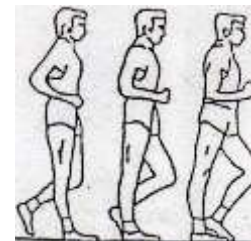


The Enfield Walker 2018

July



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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-01638 751869 – ronc893moulton@gmail.com

who apologises for any errors and who welcomes contributions and comments for future issues

The Ladies continue to set the pace

After seven fixtures, Helen Middleton continues to head the overall League individual table although with a race in hand leading man David Crane has her in his sights. The ladies continue to match the men so far as placings in the top six are concerned with three apiece and on points total are slightly ahead, 1164 to 1141. Team-wise, Ilford AC have reduced EHAC's lead to open up the possibility of becoming 2018 champions.

So far in the seven fixtures that have taken place, 37 women and 60 men representing 35 clubs have notched up 233 performances.

Ladies

1. 450/7 Helen Middleton
2. 378/7 Melanie Peddle
3. 336/6 Fiona Bishop
4. 236/5 Rachel Lawless
5. 228/5 Anne Scurfield
6. 222/5 Lesley Morris
7. 207/4 Janice Bentley-Pearson
8. 207/4 Maddy Shott
9. 178/3 Maureen Noel
10. 130/3 Angela Martin

Men

1. 413/6 David Crane
2. 372/6 Stuart Bennett ©
3. 356/6 John Ralph
4. 342/6 Gary Smith ©
5. 302/5 Steve Allen
6. 295/5 Mark Culshaw
7. 286/5 David Kates ©
8. 278/5 John Borgars ©
9. 273/4 Seb Parris
10. 271/4 George Wilkinson YAG
11. 255/5 Michael Harran
12. 253/4 John Hall
13. 238/5 David Hoben
14. 207/4 Chris Flint ©
15. 200/3 Malcolm Martin
16. 195/4 Arthur Thomson
17. 187/5 Dave Ainsworth ©
17. 181/4 Tony Wilkinson
19. 168/4 Peter Cassidy
20. 162/3 Andrew Cox

Team Table

- | | | |
|------------------|-------------|---|
| 1. EHAC | 1950 | 450 Middleton, 356 Ralph, 342 Smith, 336 Bishop, 271 Wilkinson, 195 Thomson |
| 2. Ilford AC' | 1690 | 372 Bennett, 295 Culshaw, 286 Kates, 273 Paris, 236 Lawless, 228 Scurfield |
| 3. Surrey WC | 1443 | 413 Crane, 255 Harran, 238 Hoben, 207 Flint, 200 MartinM, , 130 MartinA, |
| 4. Ilford AC 'B' | 913 | 222 Morris, 207 Pearson, 187Ainsworth, 128 Uttley, 112 Barnbrook, 57 Nibre |
| 5. Loughton AC | 824 | 378 Peddle, 278 Borgars, 168 Cassidy |
| 6. Belgrave H | 311 | 253 Hall, 207 Shott, 178 Noel, 49 King |

Same Day Podium Finishes for the Wilkinson Brothers

At the Schools International match at Grangemouth, Scotland, on 21st July, representing England in the 3km walk George Wilkinson finished second to Ireland's Oisín Lane and set pb in the process. Oisín's winning time was 13.36.63 to George's 14.02.33. However, the feature of the race was the Enfield walker's confidence to ignore the ambitious early pace and with splits of 4.51, 4.41 and 4.30 was the quickest walker on the track in the closing stages.

Almost simultaneously at the Anniversary Games in London, brother Callum was in the mix in the early part of the 3km walk and eventually finished third in 11.13.77. The race was won by Tom Bosworth in a world best of 10.43!

The next two ERWL fixtures are

LICC 5km

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

Allianz Stadium NW4 1RL (formerly Copthall)

Saturday 28th July at 12noon

The remaining 2018

13th October 1pm 5 miles

10th November 1pm 7miles

Road Walk at Lee Valley Athletic Centre, N9 0AS

92nd Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS

One Hour Badge Race

for first timers at 5, 6 and 7 miles – Plaques for 8 miles

Lee Valley Athletic Centre N9 0AS

Saturday 22nd September 12noon

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

With the mercury pushing 27c, nineteen walkers came under starters orders.

David Crane was untroubled, but the continuing rivalry twixt Helen Middleton and Melanie Peddle provided lots of interest and it was Melanie, who didn't head Helen until the last km, who came out on top on this occasion.

That wasn't the only close contest; a shared time and five finishers within 32 seconds, created a really good atmosphere and a great deal of mutual respect as walkers congratulated each other just beyond the finish line.

Debutants Emma Dyos and Monica Harrington (400) pictured with Judge Shaun Lightman after the race, showed promise and several recent newcomers to the event posted pb's

**Men**

© = Centurion - *=pb

1. David Crane	(Surrey WC)	26.23	M40
2. Seb Parris	(Ilford AC)	28.13	M35
3. Mark Culshaw	(Ilford AC)	29.21	M50
4. Stuart Bennett ©	(Ilford AC)	31.13	M55
5. Steve Allen	(Barnet)	31.20	M60
6. John Ralph	(Enfield HAC)	31.48	M60
7. Gary Smith ©	(Enfield HAC)	34.50	M60
8. Tom Casserley	(Enfield HAC)	*34.57	M75
9. Michael Harran	(Surrey WC)	35.19	M80
10. Dave Hoben	(Surrey WC)	35.53	M65

Women

1. Melanie Peddle	(Loughton AC)	29.37	w45
2. Helen Middleton	(Enfield HAC)	30.04	w55
3. Emma Dyos	(Ilford AC)	32.27	w45
4. Monica Harrington	(Highgate H)	33.53	w45
Sue Barnett	(EMAC)	33.53	w65
6. Rachel Lawless	(Ilford AC)	*35.21	w55
7. Anne Scurfield	(Ilford AC)	*35.38	w65
8. Lesley Morris	(Ilford AC)	*35.53	w55
9. Geraldine Legon	(Bexley AC)	37.57	w55

Track/Timekeeper/Recorders: As Appointed by LICC – Judges: S.Lightman, R.Wallwork ©

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

Correction: John Borgars has pointed out my error in the results of the BMAF 10km track championships at Horspath on 3rd June. John actually finished the M70 runner-up and the winner was Roger Michell (Birchfield H) 64.29.

The **Senior 8 inter-county** match at Chelmsford on 24th June included a 3km walk. In bright sunny, hot conditions the King twins Dominic 12.17 and Daniel 12.40 scored a one-two for Essex with Kent's Luc Legon 13.20 in third in the men's race. Abigail Jennings 15.14 (Hampshire), Maddy Shott 15.02 (Middlesex) and Melanie Peddle (Essex/L) 17.08 occupied the top three ladies positions. Among the 15 starters were Leaguers Maureen Noel 18.30, Mark Culshaw 17.46 and Sean Pender dq, all representing Middlesex.

Meanwhile, 200 miles to the north, the country's top exponents were contesting the **British Grand Prix 20km** and national championships with places on the GB team to the European championships up for grabs. Callum Wilkinson finished third (2nd Brit) in 84.41 behind Tom Bosworth (Tonbridge) 83.10 and of Slovakia's Miroslav Uradnik 84.09. Fransisco Reis (TVH/L) 53.10 was third in the supporting 10km event.

Conditions for the premier track walks of the year; the **British Games 5km at Birmingham** on 1st July were demanding to say the least with temperatures at track level 30c. Only six of the ten starters in the men's race satisfied the judges, amongst them EHAC's Callum Wilkinson 2nd in 19.17 and his brother George (at 16, two years younger than anyone else to be invited) 6th in 24.24, a pb. Tom Bosworth 19.01 followed up his previous week's victory in Leeds with yet another national title, a feat duplicated by Bethan Davies 22.04.

The turn out for the second 2018 **Woodford Tuesday 3km** races on 10th July was boosted by Noel Carmody's squad from south of the Thames, who swept up the places between them. Luc Legon (Bexley AC) was an easy winner in 13.21 and Maddy Shott (Belgrave H) his female counter-part 4th overall in 15.14. Melanie Peddle (Loughton AC/L) 4th 16.37, Mark Culshaw 6th 16.50 and Stuart Bennett 18.40 7th (both Ilford AC/L), John Borgars (Loughton AC/L) 9th 19.35, Geraldine Legon (Bexley AC/L) 12th 20.34, Steve Cartwright (Col &T/L) 14th 21.42, Peter Cassidy (Loughton AC/L) 15th 21.49 and Sean Pender (EHAC/L) 16th 22.43 also competed.

At the **VAC 5 miles** at Battersea Park also on 10th July, the highest placed Leaguer was Penelope Cummings (AFD) 49.01 in second place behind Ian Richards (Steyning AC) 43.09. Of the ten starters eight were Leaguers and in addition to Penelope, they were; John Hall 50.13, Maureen Noel 52.40 (both Belgrave), Dan Maskell (Surrey WC) 54.48, Fiona Bishop (Woking AC), Michael Harran 58.09, David Hoben 58.17 and Peter Hannell 59.42 (all Surrey WC).