfold
6. Loughton AC	405	226 Peddle, 179 Peddle

2016 ERWL - Race 4**Cecil Gittins Memorial Walks****Cyclo-Park, Gravesend**

Dave Hoben reports: Veterans AC were pleased to host the second running of this event on a dedicated cycle circuit which in shape and gradients can only be described as a large Scalextric set. We were also pleased to welcome for the second year running Olympic silver medallist Paul Nihill MBE and his wife Pauline attending as special guests. In all there were 50 entries, and 47 on the line.

The weather was favourable, just the right combination of sun and wind, the 15k was won in 75.10 by a very in form Luc Legon from Cambridge Harriers who has followed up his London Walks victory with this one, 10 minutes faster than the previous year record set by Malcolm Martin, and 14 minutes ahead of Seb Parris from Ilford in a creditable second place.

For the 10k headline race which was to score in the Enfield League 2017 series this was not unsurprisingly also won by Luc Legon in 49.13 which would have been a personal best had he stopped there. The runner up was Jonathan Hobbs from Ashford AC, with a 4 minute personal best, and a third place fast finishing Marshall Smith also from Ashford with a similar personal best.

For the ladies 10k this was convincingly won by Emily Ghose from Tonbridge AC in 56.53 also in a personal best and who managed to beat nearly all of the men.

In the 5k race George Wilkinson had a victory in 28.50 his second time under 28 minutes in two weeks and not far in front of first place Isabelle Bridge from Blackheath Harriers coming in at 29.22 with a more modest personal best. First female in the juniors 2.5k race was Abi Smith from Blackheath Harriers finishing in 15.21 in her first attempt at this distance.

Men

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1. Luc Legon	(Cambridge H)	*49.18	u23
2. Jonathan Hobbs	(Ashford AC)	*50.25	SM
3. Marshall Smith	(Ashford AC)	*51.45	u20
4. Chris Hobbs	(Ashford AC)	58.20	M60
5. Sebastian Parris	(Ilford AC)	58.52	SM
6. Graham Chapman	(Headington)	59.00	M
7. Richard Emsley	(Saints & Sinners)	59.54	M60
8. Trevor Jones	(Steyning AC)	60.22	M60
9. Stuart Bennett©	(Ilford AC)	60.42	M55
10. Simon Kerr	(Headington)	60.44	SM
11. Mark Culshaw	(Ilford AC)	62.23	M50
12. John Ralph	(Enfield HAC)	63.39	M60
13. John Borgars ©	(Loughton AC)	65.29	M70
14. Dan Maskell	(Surrey WC)	65.29	M65
15. Ron Penfold	(Steyning AC)	67.42	M75
16. Chris Flint ©	(Surrey WC)	68.12	M70
17. Steve Cartwright	(Colchester)	70.15	M55
18. Andy Cox	(Hillingdon AC)	70.29	M60
19. Steve Kemp ©	(EMAC)	70.52	M55
20. Dave Hoben	(Surrey WC)	71.59	M60
21. Sean Pender ©	(Enfield HAC)	72.36	M60
22. Dave Delaney	(Surrey WC)	86.05	M70

Women

1. Emily Ghose	(Tonbridge AC)	*56.53	Wu20
2. Helen Middleton	(Enfield HAC)	60.46	W50
3. Melanie Peddle	(Loughton AC)	64.09	W45
4. Anne Jones	(Steyning AC)	68.22	W60
5. Noel Blatchford	(Abingdon)	71.55	W65
6. Kay Coulson	(Sarnia)	72.09	W45
7. Jo Miles	(Hillingdon AC)	72.50	W60
8. Sandar Wade	(Abingdon)	77.36	W35

5 km

George Wilkinson	(Enfield HAC)	28.50	Bu17
Isabelle Bridge	(Blackheath & Br)*	29.22	u1w
Jacqueline Benson	(Ashford AC)	32.26	W55
Tony Wilkinson	(unattached)	*34.13	M55
Chris Edwards	(Surrey WC)	36.13	M65
Stephen Holloway	(Ashford AC)	38.27	M65
Dave Ainsworth ©	(Ilford AC)	44.03	M65
Ken Livermore ©	(Enfield HAC)	45.15	M80

2.5 km

Abigail Smith	(Blackheath & Br)	15.21	Gu13
Devina Nova	(Ashford AC AC)	15.24	Gu13
Katie Stringer	(Medway & M'stone)	16.14	Gu13
Hannah Hopper	(Cambridge H)	16.34	Gu15
Christian Hopper	(Cambridge H)	17.56	Bu13

15km: Luc Legon 75.10, Sebastian Parris 89.11, Graham Chapman 89.37, Trevor Jones 91.32, Stuart Bennett 94.03, Mark Culshaw 95.39, John Ralph 96.08, John Borgars 99.19, Dan Maskell 102.38, Anne Jones 103.16, Chris Flint © 103.47, Jo Miles 109.00 and David Delaney 117.43.

Event Organiser: David Hoben * Starter: David Stevens * Hospitality: Cyclopark.

Timekeeper/Recorders: Maggie Statham, Carl Lawton©, Eric Parker, Peter Selby.

Judges Runner: Barbara Ralph

Judges: Peter Cassidy, Doug Hopkins ©, Shaun Lightman, Ron Wallwork©, Pauline Wilson©

Result's & Leaguer's Round-up

Lewes AC Track 5km walk on 17th February was won by Luc Legon 24.34 – David Crane 25.16, Malcolm Martin 27.57, Angela Martin 33.33, Michael Harran 34.07, Peter Hannell 34.25, David Hoben 36.35 and David Delaney 36.53. 11 took part.

Lancashire Walking **Club Allison Trophy 15km** staged at Chorley on 25th February won by Scotia member Bill McFadden in 1.23.04 – 4th was Dan Maskell 1.39.19 and on 8th April in the LWC Macclesfield Shield 20km race he finished runner up in 2.19.42 behind 2015 Nat 50km champion Adrain Edwards 2.00.10.

Cold and squally conditions were not conducive for quick times at this year's **Molly Barnet** meeting at Warwick University on 5th March. Nevertheless, there were some good performances. In the men's 10km Tom Bosworth 40.20 was untroubled in winning the race which incorporated the EA championships. Callum Wilkinson followed him home just a second inside 40 minutes and third registering a huge pb was Cameron Corbishley in 41.26. Backing Callum up and taking the team runners-up award was John Ralph 15th 63.43 and Arthur Thomson 19th 66.05.

In the ladies 5km, current *League* leaders Helen Middleton 30.31 and Melanie Peddle 30.39 occupied second and third behind the great Lisa Kehler 27.17. The ladies 10km race in my view produced the best racing of the day. Bethan Davies won in 46.07, but the battle for the minor placing couldn't have been closer and credit to all four of the women who finished within 10 seconds of each other; Gemma Bridge 47.07, Elisa Neuvonen (Finland) 47.09, Tatyana Gabellone (Italy) 47.10 and Heather Lewis 47.17.

In spite of the weather the turn-out was very good with walkers in all categories from under 11 upwards.

Sixty-one year age span of scorers in EHAC's R-up team at Molly Barnet



*Left:
friendly rivals Melanie Peddle and Helen Middleton filled minor placings in the women's 5km*



*Right:
EHAC Runner-up Team
Callum Wilkinson (14/03/97)
Arthur Thomson (22/04/36)
John Ralph (07/01/57)*

Dream Debut for Wilkinson

The eagerly anticipated 20km debut by the junior world champion Callum Wilkinson was well worth the wait.

In the annual **Albisetti Memorial walks** in the picturesque setting of Lugano, Switzerland, on Sunday 19th March, just five days after celebrating his 20th birthday, he finished a very creditable 8th in the men's international 20km event.

His time was a world class 1hr 23 minutes and 47 seconds! In his first race at the distance he bettered the qualifying times for 2017 GB selections for the European Cup for Walking, the European u23 championships and the World championships (being staged in London in August), as well as the England team for the Commonwealth Games in Australia in April 2018.



Wilkinson's time was easily a national u23 record and elevated him to eighth on the British All-time list. A feature of the performance was the consistency of his pace, reeling off the kilometres in 4.10/12 and 10km splits of 41.51 and 41.55.

Callum wasn't the only Wilkinson in action at Lugano, his fourteen year old brother George (*pictured*) made an impression in the u16's 5km where he recorded a time of 28.34, a three minute improvement on his previous best.

Six women were among the 17 starters who lined up for **the BMAF indoor championships** at LVAC on Sunday 12th March and for Helen Middleton W60 17.34 and John Borgars M70 20.08 it was their second outing of the weekend. Other Leaguers taking part were, in time order; Fransisco Reis M55 14.53, Malcolm Martin M60 15.52, Melanie Peddle W45 17.43, Cath Duhig W60 18.39, Ron Penfold M75 19.13 and Angela Martin W50 19.57. All but Angela won their age category.

The venue and course for this year's *Centurions qualifying 100 miles event at **Bury St.Edmunds** over the weekend of 5th/6th August, was tried out with races over 4, 6 and 8 miles on Saturday 8th April. The pleasant, virtually traffic free circuit with an excellent road surface is a certified 2 miles with excellent road surfaces.

Internationals Dan King and Callum Wilkinson were among the starters and in a class of their own, the former winning the 8 miles event in 59.00, and Wilkinson the 6 miles in 43.00. The leading ladies were Melanie Peddle 1.22.50 and Helen Middleton 1.00.42. Under 17 George Wilkinson clocked 39.25 for four miles.

4 miles:		6 miles			
George Wilkinson	39.25.08	Callum Wilkinson	43.00.71	Dan King	59.00.84
Ken Livermore ©	60.43.28	L1 Helen Middleton	60.42.19	L1 Melanie Peddle	82.50.19
		Arthur Thomson	66.00.20	Colin Vesty ©	83.31.44
		L2 Diana Braverman	73.34.10	Steve Kemp ©	84.52.54
		Edmund Shillabeer ©	76.23.86	L2 Tessa Killingbeck	86.12.49
		Kathy Crilly ©	79..00.63	L3 Joyce Crawford	89.37.73
				Chris Flint ©	89.42.91

Details about the Bury St.Edmunds 100 miles walk in August can be found on the Centurions 1911 website or by contacting Kevin Marshall kevin@positivestepspt.co.uk

Walkers in the north might be interested in the **Leeds Trek** 18th June. There are three routes of 5miles, 12 miles and 35 miles. Proceeds go to AIM Education. More details from leedstrek@gmail.com

Races coming up: 18th April Vets AC at Battersea Park, 22nd April Slater Bryce 10km + YAGS at Broadheath, 29th April RWA + Inter counties 10km + YAGS at Coventry for which entries close on 19th April and 2nd May first race in the 2017 Woodford Tuesday 3kms