



Lady Leaguers Shine at World Masters

Spain hosted the World Masters championships in Malaga between 4th and 16th September. The championships attracted over 8,000 athletes and all three walks; 5, 10 and 20km were very well supported.



Eleven Leaguers made the trip and eight returned with medals; three individual and seven team, to show for their efforts. A World Title, team gold and silver for Helen Middleton, great individual bronzes for Noel Blatchford and Fransisco Reis and Team medals for Melanie Peddle, Maureen Noel, Fiona Bishop and John Borgars.



left: Noel on her way to individual bronze above: Maureen, Helen and Fiona 10km team silver

There were other British successes among them walkers with close ERWL affiliations. Dominic King (six times EO7 winner) in his first year as a master won all three M35 races and Cath Duhig collected a Team gold.

More detailed results appear in 'Race Walking Record' and a summary of Leaguer performances appears on page 3.

The League Tables Only the final race remains and apart from the men's competition the podium places look decided. David Crane must race to ensure top spot, but its perm any three from four for the minor places.

Ladies

1. 579/9 Helen Middleton
2. 504/8 Melanie Peddle
3. 495/9 Fiona Bishop
4. 381/8 Rachel Lawless
5. 354/6 Maureen Noel
6. 315/7 Lesley Morris
7. 261/4 Penelope Cummings
8. 228/5 Anne Scurfield
9. 223/4 Noel Blatchford
10. 214/4 Sue Barnett

Men

1. 548/8 David Crane
2. 536/9 John Ralph
3. 498/8 Stuart Bennett ©
4. 486/8 Mark Culshaw
5. 479/7 George Wilkinson YAG
6. 453/8 David Kates ©
7. 430/8 John Borgars ©
8. 424/9 Gary Smith ©
9. 392/8 Michael Harran
10. 364/8 David Hoben
11. 358/6 Steve Allen
12. 333/7 Arthur Thomson
13. 315/5 John Hall
14. 311/5 Fransisco Reis
15. 308/5 Tom Casserley
16. 282/6 Sean Pender
17. 276/4 Dave Annetts
18. 273/4 Sebastian Parris
19. 263/6 Tony Wilkinson
20. 219/4 Andrew Cox

Team Table

1. EHAC **2846** 579 Middleton, 536 Ralph, 495 Bishop, 479 Wilkinson, 424 Smith, 333 Thomson
2. Ilford AC' **2406** 498 Bennett, 486 Culshaw, 453 Kates, 381 Lawless, 315 Morris, 273 Paris
3. Surrey WC **1949** 548 Crane, 392 Harran, 364 Hoben, 252 Flint, 200 MartinM, 193 Lightman,
4. Loughton AC **1139** 504 Peddle, 430 Borgars, 205 Cassidy
5. Ilford AC 'B' **1059** 228 Scurfield, 207 Pearson, 187Ainsworth, 182 Dyos, 128 Uttley, 127 Barnbrook
6. Belgrave H **1052** 354 Noel, 315 Hall, 207 Shott, 127 Zennaro, 49 King

The final 2018 League fixture is

The 92nd Enfield Open 7 on 10th November at 1pm

incorporating VAC & LBH championships

To be started by RWA President Noel Carmody

The event is over a 1 mile circuit, so walkers wishing to do less than the listed distances may do so

LVAC refreshments available

2017 Winners: Grazina Narviliene 67.01 – Jonathan Hobbs 55.46 – Team (mixed 4 to score): Enfield H AC

Presentations for this year's League will be at the first fixture of the 2019 series on 12th January at Donkey Lane

Despite drizzly conditions the 36 starters constituted a record for the ERWL Hour races which started in 2012. With two races to go, men's League leader David Crane put in a solid performance behind young George Wilkinson and David Annetts to secure third place and maintain his lead in the men's Series.

The first two ladies had a terrific scrap with Penelope Cummings a tantalising 20metres ahead of recently crowned World Masters champion Helen Middleton until the closing stages. Emma Dyros continued her rapid improvement and there were successful debut's in the League for u20 Dan McKerlich and 21 year old Leah Williams (*pictured right*) who finished within close proximity, well past the 5 mile mark and one suspects that the 6 miles one will soon to be within in the reach of all three.

Helen and Penelope, both previous winners of this event became the first women to progress beyond 10km whilst George's performance was the third best in the men's, behind his brother Callum 12.860 and Fabian Deuter 12.073, the only two to go beyond 12km.



Photo courtesy of Mark Easton

More about the Hour Races on the back page

Men		women	© = Centurion
1. George Wilkinson (EHAC)	11.971 U17	1. Helen Middleton (EHAC)	10.084 w55
2. David Annetts (North Herts R)	11.835 M50	2. Penelope Cummings(Aldershot FD)	10.076 w40
3. David Crane (Surrey WC)	11.040 M35	3. Melanie Peddle (Loughton AC)	9.833 w45
4. Mark Culshaw (Ilford AC)	10.001 M50	4. Emma Dyos (Ilford AC)	9.475 w40
5. Stephano Zennaro (Belgrave H)	9.590 M45	5. Maureen Noel (Belgrave H)	9.300 w55
6. John Ralph (EHAC)	9.441 M60	6. Leah Williams (Southend AC)	9.275 SW
7. Dan McKerlich (T20) (Cardiff AC)	9.297 U20	7. Fiona Bishop (EHAC)	8.800 w55
8. Andrew Cox (Hillingdon AC)	9.172 M65	8. Rachel Lawless (Ilford AC)	8.790 w55
9. Steve Allen (Barnet & Dist)	9.136 M60	9. Geraldine Legon (Bexley AC)	8.583 w60
10. David Kates © (Ilford AC)	9.017 M65	10. Lesley Morris (Ilford AC)	8.540 w55
11. Dan Maskell (Surrey WC)	8.967 M70	11. Sue Clements © (Cambs/Col)	7.877 w60
12. Steve Cartwright (Col/Tend AC)	8.781 M60		
13. Sean Pender © (EHAC)	8.656 M65		
14. Tom Casserley (EHAC)	8.650 M75	20. Gary Smith © (EHAC)	8.336 M60
15. Michael Harran (Surrey WC)	8.591 M80	21. Peter Hannell (Surrey WC)	8.276 M75
16. Arthur Thomson (EHAC)	8.558 M80	20. Bob Dobson © (Ilford AC)	8.271 M75
17. Chris Flint © (Surrey WC)	8.547 M70	21. Amos Seddon (EHAC)	8.236 M75
18. John Borgars © (Loughton AC)	8.522 M70	23. David Hoben (Surrey WC)	8.168 M65
19. Shaun Lightman (Surrey WC)	8.470 M75	Fransisco Reis (Thames VH)	retired M55

Essex championship: Melanie Peddle, Emma Dyos, Leah Williams – Dave Kates, Steve Cartwright, Bob Dobson

Judges: Peter Cassidy, Mick Graham, Ray Pearce, ©, Pauline Wilson ©

Timekeeper/Recorders:

Phil Welch, Pam Ficken ©, John Hall, Carl Lawton ©, Dan, Linda & Ian Spinks, Tracey & Tony Wilkinson

Registration: Joan Wallwork - Referee: Ron Wallwork ©

Mile/Km conversions

1mile/1,609 - 2miles/3.218 - 3miles/4,828 - 4miles/6,477 - 5miles/8,045 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

The RWA SOUTHERN AREA AGM is to take place on Monday 12th November at the Civil Service Club, 13/15 Great Scotland Yard, London SW1A 2HJ, at 7.15 pm. This venue is easily reached - Great Scotland Yard is a short street running from Whitehall (Trafalgar Square end) to Northumberland Avenue, being a short walk from Charing Cross and Embankment stations, and served by umpteen bus routes. The Civil Service Club has quality snacks/meals at modest prices for those coming straight from work, etc. It is the opportunity for walkers to show their support for what their area association does on their behalf and of course help it move forward by airing their views.

David Annetts, who won the opening race of the 2018 series back in January in a time of 40.34, won this one too with only a marginal difference in time. There was no repeat of the close battle waged twixt Helen Middleton and Penelope Cummings as witnessed in the Hour race in September. Penelope as she did in that race opened an early lead and this occasion kept it wide enough for a comfortable win.

Jim Ball, who clocked a 93.08 20km in GB colours in a match against France in 1986 made his season debut, Masters W70 bronze medallist Noel Blatchford looked to have retained her Malaga form and novice Malcolm Blackwood in his debut race easily bettered the hour.

<i>Men</i>	<i>Women</i>	<i>© = Centurion</i>
1. David Annetts (North Herts R) 40.37 M50	1. Penelope Cummings(Aldershot FD) 48.19 W40	
2. George Wilkinson (EHAC) 42.29 MU17	2. Helen Middleton (EHAC) 48.54 W55	
3. Fransisco Reis (Thames VH) 44.01 M55	3. Melanie Peddle (Loughton AC) 49.52 W45	
4. Jim Ball (Thames VH) 47.48 M55	4. Maureen Noel (Belgrave H) 53.02 W55	
5. Stuart Bennett © (Ilford AC) 48.48 M60	5. Noel Blatchford (Abingdon AC) 54.48 W70	
6. Martin Fisher © (Redcar RWC) 48.51 M55	6. Fiona Bishop (EHAC) 55.08 W55	
7. Mark Culshaw (Ilford AC) 50.39 M50	7. Sue Barnett (EMAC) 56.15 W65	
8. John Ralph (EHAC) 51.57 M60	8. Rachel Lawless (Ilford AC) 56.03 W55	
9. Dan Maskell (Surrey WC) 54.02 M70	7. Lesley Morris (Ilford AC) 57.04 W55	
10. David Kates © (Ilford AC) 54.43 M65		
11. Steve Cartwright (Col/Tend AC) 55.03 M60		
12. John Borgars © (Loughton AC) 55.12 M70	<i>men continued</i>	
13. Tom Casserley (EHAC) 56.49 M75	20. Michael Harran (Surrey WC) 59.18 M80	
14. Shaun Lightman (Surrey WC) 57.21 M75	21. Gary Smith © (EHAC) 59.21 M60	
15. Sean Pender © (EHAC) 57.28 M65	22. Peter Hannell (Surrey WC) 61.52 M75	
16. Arthur Thomson (EHAC) 58.01 M80	23. Tony Wilkinson (unattached) 68.44 M60	
17. David Hoben (Surrey WC) 58.47 M65		
18. Malcolm Blackwood(Trent Park) 58.55 M65	4 miles	
19. Bob Dobson © (Ilford AC) 59.03 M75	Andrew Cox (Hillingdon AC) 43.30 M65	
	Peter Cassidy (Loughton AC) 50.02 M60	

Judges: Andrew Garner, Mick Graham, Ray Pearce, ©, Pauline Wilson ©

Timekeeper/Recorders/Marshalls:

Phil Welch / Pam Ficken ©, Carl Lawton © / John Hall, Peter Howard, Tracey Wilkinson

Registration: Linda Spinks - *Referee:* Ron Wallwork ©

Congratulations to Peter Matthews former EHAC President, outstanding commentator and much respected member of NUTS* on his recent induction to the **England Athletics Hall-of-Fame**. This took place at the same investiture of Belgrave's 1932 Olympic 50k winner Tommy Green at the Rioch Arena on 13th October. Peter is a keen supporter of race walking which is ably demonstrated by the NUTS Booklet No16; *'WALKS' A statistical survey of British men's and women's race walking*, compiled along with John Powell (Hon.Treasurer SRWA)

**National Union of Track Statisticians'*

<i>Leaguer's at the World Masters</i>	<i>5km</i>	<i>10km</i>	<i>20km</i>
W45 Melanie Peddle		13 th 65.01	12 th 2.10.28 + Team G
W55 Helen Middleton		1 st 61.16 + Team S	4 th 2.14.09 + Team G
Maureen Noel		10 th 67.01 + Team S	7 th 2.18.27 + Team G
Fiona Bishop		19 th 73.62 + Team S	11 th 2.36.19
M55 Fransisco Reis	3 rd 23.40	-----	4 th 1.49.45
W60 Geraldine Legon		14 th 37.54	27 th 78.32
M60 Malcolm Martin			4 th 2.07.46
Stuart Bennett		12 th 62.33	6 th 2.09.22
M65 David Kates		28 th 68.56	20 th 2.21.49
W70 Noel Blatchford		3 rd 67.51	4 th 2.21.51
M70 John Borgars		30 th 76.33 + Team B	

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

Dan Maskell warmed up for his ERWL Hour race with an outing in the **Lancs Walking Club** version at Bury on 8th September. In the race won by the promoting club's Tony Taylor 9.905, Dan finished third in 8.869.

Penelope Cummings (AFD/L) 17.09 won the **Surrey 3km championship** on 9th September which was held in conjunction with the Sussex championships at Horsham. Peter Hannell (Surrey WC/L) 21.27 also took part.

Steyning's **Slater-Bryce 10km** track race on 29th September attracted seven starters. The race was won by Ian Richards (Steyning) 55.18. Anne Jones 68.43 (Steyning AC/L) Peter Hannell and David Hoben (both Surrey WC/L) recorded times of 63.43 and 75.42 respectively, were also in the field..

Steyning AC was promoting again on 20th October with its **Open 10km** from the club house at Steyning and once again Ian Richards 53.01 won easily with a 12 minute margin from newcomer David Kemp (Arena 80 AC). Stephen Cartwright (Col/Ten/L) 68.48, Sean Pender 71.06, Arthur Thomson 71.19 (both EHAC), Michael Harran 72.22, David Hoben 73.34, Chris Flint 75.32 and Kathy Crilley 76.03 (all Surrey WC/L) also took part.

BRIEF ONE HOUR HISTORY

The inaugural Highgate One Hour walks were held in 1942 and had two sections, a third being added in 1946 and as participation increased a fourth in 1947. (from Peter Cassidy's book 'A 100 Years Afoot')

It ceased to be the Highgate Hour in 1989 and ERWL took it up in 2012 following spasmodic attempts by various club's clubs to keep it going until then.

Six past winners of the event took part this year; four as participants and two as officials; 1961 Arthur Thomson 12.952, 1971 Bob Dobson 13.327, 1972 Shaun Lightman 13.142, 1978 Carl Lawton 12.922, 1980 Amos Seddon 13.373 and 1988 Mark Easton 13.597.

In the year of Arthur's triumph, *Race Walking Record* reported that he was "the 14th amateur athlete to walk eight miles or more within an hour and he would receive the special RWA plaque for such a performance", and the results show that 25 contested the 'A' section, 41 the 'B', 80 the 'C', 78 the 'D', along with 28 in the Boys Open Mile and 10 in the War Blinded 2 mile handicap. There must have been some weary officials at the end of that day!

ERWL One Hour Winners

Helen Middleton	(Enfield HAC)	2012	Fabian Deuter	(Hillingdon AC)
Penelope Cummings	(Aldershot FD)	2013	Ian Richards	(Steyning AC)
Helen Middleton	(Enfield HAC)	2014	Callum Wilkinson	(Enfield HAC)
Maureen Noel	(Belgrave H)	2015	Fransisco Reis	(Ilford AC)
Cath Duhig ©	(Ryston R)	2016	Graham Chapman	(Headington AC)
Melanie Peddle	(Loughton AC)	2017	Fransisco Reis	(Thames VH)
Helen Middleton	(Enfield HAC)	2018	George Wilkinson	(Enfield HAC)

ERWL Top 10 One Hour distances

Helen Middleton	10.470	1 st 2018	Callum Wilkinson	12.860	1 st 2014
Penelope Cummings	10.076	2 nd 2018	Fabian Deuter	12.073	1 st 2012
Melanie Peddle	9.833	1 st 2017	George Wilkinson	11.971	1 st 2018
Maureen Noel	9.704	1 st 2015	Ian Richards	11.911	1 st 2013
Cath Duhig	9.510	1 st 2016	Fransisco Reis	11.904	1 st 2015
Emma Dyos (Ilford AC)	9.475	4 th 2018	Dave Annetts (Herts RR)	11.835	2 nd 2008
Anne Jones (Steyning AC)	9.324	3 rd 2013	David Crane (Surrey WC)	11.392	2 nd 2017
Leah Williams (Southend)	9.275	6 th 2018	Trevor Jones (Steyning AC)	10.960	4 th 2013
Fiona Bishop (Woking AC)	8.800	7 th 2018	Malc Martin (Surrey WC)	10.915	3 rd 2015
Rachel Lawless (Ilford AC)	8.790	8 th 2018	Steve Allen (AFD)	10.915	3 rd 2012

Keep up to date

Get detailed 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@btopenworld.com
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
to be put on it

For race walk photographs visit markeaston.zenfolio.com

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

92nd Enfield Open Seven Mile Walk

1pm - Saturday 10th November 2018 – LVAC

Starter: Noel Carmody (RWA President)

1928



1938/48



1958



Nine Decades of Enfield Open Winners

1928 Cecil 'Stiker' Hyde (*Enfield H*)

1938/48 Harry Churcher (*Belgrave H*)

1958 Ken Matthews (*Royal Sutton*)

1968 John Webb (*Basildon AC*)

1978 Judy Farr (*Trowbridge AC*)

1978 Bob Dobson (*Ilford AC*)

1988 Betty Sorowski (*Sheffield UH*)

1988/98 Mark Easton (*Surrey WC*)

1998 Ann Lewis (*Aldershot FD*)

2008 Diane Bradley (*Tonbridge AC*)

2008 Darrell Stone (*Steyning AC*)

1978



1978



1998



1988



1988/98



1998



2008



2008



**Who will be
the winners in
2017?**

**Will you be there
To take part or see it?**