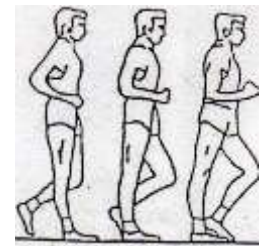


The Enfield Walker 2018

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

NOTE: The venue for the LICC/ERWL race on 28th April is at the LEE VALLEY ATHLETIC CENTRE and not as published in the last issue. The start time remains at 11.30



Cecil Gittins Memorial Walks Report by David Hoben

Cyclopark, Gravesend, 14 April 2018 - Veterans AC 2.5k/5k/10k/15k road race inc Enfield League

Veterans AC were pleased to host the third running of this event on a dedicated cycle circuit which in shape and gradients can only be described as a large Scalextric set. In all there were 42 entries, and 39 on the line, a little down on 2017, with ages ranging from 11 to 85.

We were also pleased to welcome Pauline Nihill, wife of Olympic silver medallist Paul Nihill MBE and Noel Carmody, current RWA president.

A loud round of applause was given by the walkers in the traditional Enfield League way to commemorate the life of Bernie Hercock, president of Enfield & Haringey AC, who had sadly passed away since the Donkey Lane meeting.

Given that the winter was prolonged and there had been a gap in the race calendar the times were respectable; the favourable and sunny weather this time took some by surprise!

The 15k was won in 85:24 by an in form Seb Parris (Ilford AC), with runner up Malcolm Martin (SWC) in 85:38 and coming in third for his first attempt at this distance was Ollie Hopkins (Lewes AC) with a creditable 88:22. For the ladies' 15k only entry was Angela Martin (SWC) who put in a gritty performance having had layoffs with injury in previous year finishing in 114.06.

For the 10k headline race which was to score in the Enfield League 2018 series this was not unsurprisingly won by Portuguese international Francisco Reis (TVH) in 50.45, the runner up was David Crane (SWC) in 52.34, and a third place for Seb Parris (Ilford AC) in 56.57 who went on to complete the 15k. The ladies race was won by 2017 overall League winner Helen Middleton in 61.29, second place was the ever-improving Melanie Peddle in 63.00, and a pb for Jacqueline Benson (Ashford AC) as she climbed to 65.11.

The supporting races included Abi Smith (BBHAC) who won her 2.5k race and is continuing her form. VAC are grateful to the ERWL for allowing this race to be incorporated in the Enfield League series.

Forthcoming ERWL fixtures Always check the enfieldleague.weebly.com website for last minute changes

7 th May (Mon)	5pm	5 miles	The Annual Pednor Five + Junior 2 miles (ERWL race 5) details attached and on the Chiltern H website.
2 nd June	12.30pm	5 miles	The Moulton Five (ERWL race 6) details attached

Men

© = Centurion - * = pb

Women

1. Fransisco Reis (TVH)	50.45	M55
2. David Crane (Surrey WC)	52.34	M40
3. Seb Parris (Ilford AC)	56.57	SM
4. Malcom Martin (Surrey WC)	57.25	M60
5. Oliver Hopkins (Lewes)	57.36	u20
6. Chris Hobbs (Ashford AC)	57.44	M60
7. Martin Fisher © (Redcar RWC)	61.20	M55
8. Stuart Bennett© (Ilford AC)	63.07	M55
9. Richard Emsley (Saints & Sinners)	64.37	M65
10. Gary Smith © (Enfield HAC)	65.26	M60
11. Andrew Cox (Hillingdon AC)	69.05	M65
12. John Borgars © (Loughton AC)	69.14	M70
13. Chris Flint © (Surrey WC)	70.27	M70
14. Tom Casserley (Enfield HAC)	71.26	M75
15. Michael Harran (Surrey WC)	72.06	M75
16. Mark Culshaw (Ilford AC)	73.57	M50
17. Dave Hoben (Surrey WC)	74.15	M65
18. Sean Pender © (Enfield HAC)	76.37	M60
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
14. Tom Casserley (Enfield HAC)	71.26	M75
18. Andy Cox (Hillingdon AC)	70.29	M60
19. Steve Kemp © (EMAC)	70.52	M55
17. Dave Hoben (Surrey WC)	71.59	M60
18. Sean Pender © (Enfield HAC)	72.36	M60
22. Dave Delaney (Surrey WC)	86.05	M70

1. Helen Middleton (Enfield HAC)	61.29	w55
2. Melanie Peddle (Loughton AC)	63.00	w45
3. Jacqueline Benson (Ashford AC)	65.11	u20
4. Andrea Ingham (Lewes)	65.53	w55
5. Fiona Bishop (Woking)	68.09	w55
6. Jan Bentley-Pearson (Ilford AC)	70.46	w55
7. Rachel Lawless (Ilford AC)	73.56	w55
8. Angela Martin (Surrey WC)	74.30	w50
9. Anne Scurfield (Ilford AC)	77.36	w60
10. Lesley Moris (Ilford AC)	77.37	w55
11. Maddy Shott (Belgrave H)	dnf	sw

5 km

Linda Maountford (unattached)	32.32	w50
Peter Hannell (Surrey WC)	36.24	M75
Chris Edwards (Surrey WC)	36.24	M65
Val Maountford (unattached)	43.24	w70
Dave Ainsworth © (Ilford AC)	44.28	M65
Ken Livermore © (Enfield HAC)	44.40	M85

2.5 km

Abigail Smith (Blackheath & Br)	15.02	Gu15
Charlotte Wallis (Aldershot FD)	15.43	Gu15
Millie Morris (Medway & M'stone)	15.45	Gu17
Katie Brash (B & Bromley H)	16.33	Gu13

The Open 15km race result: Seb Parris 85.24, Malcolm Martin 85.38, Oliver Hopkins 88.22, Martin Fisher 93.51, Mark Culshaw 104.28 and Chris Flint 107.58. Angela Martin was the only woman to complete the distance.

Timekeeper/Recorders: Maggie Statham, Carl Lawton© Pam Ficken © - *Judges Runner:* Eric Parker

Judges: Peter Doug Hopkins ©, Shaun Lightman, Peter Selby

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

2018 League Tables after three fixtures. Helen and Melanie locked in battle again; David Crane edges ahead of the men, whilst EHAC, Ilford AC and Surrey WC have opened a gap in the team race, but there are still plenty of fixtures for walkers to gain ground. *Thanks to Jon May for a speedy update of the tables after the CG races.*

Ladies

1. 190/3 Helen Middleton
2. 186/3 Melanie Peddle
3. 165/3 Fiona Bishop
4. 154/3 Janice Bentley/Pearson
5. 142/3 Maddy Shot
6. 132/3 Rachel Lawless
7. 131/3 Anne Scurfield
8. 128/3 Lesley Morris
9. 114/2 Jacqueline Benson YAG
10. 83/2 Kathy Crilley

Men

1. 208/3 David Crane	11. 117/3 Dave Ainsworth ©
2. 182/3 Stuart Bennett ©	12. 115/2 David Kates ©
3. 171/3 Gary Smith ©	13. 111/2 Mark Culshaw
4. 162/3 Andrew Cox	14. 109/2 John Borgars ©
5. 136/2 George Wilkinson YAG	15. 106/2 Chris Flint ©
6. 134/2 Malcolm Martin	16. 99/2 Arthur Thomson
7. 134/2 Sebastian Parris	17. 95/2 David Hoben
8. 132/2 Graham Chapman	17. 87/2 Peter Cassidy
9. 130/2 Martin Fisher ©	19. 85/2 Tony Wilkinson
10. 119/2 John Ralph	20. 75/2 Ken Livermore ©

Team Table

1. EHAC	880	190 Middleton, 171 Smith, 165 Bishop, 136 Wilkinson, 119 Ralph, 99 Thomson,
2. Ilford AC'	861	182 Bennett, 154 Pearson, 134 Parris, 132 Lawless, 131 Scurfield, 128 Morris
3. Surrey WC	709	208 Crane, 134 MartinM, 106 Flint, 95 Hoben, 83 Crilley, 83 MartinM
4. Ilford AC 'B'	446	117 Ainsworth, 115 Kates, 111 Culshaw, 46 Shurlock, 40 Barnbrook, 37 Trotter
5. Loughton AC	382	186 Peddle, 109 Borgars, 87 Cassidy
6. Belgrave H	311	142 Shott, 61Hall, 59 Noel, 49 King

Leaguer's in Action

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

Six *Leaguers* took part in **the English Masters inter-area** match at LVAC on 4th March; Fastest on the day was Malcom Martin (Surrey WC/L) 10.39, Melanie Peddle (Loughton AC/L) 11.16, John Ralph (EHAC/L) 12.19, Geraldine Legon (Bexley/L) 14.48, Fiona Bishop (Woking/L) 13.48 and Peter Hannell (Surrey WC/L)

Seven of the 17 walkers contesting the **BMAF 3km Indoor championships** staged at LVAC on 11th March had *Leaguer* status and all but one won their age category. Listed in time order they were: Fransisco Reis M55 13.53, Malcom Martin M60 16.14, Helen Middleton W55 17.35, Arthur Thomson M80 20.37, Fiona Bishop W55 r-up 20.55, Angela Martin 21.29 and Ken Livermore M85 25.54.

Chris Snook (Aldershot FD) won the **Molly Barnet/English 10km** championship at Coventry on 11th March. Six of the 16 competitors which included Chris Flint (Surrey WC/L) and Sean Pender (EHAC/L) fell foul of the judges.

The indoor **Herts, Kent and Middlesex 1km** was held at LVAC on 17th March. The winner was Luc Legon 4.01(Cambridge H). His mother Geraldine Bexley/L) 6.56 and Sean Pender (LVAC/L) 6.58 were among the 12 starters

Leaguers at the European Indoor championships

At the European Masters 19th/24th March staged in Madrid, *Leaguers* were also performing with distinction. Fransisco Reis with two silver medals, double fourth spots for Helen Middleton (the 5km by just 7 seconds), top five finishes for Malcolm Martin and Cath Duhig and solid walks from Fiona Bishop and David Kates paved the way for team silver and bronze medals in the 5km.

Helen, Cath and Fiona on the rostrum



Women's 3km

W55 4 th Helen Middleton	17.54
W60 4 th Cath Duhig	18.07

Mens' 3km

M55 2 nd Fransisco Reis	13.52
M55 4 th Malcolm Martin	16.11
M65 15 th David Kates	20.17

Women's 5km

W55 4 th Helen Middleton	30.20 + Team Silver
W55 9 th Fiona Bishop	35.26 + Team silver
W60 4 th Cath Duhig	30.36 + Team Silver

Men's 5km

M55 2 nd Fransisco Reis	24.19 + Team Silver
M60 5 th Malcolm Martin	28.08 + Team Silver
M65 15 th David Kates	34.37 + Team Silver

Leaguer David Hoben guested in **Lancashire WC's 10 miles** at Macclesfield on 4th April which attracted eleven starters. The race was won by the promoting club's Adrian Edwards in 96.53 and David clocked 118.20.

There were also eleven starters in the **VAC 5 miles walk**, which took place in good conditions at Battersea Park on Tuesday evening 17th April. All but two in the field were *Leaguers* and even they are active in the current series, so the full result is printed here. Seb Parris (Ilford AC/L) 43.26, Melanie Peddle (Loughton AC/L) 49.59, Steve Allen (Barnet/L) 51.09, Maureen Noel (Belgrave H/L) 52.42. Shaun Lightman, Chris Flint (both Surrey WC/L) 54.44 and 56.22, Paul King (Belgrave H/L) 57.09, Tom Casserley (EHAC) 58.21, David Hoben and Peter Hannell (both Surrey WC/L) 59.05 and 59.09

Unfortunately, the evening was marred when a cyclist collided with Kathy Crilley (who was scheduled to run in the London Marathon five days later) resulting in two fractured ribs and neck injuries and she spent at least one night hospitalised. I'm sure that everyone with rcae walking connections will wish her a speedy recovery.

Great Commonwealth Games for UK Walkers

Detailed coverage of the Games' walks which took place on 8th April was available on TV, has been covered in detail by *Athletics Weekly* and will no doubt in due course by *Race Walking Record*. So, my synopsis is a really a salute to all the GB walkers, (but particularly the only *Leaguer* in the race, Callum Wilkinson) who represented their countries with distinction at the 22nd edition of the Games.

In torrid conditions the performances by all the competitors; 15 in the men's 20km which started at 7am and the 13 women whose race got underway at 9.15am, were admirable. In spite of the early start temperatures rose quickly and there is no doubt that the women with the later start had the worst of it.

A huge enthusiastic mostly Australian crowd supported the event. Many weren't race walking fans, but with local resident Dane Bird-Smith favourite they turned up in their thousands, creating a tremendous atmosphere, to which all the walkers responded and they most likely provided the edge that that men's winner Dane Bird Smith

79.34 needed to surge ahead of Tom Bosworth 79.38 in the last couple of hundred metres. In third place was Kenyan Samuel Gathimba 79.51. The youngest competitor at 21 was Callum Wilkinson 82.35, who finished 7th only 18 seconds off his pb.

The women's race was equally exciting with Aussie's Jemima Montag and Claire Tallent locked in a battle for the gold. However, three red cards eliminated Tallent with 2km to go and her rival sped home in 92.50 ahead of NZ's Alana Barber 94.18 and Wales's Bethan Davies, who had walked brilliantly for a well-deserved bronze medal. The other UK walkers were; for England Gemma Bridge 5th in 39.31, Wales's Heather Lewis 7th in 101.45 and IoM's Erika Kelly 107.29.

All six walkers competed with distinction.

I had the good fortune to attend the event and had a long chat with Bob Gardner(left) who won the silver medal in the Edinburgh Games of 1970, behind the winner fellow Australian Noel Freeman and ahead of Bill Sutherland. The tropical conditions and pancake flat course of Currumbin beach starkly contrasted with the cold wind and driving rain out along the coast road through Portobello to Mussleborough and back in 1970. Bob, now 82 still competes and as the photograph shows, he remains in good shape. He asked me to pass on his best wishes to Bill and the British walkers that he got to know at the Tokyo Olympics of 1964.



ERWL Fixtures Looking Further ahead

28 th April	11.30pm	/3/1kms	London Inter-Clubs Challenge at LVAC 1km Young age groups and Newcomers
7 th May (Bank Holiday)	5pm	5 miles 2 miles U/15s	Pednor Open Race 5 at Chesham LT & S Club, Pednor Road. Details on Chiltern Harriers website
2 nd June	12.30pm	5 miles	Moulton Open Race 6 from Moulton Village Hall, Suffolk, CB8 8SP 1km Young age groups and Newcomers
30 th June	11.30pm	/3/1kms	London Inter-Clubs Challenge Race 7 at Allianz Park 1km Young age groups and Newcomers
28 th July	11.30pm	/3/1kms	London Inter-Clubs Challenge Race 8 at Allianz Park 1km Young age groups and Newcomers
22 nd September	12pm	Hour Walks	Badge Races Race 9 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 Race 10 at Lee Valley Athletic Centre, N9 0AS
10 th November	1pm	7miles	92nd Enfield Open Seven Race 11 Lee Valley Athletic Centre, N9 0AS

County championships

The weekend of 12th/13th is county championship weekend for many counties. Walks are slowly disappearing of the county programmes, so please, if your county has a 3km walk championship support it. Details can be found on county websites.

Get comprehensive results and reports from the

Race Walking Record

Published promptly at the end of each month.

If you are not on the mailing list contact

noel.carmody@btpenworld.com

and ask to be put on it

For GB and World Wide results and reports

Heel and Toe online

Australian publication out every Tuesday

If you are not on the mailing list contact

terick@melbpc.org.au

and ask to be put on it

plus links to others on the League website <http://enfieldleague.weebly.com>

2018 Moulton Walks

Saturday 2nd June

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP



12.30pm **Young Age Group & Novice 1 mile**

Under Race Walking Association Rules

Advance Entry £2 - £5 on the day

Five miles Road Walk *inc. The Suffolk County championships*

Under Race Walking Association Rules

Advance Entry £5 - £7 on the day

An ideal event for anyone who likes a challenge. A Badge is awarded to walkers who complete the course in less than one hour for the first time. The scenic, undulating route is out to Dalham Windmill and back along the B1085. The minimum age for the Challenge is 16.

Awards allocated by lottery - All participants who enter in advance are guaranteed a prize

Details/entries contact:

Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP
01638 751869 or ronc893@gmail.com *Cheques made payable to: "Moulton Walks"*

Participants are invited to use the walks as a sponsored event for the charity of their choice

Have a lovely day out in Suffolk * Great scenery * Refreshments * Children's Playground

Find out more about Moulton from www.MoultonSuffolk.co.uk

If you are unable to take part, why not register as a volunteer?

Moulton 5 Mile - YAG/Novice 1 mile Road Walk Challenge Entry Form

Registration may be sent by email but will only be accepted and confirmed upon receipt of registration fee

Name _____ telephone No. _____

Address or email _____

Age: _____ Club/School/Organisation _____

Please enter me /my daughter/son in the 2018 Moulton Community Walks for the **YAG/Novice 1 mile / Moulton Five Mile Road Walk Challenge** on Saturday 2nd June *(Delete which not applicable)*

I understand that I must read and abide by the safety rules which will be issued to me when I register on the day and acknowledge that I participate in this event completely at my own risk and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury. I realise that roads are open to traffic and it may be dangerous to walk on roads with traffic, but it is my personal choice to do so.

I further declare that I am physically fit to compete over the distance entered and will not hold the organisers responsible for any illness, injury or loss that occurs to myself either or as a result of my travelling to, participating in, or as a result of having participated in the said event.

Parents/Guardians. I give permission for my son/daughter to take part in this event and will not hold the organisers responsible for any unseen circumstances that arise from the event and cause loss or injury.

Signed _____ date _____
Parent or Guardian if applicable Entries confirmed by email or by post if stamped addressed envelope is sent with entry

Data Protection: Information requested here is for contact details only in connection with this event. If you wish to be informed about the 2019 Walks please tick: **YES/NO**
if NO the information will be deleted