



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

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Latest League news at <http://enfieldleague.weebly.com>

Callum Wilkinson

Novice to Junior World Champion in 4 years!

In Bydgoszcz, Poland, on 23rd July, Enfield & Haringey's Callum Wilkinson won the World Junior 10km gold medal in emphatic style with a time of 40.41.62.

Tracey and Tony were track side at the finish to share their son's momentous victory as was his younger brother George.

The IAAF official report appears on page 3 and his post-race interview can be found on:

https://m.youtube.com/watch?v=G3Gvx_s44M

see also link on <http://enfieldleague.weebly.com> for Video supplied by Martyn Corbishley, whose son Cameron was a very creditable 24th in 43.06. 91.



Three days after the race at Moulton village hall, to his amazement Callum was greeted home by Parish Council Chairman Bill Rampling, Newmarket Mayor Councillor Andy Drummond and a large number of villagers and athletic supporters, some who travelled some distance to be part of the welcome.

Invitation to the 90th Enfield Open Seven

Although the first Enfield Seven was staged in 1920, this year's race on Saturday 12th November will be the 90th edition of the classic and a warm invitation to attend this year's event is extended to anyone who over the years has taken part in the event in whatever capacity.

Arrangements are in hand for a buffet reception at LVAC, 3.30pm until 7pm after the race, providing the opportunity for some reminiscing and perhaps a show of memorabilia.

An early indication of people's intentions would be greatly appreciated and help with the planning of the day.

The next League fixture is the

LICC/ERWL 5km/3km/1km track events at Allianz Park,
formerly Cophall stadium

at 12noon on 27th August

entries on the day

This fixture fell on a busy weekend which included the CAU championships and those of the BMAF. Well done to all who supported the meeting and congratulations to Penelope and Francisco on their victories.

Fifteen walkers posted seasonal bests, There was a warm welcome back for Helen Middleton following injury which has curtailed her participation thus far this season. Novice Marie Essen made a promising debut and two of the club's 'golden oldies; Bernie Hercock and Ron Powell were on hand giving support – It was good to see them both.

Men	© = Centurion - * = pb	Women
1. Fransisco Reis (SVAC)	24.41 M55	1. Penelope Cummings (Aldershot FD) 29.11 w40
2. Malcolm Martin (Surrey WC)	28.21 M60	2. Helen Middleton (Enfield HAC) 30.46 w50
3. Steve Allen (Barnet & D)	29.40 M60	3. Lynn Jones (Enfield HAC) 33.23 w55
4. Graham Chapman (Headington)	29.46 M60	4. Marie Essen (Unattached) 38.25 w50
5. Gary Smith © (Enfield HAC)	30.01 M55	
6. John Ralph (Enfield HAC)	30.11 M55	
7. John Borgars (Loughton AC)	31.09 M70	3km
8. Shaun Lightman (Surrey WC)	31.37 M70	15. Ken Livermore © (Enfield HAC) 25.45 M80
9. Dan Maskell (Surrey WC)	31.47 M65	
10. David Kates © (Ilford AC)	31.48 M65	
11. Arthur Thomson (Enfield HAC)	32.01 M80	
12. Sean Pender © (Enfield HAC)	33.19 M60	Judges: Michael Croft, Ron Wallwork
13. David Hoben (Surrey WC)	35.29 M60	Recorders: LICC Officials,
14. Anthony Cotton (BRJ)	35.53 M75	Pam Ficken, Carl Lawton
15. Stephen Cartwright (Colchester)	36.06 M55	
16. Jon May (Enfield HAC)	37.58 M60	

League tables after Six Fixtures

These are how the tables stand after six races. Five fixtures remain before the season ends, so there is still opportunity for a number of walkers to put in performances that could re-shape the tables. Forty-two women are among the 120 walkers representing 43 clubs who have participated so far this season..

Ladies	Men	
1. 284/5 Lynn Jones	1. 390/6 John Ralph	11. 231/4 Michael Harran
2. 248/5 Jo Miles	2. 358/5 Fransico Reis	12. 210 4 Chris Flint ©
3. 231/4 Penelope Cummings	3. 311/5 Dan Maskell	13. 208/3 David Crane
4. 212/4 Anne Jones	4. 310/6 Sean Pender ©	14. 195/3 Steve Uttley
5. 210/4 Angela Martin	5. 272/4 Chris Hobbs	15. 195/4 Steve Cartwright
6. 182/3 Maureen Noel	6. 272/4 Malcolm Martin	16. 185/3 Gary Smith ©
7. 171/4 Jenny Middleton	7. 261/3 Steve Allen	17. 183/3 John Borgars
8. 170/3 Fiona Bishop	8. 260/4 Mark Culshaw	18. 181/3 Arthur Thomson
9. 116/2 Joyce Crawford	9. 248/4 Shaun Lightman	19. 175/4 Jon May
10. 116/2 Cath Duhig ©	10. 237/5 David Hoben	20. 151/3 David Delaney

Team

1. EHAC	1525	390 Ralph, 310 Pender, 284 Jones, 185 Smith, 181 Thomson, 175 May
2. Surrey WC	1509	311 Maskell, 272 MartinM, 248 Lightman, 237 Hoben, 231 Harran, 210 MartinA
3. Surrey WC'B'	799	210 Fiint, 208 Crane, 151 Delaney, 91 Crilley, 64 Corrales, 55 Gaston
4. Ilford AC	649	195 Uttley, 119 Barnbrook, 114 Kates, 85 Ainsworth, 73 Ryan, 63 Marshal
5. Belgrave H	619	260 Culshaw, 182 Noel, 114 King, 63 Halmstrand
6. Hillingdon AC	583	248 Miles, 171 Middleton, 67 Deuter, 49 Cox, 48 Bobbett

YAG Scores: 96/3 George Wilkinson, 73/2 Jack Childs 24/1 Evie Butcher (all u15)

Callum Wilkinson – World Junior Champion

In Bydgoszcz, Poland, on 23rd July, Moulton race walker Callum Wilkinson won the World Junior 10km gold medal in emphatic style. What follows is the IAAF official report.

There's only so much waiting anyone can take. For 10,000m race walk winner Callum Wilkinson, his limit is about 15 minutes. That's roughly how long the Briton waited in the middle of the lead pack before sweeping to the front and cranking up the pace with each lap.

The opening tempo was slow, with Turkey's Salih Korkmaz taking the field through 1000m in 4:17.16 and 2000m in 8:40.38. Half a lap later, Germany's Leo Kopp decided to take up the pace and he led through 3000m in 12:54.57.

The pace had increased, but it still wasn't fast enough for Wilkinson's liking.

Within the space of one lap, Wilkinson had taken pole position and stretched out the lead pack. Korkmaz was still near the front, so too was Noel Ali Chama of Mexico. But from 4000m onwards, reached in 17:02.91, Wilkinson did not relinquish his lead.

After another 4:08 kilometre to reach half way in 21:11.75, Wilkinson moved up another gear and began to churn out sub-four-minute splits for the remaining 1000m sections. A 3:58.47 kilometre saw the lead pack reduce to nine. Manuel Bermudez, the silver medallist in the junior race at the IAAF World Race Walking Team Championships Rome 2016, began to drift behind the leaders as the Spaniard struggled with a minor ankle injury.

At 7000m, Ecuador's Jhonatan Amores and Ethiopia's Yohanis Algaw were still doggedly sticking to Wilkinson, but the Briton was showing no signs of stress. Wilkinson covered the penultimate 1000m section in 3:53.56 and just four men were left in contention.

As the pack went through the bell, Algaw was the first to drop off, leaving just Wilkinson, Amores and Korkmaz in the hunt for medals. But those positions remained the same throughout the last lap as Wilkinson stretched away to win in a national U20 record of 40:41.62, crossing the line in utter disbelief. Not only was it the fastest time in the world this year by an U20 athlete, it also takes Wilkinson to second on the senior British all-time list for the distance.

"Every lap of the track made me more and more confident," said Wilkinson after covering the second half in 19:29.87 and the final kilometre in 3:44.51. "I can't believe I did it. I knew I could, but I can't believe it. I'm just in shock. It's everything I wanted this year. This is it."

His gold medal is Britain's first race walking title in a major international age-group competition. The last *Briton to win a global race walking title was 1964 Olympic 20km champion Ken Matthews.

Amores finished second in a PB of 40:43.33, taking Ecuador's first world U20 medal in this discipline since Jefferson Perez won gold in 1992. Korkmaz crossed the line in 40:45.53, while Algaw was fourth in an African U20 record of 40:55.96.

Jon Mulkeen for the IAAF

See post race interview: <https://m.youtube.com/watch?G3Gvx-s44M>

**It's worth noting that in 1979 Marion Fawkes (who walked at Moulton in 2011) won the Escborn Cup, the forerunner of the Women's World Team championships - Whatever, it's still a long time between the successes.*

Results Round-up

Blackheath/Surrey WC Johnson Bowl & **Gazette Cup 4 miles** at Norman Park, Bromley on 29th June. Eleven walkers took part among them winner David Crane 33.50, Shaun Lightman 37.18, Dan Maskell 41.26 and David Hoben 45.39. Four took part in the supporting 2km race which was won by Jack Childs (u15) in 10.28.

Fifty competitors took part in a very successful and enjoyable **Inter-Area match** staged by the Northern Area at Tamworth on 2nd July and among them in the 20 strong Southern team were clubmen George and Callum Wilkinson along with *Leaguers* Francisco Reis and Steve Allen. The team won the match convincingly thus maintaining its dominance of the competition which stretches back several years.. George set a pb of 18.42 in the u15 3km to finish 4th, whilst Callum did the same 19.35 when winning the u20 5km. Fransisco 24.18 was runner-up in the senior 5km and in the same event Steve Allen was 6th in 27.22.

On the same day at Macclesfield in LWC's **Barnard Trophy 10km** Dan Maskell finished 5th 63.46. The winner was Adrian Edwards 58.42 and the runner up was w60 Ukrainian Tetyana Kryvokhyzha in 59.51 - a super time.

On the following day, 3rd July at Brecon Ken Bobbett (M70) 20.53 was one of two walkers to turn out in the **Welsh Masters 3km championship**. Ken hasn't been too good recently and it says a lot about him, that despite being nowhere near fit, he nevertheless supported the event. Stephen Walker (M55) 19.21 was the only other walker.

The 4th **Jack Fitzgerald Memorial Walks** promoted by the Veterans **AC** took place at Tilgate Park, Crawley, on 9 July, the programme consisting of four races. Malc Martin 60.31 notched up his third consecutive win in the 10.325km section ahead of another *Leaguer* Dan Maskell 67.39. The club had no walkers able to take part, but ERWL regulars who did included Dave Hoben 76.21, David Delaney 76.57 and runner up in the 5.9km event Angela Martin in 41.25.

Leaguers were in action at the **Eight Senior inter-Counties match** at Down Grange, Basingstoke on 10th July. The distance was 3km. Mark Culshaw 16.52 and Shaun Lightman 18.38 scored for Middlesex as did Maureen Noel 18.26. The quickest walkers on the day were Luc Legon 14.33 and Grazina Narviliene 15.39.

The **BMAF 20km & 30km championships** were held in conjunction on 10th July at Warwick University. There were 16 starters. Sean Pender (M60) was one of the 10 men who contested both distances and with times of 2.29.48 and 3.49.49 won silver and gold medals. The only other club man in action at the championships was Arthur Thomson (M80) who duly claimed his 20km category gold in a time of 2.22.14. Three *Leaguers* also won their age band titles; A double for John Borgars (M70) with times of 2.21.15 and 3.35.52 and over 20km Fransisco Reis (M55) 1.51.25 and Steve Allen (M60) 2.09.52.

On Monday 11th July, the final **SCVAC (Herts & N/Middlesex Div)** track league took place at Hemel Hempstead where 3 ladies represented the club in the 2km walk; Lynn Jones 12.29, Pamela Abbott 13.44 and new member L.Rugg 15.50. The club also had 4 in the men's race: Gary Smith 11.28, John Ralph 12.00, Roger Lilley 12.09 and Ken Livermore 16.49. However, ahead of them were Steve Allen 10.54 and Steve Uttley.

At the **VAC 5 mile Walk** at Battersea Park on 12th July there was a smaller than usual field (8), with nearly all the walkers having raced over the previous three days. The race was convincingly won by Tor-Ivar Guttulsrod 44.42 of Hercules Wimbledon, at his first appearance in the event. Peter Ryan 50.29 showed that he is gradually getting his speed back, while Olympian Shaun Lightman 51.40 and ever-present Arthur Thomson 54.29 achieved excellent times given that they had both raced only two days earlier. Other *Leaguers* taking part were Dan Maskell 52.29, Dave Delaney 57.22, Dave Hoben 59.12 and Mark Culshaw who DNF'd.

Eleven people assembled at the Bedford Lodge Hotel, Newmarket, on 14th July for the **2009 Barclay re-enactment re-Union**. Olympian Eric Hall, former internationals Amos Seddon and Ron Wallwork, Centurion Ken Livermore, ERWL statistician Jon May and RWA Chairman Glyn Jones were among them. The format was to walk the pre and post noon miles and this they did with the exception of Margaret Livermore, who had had a knee replacement three weeks before. The walks took 35/40 minutes and the main business of the gathering, which was lunch and reminiscing proved to be a nostalgic three hours.

Seven walkers; Steve Allen 17.15, Gary Smith 17.26, Steven Crane 18.14, Melanie Peddle 18.25, Pamela Abbott 20.49, Peter Cassidy 21.45 and Francoise Fernandez 22.32, took part in the second **Woodford Tuesday 3km** at Ashton Playing Fields on 19th July.

Eight adult and four YAG walkers raced in **SWC's Open 5km** at Tonbridge on 27th July. Dave Crane 25.12 won with ease and Malcolm Martin 28.21 was second. Amongst the other *Leaguers* who also took part were; Steve Crane 31.08 (good to hear that he was back in action again), Shaun Lightman 31.52, Dan Maskell 32.16 and Dave Hoben 36.36.

On Sunday 31st July nine women and seven men contested the **EA/CAU 3km championship** at Bedford and later in the day two women and nine men competed at Birmingham in the BMAF 10km championship. The winners at Bedford were Bethan Davies 13.10 and Dan King 12.46. Steve Allen clocked 17.29 before travelling on to Birmingham where he DNF'd. Fransisco Reis with 50.48 was the fastest man at Birmingham and won the BMAF M55, whilst Fiona Bishop 69.22 won the W60 title.

100th Nijmegen Marches This year's Nijmegen Marches celebrated its centenary. The Marches were started in 1906 by the Dutch military to keep their personnel fit after the introduction of motor transport and there were a number of new features to mark the occasion, including a return to the 55km a day distance for the first time since 1966, when it was the minimum distance for men under 50. However, the highest profile of the celebrations was probably the longest lap of honour in recorded history - 50k, which went into the night and out into the following day, and that was between the already planned 4 day marches for 3 of the 4 days.

The Club and ERWL had connections who took part. Sean Pender and Amos Seddon did 30km a day, Sue Clements 55km, Dave Hoben 55km and Chris Flint 40km. But, pride of place goes to Centurion Captain Kathy Crilley who was one of the few to be selected to take part in the 50km lap of honour on top of her 4 x 55km stint. But the efforts of all who took part were commendable because conditions of extreme heat (30c+), torrential rain and electrical storms on Day 4 had to be negotiated.

Park Runs

Quite a number of race walkers regularly take part in the hugely successful park runs. One of them, former international Amos Seddon, who at my request sent me the following..

Since turning 75 in January I have taken part in 15 Park Runs at 9 different venues. Part of my motivation is to clock the M75 fastest time and so far I have been able to set M75 course records at 7 of the 9 venues.

For anyone not acquainted with Park runs; they are held every Saturday (probably at a park near anyone reading the EnfWalker) at 9am and the distance is 5km. After registering online and being given your own barcode all you have to do is turn up before 9am and go.

All the Runs are timed and the results available online shortly after the finish. The standard is varied; quite a few beat 20 minutes and the atmosphere is relaxed and friendly. Some of the events would make good venues to do race walking training. But it pays to check first because the courses vary between all tarmac, all grass or a mixture of both. Give them a go and good luck – Amos

Eighth Olympics for Peter Marlow

Peter Marlow, The RWA Championships secretary who celebrated his 75th birthday 3 months ago, is off to Rio de Janeiro for his eighth Olympics. His Olympic career started as a competitor who completed in the infamous (for terrorism) 1972 Munich Olympics. He finished a creditable 17th in the 20 Kilometres' Walk clocking 1 hour 35 minutes and 38.2 seconds.

His other six Olympic appearances have been as an official, as he was a Race Walking Judge in the 1980 and 1988 Olympic Games in Moscow & Seoul respectively. His status among athletics officials was shown by his appointment as Chief Walking Judge for the 1992, 2004 and 2008 Olympics in Barcelona, Athens & Beijing respectively and he was Race Walks Manager for the 2012 London Games - Congratulations Peter!

Getting Married Enfield League and former Enfield Open 7 Miles' individual winner Steve Allen (Ilford) is to marry Lisa Shaw in Southend on Saturday 13th August. We wish the happy couple a great day with many years of happiness ahead.

Back copies of Athletics Weekly Arthur Thomson is looking for a good home for copies of *Athletics Weekly* from Sept 2004 to Oct 2010. Please email Bon, his wife, at bonita.thomson@which.net if you are interested or pass this on to anyone who might be.

Forthcoming Fixtures

Tuesday 16 th August	Woodford Tuesday 3km walks – 8.30pm Ashtons Track, IG8 8AA Vets AC 5 miles at Battersea Park details at walks@vetsac.org.uk
Saturday 27 th July	LICC/ERWL 5km/3km/1km track at Allianz Park, Essex County 7 Open 10km track at Southend. Details from Peter Cassidy
Monday 29 th August	(Bank Holiday) Southend Mile – 10.30 at Garon Park SS2 4FAQ
Tuesday 16 th August	Woodford Tuesday 3km walks – 8.30pm Ashtons Track, IG8 8AA

National championships

Sunday 28 th August	England Athletics u15/u17 championships at Bedford
Sunday 2 nd October	Senior 50km at Hillingdon. Information from Peter Marlow, The Picture House 134G Southgate Street, Bury St Edmunds, Suffolk, IP33 2AF

BMAF championships

Saturday 3 rd Sept	10k road, Abbey Park, Leicester (the Jim Sharlott race)
Sat/Sun 17/18 th Sept	3k & 5k track in the track & field championships, Alexander Stadium, Birmingham - online entry is open:

Queries about BMAF events: contact John Hall on 020 8292 3627 or 07982 224312.