



(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>

Crowded Track for Badge Race

European Masters Champion Francisco Reis making his first ERWL appearance of the season lapped the entire field to score a convincing victory. Eight of the 33 competitors, probably aided by superb conditions, bettered distances they covered last year, albeit Peter Cassidy by a single metre. David Crane was an isolated second for most of the hour, whilst the chasing trio of Annetts, Wilkinson and Martin provided some great racing to watch.

Melanie Peddle who continues to impress was agonisingly close to 6 miles and led the ladies home well clear of Maureen Noel and in third place, Aldershot's Sue Davies dedicated her performance to the memory of club mate Ann Lewis (a former League champion), who passed away in June.

A well-done! to 78 year old Tom Casserley who qualified for his 5 in the Hour badge, whilst at the other end of the age range 15 year old George Wilkinson more than earned his 6 in the Hour award. Other Badges winners were; David Crane (7 miles) David Annetts and Malcom Martin (6 miles). *Full result overleaf*



Photograph courtesy of Nick Crawford

League Tables after Eight fixtures

The ladies in positions 2nd to 5th all have races in hand, so theoretically could catch Fiona although with only two races left it is a tall order. The Johns; Borgars and Ralph are engaged in a close struggle with Mark Culshaw who on current form must be the favourite for the men's title. EHAC are unassailable in the team championship, but if Ilford can get their big guns out for the final couple of fixtures, they could conceivably edge last year's champions into 3rd place. In division 2 so to speak, Hillingdon AC and Loughton AC are only separated by 28pts. *Tables overleaf*

National Title for George Wilkinson

Following on from his top three finishes at Moulton, Dublin and the Friendship Walk, it was another podium finish for George Wilkinson at the **EA u17 championships** held at Bedford on 27th August. George finished second in 26.26.2 behind Irish visitor Oisin Lake. Two weeks later, the conditions for the **English Schools' championships** at the Princess Royal Arena, Boston, Lincs., on 16th September weren't ideal for fast times, but a number of the 29 athletes contending the three age group categories set pb's and George was one of them stopping the clock at 26.15 and reducing his pb yet again, when winning the intermediate title.

The final 2017 League fixtures are

14th Oct

5 mile

11th Nov

91st Enfield Open 7

both start at 1pm - Lee Valley Athletic Centre, N9 0AS

Both events are over a 1 mile circuit, so walkers wishing to do less than the listed distances may do so

Men

1. Fransisco Reis	(Thames Valley)	11.793	M55
2. David Crane	(Surrey WC)	11.392	M35
3. David Annetts	(North Herts R)	11.243	M50
4. George Wilkinson	(EHAC)	10.864	U17
5. Malcolm Martin	(Surrey WC)	10.264	M60
6. Mark Culshaw	(Ilford AC)	9.943	M50
7. Steve Allen	(Barnet & Dist)	9.426	M60
8. John Ralph	(EHAC)	9.417	M60
9. John Borgars ©	(Loughton AC)	8.826	M70 +
10. Andrew Cox	(Hillingdon AC)	8.749	M65
11. Amos Seddon	(EHAC)	8.710	M75
12. Peter Hannell	(Surrey WC)	8.676	M75
13. Shaun Lightman	(Surrey WC)	8.491	M70
14. Bob Dobson ©	(Ilford AC)	8.436	M70
15. Russell Vroobel	(Hillingdon AC)	8.341	M55
16. David Hoben	(Surrey WC)	8.313	M60
17. Tom Casserley	(Garden City R)	8.126	M75
18. Phil Goodwin	(Ilford AC)	8.089	M 65

women © = Centurion + = improved on 2016

1. Melanie Peddle	(Loughton AC)	9.620	W45 +
2. Maureen Noel	(Belgrave H)	9.383	W50
3. Sue Davies	(Aldershot FD)	9.327	W50
4. Fiona Bishop	(Woking AC)	9.087	W55 +
5. Joyce Crawford ©	(EHAC)	8.880	W50
6. Anne Jones	(Steyning AC)	8.877	W60
7. Angela Martin	(Surrey WC)	8.471	W50 +
8. Geraldine Legon	(Bexley AC)	8.446	W55
9. Sue Clements ©	(Cambs/Col)	7.631	W60 +

19. Peter Cassidy	(Loughton AC)	7.892	M75 +
20. Tony Wilkinson	(unattached)	7.616	M55
21. Mick Barnbrook ©	(Ilford AC)	7.381	M75 +
22. Jon May	(EHAC)	7.149	M65
23. Dave Ainsworth ©	(Ilford AC)	6.701	M65 +
24. Ken Livermore ©	(EHAC)	6.527	M80

10km times:

Fransisco Reis 48.50, David Crane 52.42, David Anette 53.18, George Wilkinson 55.13, Malcolm Martin 58.30

Essex CAA championship: Melanie Peddle. – Amos Seddon, Bob Dobson, Phil Goodwin

Judges: Ray Pearce, Sean Pender ©, Pauline Wilson ©

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Ken Bobbett, John Hall, Carl Lawton ©, Trevor Jones

Registration: Margaret Livermore - 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

League Tables after Eight fixtures

Ladies

1. 459/7	Helen Middleton
2. 365/6	Fiona Bishop
3. 315/5	Melanie Peddle
4. 308/5	Maureen Noel
5. 304/5	Joyce Crawford ©
6. 228/5	Geraldine Legon
7. 209/4	Anne Jones
8. 198/4	Jo Miles
9. 195/4	Noel Blatchford
10. 152/3	Angela Martin

Men

1. 458/8	John Borgars ©	11. 271/4	Sebastian Parris
2. 446/7	Mark Culshaw	12. 270/5	Gary Smith ©
3. 444/7	John Ralph	13. 270/7	Dave Ainsworth ©
4. 361/6	Ken Bobbett	14. 259/4	Stuart Bennet ©
5. 339/7	David Hoben	15. 243/5	Steve Cartwright
6. 330/6	Andrew Cox	16. 207/6	Mick Barnbrook ©
7. 329/6	George Wilkinson YAG	17. 207/5	Ken Livermore ©
8. 327/7	Sean Pender ©	18. 205/3	Malcolm Martin
9. 324/6	Chris Flint ©	19. 204/5	Tony Wilkinson
10. 318/6	Dan Maskell	20. 202/3	David Annetts

Team Table

1. EHAC	2133	459 Middleton, 444 Ralph, 329 WilkinsonG, 327 Pender, 270 Smith, 304 Crawford
2. Surrey WC	1573	339 Hoben, 324 Flint, 318 Maskell, 197 Delaney, 205 MartinM, 190 Hannell
3. Ilford AC'	1552	446 Culshaw 271 Parris, 259 Bennett, 270 Ainsworth, 207 Barnbrook, 99 Dobson
4. Hillingdon AC	979	361 Bobbett, 330 Cox, 198 Miles, 90 Vroobel
5. Loughton AC	951	458 Borgars, 315 Peddle, 134 Cassidy, 44 Fernandez
6. EHAC 'B'	558	207, Livermore, 165 Thomson, 85 Seddon, 80 WilkinsonC, 39 Grimsey, 76 May
7. Steyning AC	463	209 JonesA, 139 Ball, 62 JonesT, 53 Penfold

Big Ron has settled In Ron Powell's many friends will be pleased to learn that he has made his move to Overstrand in Norfolk and has settled in well

Results and Leaguers In Action

Missing from the **Euro Masters** result in the last issue was the team gold medal won by Fiona Bishop along with M.Jackson and Anne Wheeler in the W55 10km walk. The winners are decided by the three walkers with the fastest aggregate time.

Five of the nine walkers who contested the **VAC/Southern Counties Veteran 3km** championships staged at Kingston on 27th August had ERWL connections. Dave Hoben (M60) 21.45 was the only one not to win their age category gold, having to be contented with a silver. Mark Culshaw (M50) in a season's best of 16.20 was quickest on the day followed by John Hall (M65) 17.33 and a little further down the field Fiona Bishop (W55) recorded 18.56 and Peter Hannell (M70) 20.24.

Melanie Peddle (currently 3rd in the ERWL) won the August **Bank Holiday Monday One mile** track race staged by Southend AC in a time of 8.58 from former international George Nibre 9.46 with Centurion John Borgars 9.47 just a whisker behind. *Leaguers* amongst the 15 strong field were another Centurion Steve Allen 10.35, Peter Cassidy 11.18 and yet another Centurion Dave Ainsworth 12.23.

Over the weekend of 1st/3rd September **Sarnia** promoted two races; a warm up **3km road walk** and the famous **Church to Church 19.75 miles**. Ian Richards won the 3km in 14.16 from Jim Ball 17.15 and Rob Elliott 17.15. Dave Hoben was 7th in 20.56. In the Churches Race, the weekend's main event, Jonathan Hobbs completed a hat-trick of victories and this one in his quickest time 2.57.36 and that in spite of atrocious conditions. The second and third places were occupied by the first two in the 3km walk; Ian Richards and Jim Ball. Sean Pender 4.01.19 and Dave Hoben 4.10.18 also took part.

The first three in the final race of the **Woodford Green 3km** summer Tuesday series on 6th September were Seb Parris 15.24, Dave Annetts 15.26 and Mark Culshaw 16.39 with Melanie Peddle setting yet another pb of 17.01 in fourth. The remaining five competitors; Stuart Bennett 17.52, Dan Maskell 19.53, John Borgars 20.50, Peter Cassidy 21.12 (only 7 and a half minutes outside his pb) and Francoise Fernandez 21.55, all hold ERWL qualification. Melanie set a precedent of winning the overall title as well as the ladies version and the team title went to Loughton AC. Individuals (16) and teams (10) were both up by three on last year and the respective series minor placings went to Stuart Bennett and John Borgars and Ilford AC and EHAC teams.

Leicester Walking Club celebrated its 90th anniversary at the **Jim Sharlott Open 10km** at Abbey Park, Leicester on 17th September by presenting all participants, competitors or officials with a souvenir programme, a memento and there was the chance to socialise and reminisce at the buffet after the race.

Francisco Reis (M55) continued his 2017 rich vein of form winning untroubled in 48.56 from Mark Williams (M50) 57.35 and Peter Boszko (M65) 58.17. The ladies race winner was Agata Kowalska (Poland) 57.07 who was almost a minute clear of Fiona Oakes 58.01 and Emma Achurch 58.31. In total over 40 walkers participated in the meeting.

Incorporated in the race were the **BMAF championships**. There were no club walkers in action, but six *Leaguers* came away with medals: Francisco Reis, John Hall (M65) 59.57, John Borgars (M70) 71.30, Melanie Peddle (W45) 61.21, Fiona Bishop (W55) 68.09, Angela Martin (W50) 68.09 and all but the two Johns were gold. In total over 40 participated in the meeting, 22 the BMAF championships.

Roubaix Success On the weekend of 16th/17th September - Kathy Crilley, Norma Grimsey and Joyce Crawford aka *The Lightening Ladies* participated in the 24 hour team relay event in Roubaix. France.

The Lightening Ladies have competed in the relay since 2009 and it is fair to say have had mixed results! Centurion captain, Kathy Crilley has been a team member from the start, Norma Grimsey every year bar one (broken arm one week before) - other members have included Sue Clements, Serena Queeney, Cath Duhig and Chris Flint, all with EHAC or *Leaguer* status.

This year they were the 1st all ladies team, and third overall after leading for the opening 8 hours.

Well done Kathy, Norma and Joyce!



Chris Snook goes Nap - Worthy of special mention at the **English Schools' championships** at the Princess Royal Arena, Boston, Lincs., on Saturday 16th September was the performance of senior champion Chris Snook (pictured right) in 21.31. The victory extended his unbeaten run at these championships to five in total – A remarkable achievement!



A key figure at most ERWL fixtures and many other southern events is Carl Lawton, pictured here in his prime. The former international with appearances at the World Championships, European championships and Commonwealth Games, and with a time of 17.51.51 one of the quicker Centurion qualifiers has been elected President of Belgrave Harriers. This will be Carl's second term after a gap of some years and I understand that he is one of at least 20 race walkers who have held the exalted position over the 130 history of the club. Congratulations Carl!

An Enfield Leaguer is a walker who has completed six races in a single season. To date, since Martin Oliver founded the League in 1998, 106 people have qualified and the breakdown is thus: 29 women, 77 men of which 23 have Centurion status.

Honorary Leaguer American Dave Talcott who finished runner-up to his wife Erin in the Friendship 5 miles race in August, achieved a long held ambition when qualifying at his first attempt to become American Centurion 88. The event was held on 23/24th September and held at Marvin Park, Owego (125 miles NW of New York), 2 women and 10 men took part, but only the first two men were successful. Well Done Dave!

Congratulations to Kath and Bill Sutherland who celebrated their Golden Wedding Anniversary on Thursday 28th September. May they share many share many more years together.

AGM time Approaching

The RWA SOUTHERN AREA AGM Walking AGM is to take place on Monday 13th 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.

The RACE WALKING ASSOCIATION holds its AGM on 10th December at Alexander Stadium, Birmingham, B42 2LR and commences at 2pm and the same comments about supporting it apply. More details from Colin Vesty the RWA Hon.Secretary at rwasecretary@yahoo.co.uk or 07533,008403

Does This Sound familiar? There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it and **Somebody** got angry about it, because it was **Everybody's** job. **Everybody** thought that **Anybody** could do it, but **Nobody** realised that **Everybody** Wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have done.

21st October - Steyning Open 10km – From the Club House, Steyning – Be sure and support it if you can
Details from: Ron Penfold 01293 520506 or Dave Stevens 01903 814422

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