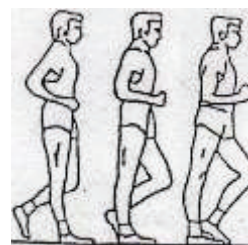


The Enfield Walker 2017

May



(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>

League tables after five races

Helen Middleton heads the combined table by virtue of having a 100 per cent turn-out record and in the team race, Ilford's revival continues as they have moved to within seven points of Surrey Walking Club. Women number 28 amongst the total participation of 83 walkers in the 2017 series and they have represented 31 clubs and registered 170 performances.

The remaining 2017 fixture list is set out below the tables on page 3 and offer opportunities to individuals and clubs to improve their standings in the tables.

A busy couple of weeks

EHAC was well represented in the Southern team that dominated the annual **Inter-Area match** staged at LVAC on 22nd April. The brothers Wilkinson and Henry Rugg all won their respective age groups; Callum (S5km) 19.57, George (u17 5km) 27.58 and Henry Rugg (u15 2km) 15.06, whilst Helen Middleton (SW 5km) was 3rd in 30.23.

The **BA/RWA/Inter Counties 10km championships** took place at Warwick University on 29th April. Callum Wilkinson led the field home in 41.03 ahead of GB team-mate Cameron Corbishley 41.55 and Dominic King 43.08. Fransisco Reis 11th 50.38, Graham Chapman 16th 57.32, Steve Allen 19th 61.58, 22nd Shaun Lightman 67.40, 23rd Chris Flint 69.16, Sean Pender 24th 73.43, along with Malcolm Martin who retired injured were *Leaguers* among the 31 starters.



The women's champion was Manx lady Erika Kelly in 48.54 ahead of Niamh O'Connor 50.26 and Emily Ghose 56.53. Among the 15 starters in the race were, in club colours Helen Middleton 7th 62.10 and *Leaguers* Melanie Peddle 8th 62.22 and Angela Martin 12th 68.31.

Ben Allen 28.02 reversed the previous week's result by holding off a late challenge from George Wilkinson 28.18 who had to be content with 2nd place.

There were some very promising performances from walkers in the younger age groups and non-more so than Sheffield's Anna Garcia who was streets ahead of her nearest rival, winning the u17 women's 5km in 24.51.

Pictured above is the Middlesex team that won the Inter-Counties title – Fransisco Reis, Sean Pender and Shaun Lightman. The Club team victory went to Colchester represented by Dominic and Daniel King 44.57.

European Cup Team

As expected Callum Wilkinson was among the eight athletes selected by GB for the European Cup for Walking which takes place in the Czech Republic spa town of Podedbrady on 21st May. Also selected is double Olympian and ERWL supporter Dominic King, who on this occasion will, like Callum contest the 20km. Dominic has already been named as a GB representative in the 50km at the World championships in August. The other team members are: Tom Bosworth, Cameron Corbishley, Gemma Bridge Bethan Davies and Heather Lewis in their respective senior 20km races and at 10km juniors Chris Snook and Molly Davey.

The Moulton Open Five

inc. Suffolk CAA championships

plus an **YAG & Novice 2km**

Saturday 3rd June at 12.30pm

Friendship 5 mile WALK

commemorating the London World championships

plus **YAG & Novice 1 & 3 miles**

Wednesday 9th August at 12 noon

Fliers for both attached

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

Sebastian Parris headed the men's race and in fifth place (first lady) Helen Middleton became the only woman to better the 50 minute standard for this demanding course, since the event was included in the ERWL in 2013. It was nice to welcome athletes who only do this race each year along with a number of new faces who were trying race walking for the first time – it gives the event a special atmosphere and thanks are expressed to Martyn Cartwright and the Chiltern Harriers team for promoting the event and of course Marshalls and judges.

Special mention for two Centurions; John Borgars who raced the national 10km at Coventry on Saturday, did the Centurions 10k social walk on Sunday and the Herts 3km only four hours before tackling this race. Equally dedicated, Chris Flint did the same with the exception of the Hertfordshire championships. The travelling involved to support these events says a lot about their passion for race walking.

Sebastian Parris, Mark Culshaw, Stuart Bennett, John Borgars and Fiona Bishop were among fifteen athletes who took part in the *Pednor Challenge*. This involves participating in the 5 mile run which takes place an hour after the walk and the placings are decided by adding the times of the two together. Sebastian $w44.39/r31.28 = 76.07$ won the men's challenge to achieve the double, whilst Fiona $w50.16/r42.39 = 92.55$ emerged as the women's victor.

Men

1. Sebastian Parris	(Ilford AC)	44.39	SM
2. Neil Bates	(Chiltern HAC)	45.16	M50
3. Keith Vallis	(Overton H)	48.29	M50
4. Stuart Bennett ©	(Ilford AC)	48.31	M55
5. Mark Culshaw	(Ilford AC)	48.41	M50
6. David Bowker	(Fairlands VS)	50.23	M55
7. Dan Maskell	(Surrey WC)	51.54	M65
8. Ken Bobbett	(Hillingdon AC)	52.05	M70
9. John Borgars ©	(Loughton AC)	53.53	M70
10. Andrew Cox	(Hillingdon AC)	54.14	M60
11. Chris Flint ©	(Surrey WC)	54.30	M70
12. Sean Pender ©	(Enfield HAC)	57.34	M60
13. Phil Burrige	(Handy Cross R)	57.42	M50
14. David Delaney	(Surrey WC)	58.35	M70
15. Dave Hoben	(Surrey WC)	58.36	M60
16. Trevor Brawn	(Chiltern JHAC)	59.11	M65
17. Terry Morris	(Nuneaton H)	60.08	M70
18. Peter Cassidy	(Loughton AC)	62.04	M75
19. Martyn Cartwright	(Chiltern HAC)	62.45	M75

Women

1. Helen Middleton	(Enfield HAC)	49.31	w50
2. Fiona Bishop	(Woking AC)	50.16	w55
3. Joyce Crawford	(Enfield HAC)	51.55	w45
4. Sarah Trundley	(Nuneaton H)	51.59	w45
5. Jo Miles	(Hillingdon AC)	55.28	w60
6. Melanie Bolden	(unattached)	57.12	w45
7. Laura Butt	(unattached)	60.09	w40
8. Tessa Passey	(Chiltern HAC)	61.50	w50
9. Patricia Keene	(Burnham Joggers)	66.41	w60
10. Valerie Chamberlain	(unattached)	70.46	w50
11. Benedicte Ward	(unattached)	70.46	w45
12. Elspeth Attwood	(unattached)	71.24	w55
13. Amanda Garrett	(unattached)	85.00	w45

men continued

20. Mike Morgan	(Burnham J)	64.50	M75
21. Michael Hickman	(Handy Cross R)	64.59	M65
22. Ken Livermore ©	(Enfield HAC)	75.19	M80
23. Benjamin Garrett	(unattached)	85.00	U20

The race incorporated the **Buckinghamshire County championship** and the medal winners were: Melanie Bolden, Laura Butt and Tessa Passey – Neil Bates, Ken Bobbett and Phil Burrige

WALKS Booklet back in print and updated

I would be most grateful - and I trust some of your readers and colleagues may be interested – if you can include this notice in your newsletter and to spread the word amongst the race walking community. The NUTS 128-A5 page Statistical Survey of British Race walking published in 2014 was sold out but is now back in stock.

Authors John Powell and Peter Matthews have taken the opportunity to correct errors in the original booklet and to add results from 2014, 2015 and 2016 as well as some older ones, such as Indoor Championships 1-2-3 and AAC 7 miles walk 1866-79. This 6-page supplement of updates and amendments to the end of 2016 is available free of charge on the NUTS website (with details of how to purchase the original book) – see nuts.org.uk

Peter Matthews, *NUTS Chairman*, 10 Madgeways Close, Great Amwell, Ware, Herts SG12 9RU
Tel 01920 870434

League Tables (from front page)

Ladies

1. 317/5 Helen Middleton
2. 198/4 Jo Miles
3. 185/3 Maureen Noel
4. 181/3 Joyce Crawford
5. 179/3 Melanie Peddle.
6. 175/3 Fiona Bishop
7. 152/3 Anne Jones
8. 148/3 Geraldine Legon
9. 141/3 Noel Blatchford
10. 134/2 Emily Ghose

Men

1. 289/5 Dan Maskell
2. 284/5 John Borgars ©
3. 271/4 Sebastian Parris
4. 269/5 Chris Flint ©
5. 259/4 Stuart Bennett
6. 247/4 John Ralph
7. 237/4 Mark Culshaw
8. 229/5 Sean Pender
9. 229/4 Ken Bobbett
10. 219/4 Gary Smith ©
11. 219/4 Andrew Cox
12. 198/3 Graham Chapman
13. 194/4 David Hoben
14. 163/4 Dave Ainsworth ©
15. 145/3 David Delaney
16. 139/2 Malcolm Martin
17. 139/2 Jim Ball
18. 137/3 Steve Cartwright
19. 134/2 Chris Hobbs
20. 130/3 Mick Barnbrook ©

Team Table

1. EHAC **1309** 317 Middleton, 247 Ralph, 229 Pender, 219 Smith, 181 Crawford, 116 WilkinsonG
2. Surrey WC **1137** 289 Maskell, 269 Flint, 194 Hoben, 139 Martin, 101 MartinA, 145 Delaney
3. Ilford AC' **1130** 271 Parris, 259 Bennett, 237Culshaw, 163 Ainsworth, 130 Barnbrook, 70 Aidietyte
4. Hillingdon AC **688** 229 Bobbett, 219 Cox, 198 Miles, 42 Vroobel
5. Loughton AC **508** 284 Borgars, 179 Peddle, Cassidy, 45
6. Steyning AC **406** 139 Ball, 152 JonesA, 62 JonesT, 53 Penfold

Remaining 2017 fixtures

- | | | | |
|----------------------------|------|----------------------|--|
| 9 th August | 12pm | 5 miles
1/3 miles | Friendship Walks at QEII Stadium Donkey Lane, EN1 3PL
Young age groups and Newcomers |
| 23 rd September | 12pm | Hour Walks | Badge Races at Lee Valley Athletic Centre, N9 0AS
for first timers at 5, 6 and 7 miles – Plaques for 8 miles |
| 14 th October | 1pm | 5 miles | Yacht Handicap at Lee Valley Athletic Centre, N9 0AS |
| 11 th November | 1pm | 7miles | 91st Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS |

Enfield World Best in 1977 *More info on last issue's leader, courtesy of Bill Sutherland, BEM*

Hello Ron, I was walking for the Ilford Team in your leader event mentioned. The Team was George NIBRE, Lew MOCKETT, Dave AINSWORTH, Geoff HUNWICKS, Bill SUTHERLAND, Steve KING, Laurie DORDOY, Dave NEAGLE, Brian ARMSTRONG and Steve GOWER. Both I and George NIBRE are still walking today. Our finishing time was 74.38.2 finishing 5th out of 6 teams. Records tell me I averaged 7.28 a mile. *Cheers, Bill*

Results & Leaguers in Action

Appearing in this year's **London Marathon** results list, were a number of names that have appeared at some time on ERWL result sheets. In alphabetical order they were, Stuart Bennett, Joyce Crawford, David Hoben, Stuart LeNoury, Sebastian Parris, Barbara Ralph and Ed Shillabeer. Some of them walked it, some ran it and some did a bit of both, but whatever, well done all!

Joyce Crawford and Sue Clements were at **Crawley** on 1st/2nd April for the annual ultra-distance event. Comfortable daytime condition deteriorated rapidly with the onset of darkness, but it was, I am told good preparation for the Bury 100 in August. Joyce took part in the 12 hour event and covered 78.85km and Sue was an early finisher in the 24 hour section, calling it a day at 82km.

Dan Maskell 2.19.42 finished runner-up in the Lancashire WC **Macclesfield Shield 20km** staged on 8th April. The event which attracted 13 walkers was won by the promoting club's Adrian Edwards in 2.00.10.

The Veterans AC commenced its summer series at Tooting Bec on 12th April with the club **10km championship** incorporating those of Herts, Middlesex and Surrey. There were 12 starters and Penelope Cummings 59.24 led the field home to win the club and Surrey title. The leading man was Mark Culshaw 61.59 who took the Middlesex crown and behind him Gary Smith 62.48 the Hertfordshire championship. Other *Leaguers* battling for titles and place medals were Dan Maskell 66.17, John Borgars 66.31, Shaun Lightman 67.54, Fiona Bishop 68.58, Michael Harran 69.40, Paul King 72.43, Sean Pender 74.37 and David Delaney 77.58.

Almost a week later the VAC race was on the road at **Battersea Park and the distance 5 miles**. Ten turned out on this occasion and all but two of them were qualified *Leaguers*. Mark Culshaw 48.29 and Melanie Peddle 51.01 were the respective winners. Stuart Bennett 48.51, Shaun Lightman 51.16, Dan Maskell 53.10. Arthur Thomson 56.23, Paul King 57.18 and David Hoben 58.33, were the others who took part.

Clubman Arthur Thomson 67.55 travelled to Horsham on 22nd April for the **Slater-Bryce Track Walks** which included the **Sussex 10km championships**. The race winner and Sussex champion was Olympian Ian Richards in 51.39. David Crane 52.22 and Trevor Jones 58.45 took the place medals and Anne Jones 66.35 the ladies title. Current men's *League* leader Dan Maskell 66.27 was also in action.

Only three competitors contested the **Hertfordshire 3km track** championship at Stevenage on 1st April. They were Steve Allen 17.27, John Borgars 19.15 and Sharron Crowley 21.54pb.

Woodford Tuesday Series 3km on 2nd May was won by outstanding under 15 walker Alex MacHeath (Cams H) in 15.27. Steve Allen 17.28 just got the better of Melanie Peddle 15.29 and the other four walkers in the field were; Stuart Bennett 17.54, Sean Pender 21.20, Peter Cassidy 21.43 and Dave Ainsworth 22.56.

Club and League walkers competed at LVAC on Monday 8th May in the Herts/Nth Middlesex Div. of the SVAC fixture. The distance was 2km. The members were Roger Lilley 11.39, Lynn Jones 13.02, Pamela Abbott 14.16, but by far the quickest overall was Stuart Bennett 10.29.

The second **VAC 5 miles** Race at Battersea Park on 9th May attracted a dozen walkers and they enjoyed perfect racing conditions on a sunny spring evening. The results showed an emergence of girl-power as Penelope Cummings 48.01 notched up her second VAC overall win in four weeks and Melanie Peddle 49.23 went under 50 minutes for the first time in finishing overall third. It was Mark Culshaw 48.02 who split them. The first three all carry *Leaguer* status and others in the field who were too, were Dan Maskell 51.55, Maureen Noel 51.58, Centurions Chris Flint and Paul King both 54.06, Peter Hannell 57.40, David Hoben 60.31 and David Delaney 61.53.

Bits & Bobs: Dave Dorey won the **Sean Pender Trophy 2km** track handicap at Osmond Priaulx Playing Fields, Guernsey on 14th May. Sean went across and turned out in the race. Roger Lilley 18.03 and Pamela Abbott 20.27 won the **Cambridgeshire 3km** championships on 13th May and the following day at Ipswich Tony Wilkinson 21.09 and Joyce Crawford 18.29 lifted the Suffolk titles behind under 17 winner George Wilkinson 17.03.

Appeal from the Bury 100 Organiser

Firstly, we have a blind guy locally called Jon who is training hard and has a good chance of achieving the 100 miles. Our problem is that he requires guides to ensure he doesn't bump into other competitors. John Borgars has volunteered to do part of the walk. I am also happy to do a stint when not busy with the organising of the race. But I feel that leaves us short. If any walkers would like to be part of Jon's Centurion attempt that would be really appreciated.

Secondly, we will need loads of volunteers from time recorders, to course marshals and feed stations operatives! If anyone would like to do a stint (and help me sleep at night) again that would be really appreciated.

Many thanks - Kevin Marshall T. 01284 716483/M. 07955495016

June Fixtures

3 rd	Moulton 5	6 th	Woodford Tuesday 3km VAC 5 miles, Battersea Park
10 th	Jack Fitzgerald Memorial Races At Tilgate Park	18 th	BMAF 5km Road championships EAU23/U20 Track championships
25 th	RWA/EA/UKA 20km championships and World Trials at Leeds.		<i>More details about these events can be found at:</i> http://enfieldleague.weebly.com

World Championship Tribute Luncheon

On Saturday 8th July the Race Walking Association are to stage a Tribute Luncheon to celebrate the race walkers who have represented Great Britain at the IAAF World Championships since 1976 - all of whom will be invited and we hope will be able to attend

I understand that tickets for the Luncheon which will take place at The Tower Thistle Hotel, London, E1W 1LD are almost sold out, so if you haven't booked yours, contact Pam Ficken on 01223 207411 or pmarlow@btinternet.com