

# The Enfield Walker 2019

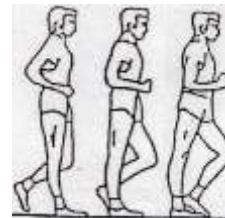
May

(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>



## ERWL Races Four and Five

The fourth race of the series was the LICC 5km track race at LVAC on 20<sup>th</sup> April, where Dave Annetts made it three wins from three starts this year and in the 3km Abigail Smith and Jonathan Ellerton followed up their 'Cecil Gittins' debut's with solid performances. Newcomer Catalinai Chiru also walked well in her first race. Some good walking in excellent conditions was marred by an error on my part which resulted in some confusion at the finish of the race for which I apologise and thank the people who sorted it out. *Please note that at the all future LICC meetings the deadline for registration will be 20 minutes before the listed start of the races.*

At the annual Pednor fixture on May Bank Holiday Monday, Neil Bates and Melanie Peddle, both runners-up last year went one better this time with Melanie walking 5 minutes quicker on this occasion. Conditions must have been ideal, because a number of athletes were considerably quicker than they were last year. Stuart Bennett was one of them improving by 2 minutes and that, only eight days after his sub 5 hour London marathon.

The Buckinghamshire championship held in conjunction with the race was retained by Neil Bates with John Ralph and Trevor Brawn filling the minor placings.

Thanks to Martyn Cartwright and his Chiltern Harriers team for continuing to promote this fixture

**League Tables after 5 fixtures.** Ilford walkers turned out in force at the Pednor Five and in the absence of the then League leaders they benefitted immensely and as a result the team table now reflects a truer picture of the standings. The point's difference might look large, but it is deceptive and with over half the season to go all three leading clubs could win the title. Meanwhile, the two YA's remain in the overall top three and both have races in hand.

## League Tables after 5 fixtures

### Ladies

1.	261/4	Jacqueline Bensons	YA
2.	239/4	Helen Middleton	
3.	214/4	Lesley Hall	
4.	214/4	Rachel Lawless	
5.	189/3	Emma Dyos	
6.	184/3	Melanie Peddle	
7.	172/3	Maureen Noel	
8.	172/3	Maddy Shott	
9.	152/3	Noel Blatchford	
10.	148/3	Lesley Morris	

### Men

1.	309/5	Stuart Bennett ©	11.	178/4	Arthur Thomson
2.	267/4	George Wilkinson YA	12.	177/3	Simon Morgan
3.	251/4	Chris Hobbs	13.	172/3	Mark Culshaw
4.	236/5	Malcolm Blackwood	14.	163/3	David Kates ©
5.	227/5	John Ralph	15.	152/3	Chris Flint ©
6.	212/4	Tom Casserley	16.	146/3	Davis Hoben
7.	210/3	David Annetts	17.	139/3	Gary Smith
8.	204/3	Francisco Reis	18.	129/2	Steve Uttley
9.	195/3	Trevor Jones	19.	129/2	Malcolm Martin
10.	190/4	Steve Cartwright	20.	125/2	Tony Wilkinson

## Team Table

1.	EHAC	<b>1284</b>	276 Wilkinson, 239 Middleton, 227 Ralph, 212 Casserley, 152 Barnett, 178 Thomson
2.	Ilford AC'	<b>1200</b>	309 Bennett, 214 Lawless, 189 Dyos, 177 Morgan, 163 Kates, 148 Morris
3.	Ashford AC	<b>1024</b>	261 Benson, 241 Hobbs, 214 Hall, 132 Morris M, 113 Whittingham, 53 Arthurs
4.	Surrey WC	<b>795</b>	204 Reis, 152 Flint, 146 Hoben, 129 MartinM, 84 Lightman, 80 MartinA
5.	Belgrave H	<b>566</b>	123 Zennaro, 172 Noel, 172 Shott, 99 Hall

## Forthcoming ERWL fixtures *Always check the enfieldleague.weebly.com website for last minute changes*

1 <sup>st</sup> June	12.30pm	5 miles	<b>The Moulton Five (ERWL race 6)</b>
16 <sup>th</sup> June	11.40	5/3/2 kms	<b>LICC Ilianz Stadium, NW4 1RL (ERWL race 7)</b>

Sunday

**11.40 Check-in Deadline!**

ERWL 2019 Race 4 - 20<sup>th</sup> April

## LICC 5/3km

## LVAC

Men

1. David Annetts	(North Herts R)	*23.24	M50
2. George Wilkinson	(EHAC)	24.47	U20
3. Fransisco Reis	(Surrey WC)	26.14	M55
4. Malcolm Martin	(Surrey WC)	28.44	M60
5. Chris Hobbs	(Ashford AC)	29.04	M60
6. Steve Allen	(Barnet & D)	29.36	M60
7. Stuart Bennett ©	(Ilford AC)	30.03	M60
8. Steve Uttley	(Ilford AC)	30.37	M60
9. Simon Morgan	(Ilford AC)	31.32	SM
10. John Ralph	(EHAC)	32.03	M60
11. David Kates ©	(Ilford AC)	34.03	M70
12. Tom Casserley	(EHAC)	34.21	M80
13. Steve Cartwright	(Col/Tend AC)	34.59	M60
14. Arthur Thomson	(EHAC)	36.06	M80
15. Gary Smith ©	(EHAC)	36.34	M60
16. Malcolm Blackwood	(Trent Park)	36.34	M65
17. Peter Cassidy	(unattached)	37.30	M75

Women

\* = pb © = Centurion

1. Maddy Shott	(Belgrave H)	25.06	SW
2. Jacqueline Benson	(Ashford AC)	*28.56	U20
3. Helen Middleton	(EHAC)	32.02	W55
4. Maureen Noel	(Belgrave H)	32.36	W55
5. Lesley Hall	(Ashford AC)	33.00	W60
6. Noel Blatchford	(Abingdon AC)	33.09	W70
7. Sue Barnett	(EHAC)	33.38	W65
8. Rachel Lawless	(Ilford AC)	34.20	W55
9. Catalinai Chiru	(unattached)	34.28	SW
10. Angela Martin	(Surrey WC)	37.32	W50

## 3km

Abigail Smith	(Blackhth/Brom)	17.39	U15
Jonathan Ellerton	(Blackhth/Brom)	25.18	U15
Tony Wilkinson	(unattached)	19.58	M55

Judges: Mick, Graham(Ch), Andrew Garner, Shaun Lightman, Pauline Wilson©  
 Timekeepers/Officials of the LICC/Recorders: Pam Ficken©, Carl Lawton©, Tracey Wilkinson  
 Registration: Margaret Livermore Ron Wallwork ©

ERWL 2019 Race 5 – 6<sup>th</sup> May

## Pednor Open Five

## Pednor, Bucks

Men

© = Centurion -

1. Neil Bates	(Chiltern H)	45.12	M
2. Steve Uttley	(Ilford AC)	49.36	M60
3. John Constandinou	(Birchfield H)	49.41	M45
4. Stuart Bennett ©	(Ilford AC)	50.04	M55
5. Mark Culshaw		50.31	M50
6. Simon Morgan	(Ilford AC)	50.52	M50
7. John Ralph	(Enfield HAC)	50.57	M60
8. David Kates ©	(Ilford AC)	54.37	M70
9. John Borgars ©	(Loughton AC)	56.11	M70
10. Tom Casserley	(Enfield HAC)	56.15	M80
11. Steve Cartwright	(Col/Tend AC)	56.52	M60
12. Trevor Brawn	(Chiltern H)	58.03	M65
13. David Hoben	(Surrey WC)	58.12	M65
14. Arthur Thomson	(Enfield HAC)	58.19	M80
15. Paul Richardson	(unattached)	58.26	M55
16. Chris Flint ©	(Surrey WC)	58.29	M70
17. Malcolm Blackwood	(Trent Park)	59.06	M65
18. Gary Smith ©	(Enfield HAC)	59.43	M60
19. Martin Reader	(unattached)	59.59	M55
20. Martyn Cartwright ©	(Chiltern H)	68.31	M75

Women

1. Melanie Peddle	(Loughton AC)	48.40	W50
2. Emma Dyos	(Ilford AC)	49.14	W40
3. Helen Middleton	(Enfield HAC)	50.24	W70
4. Diana Baldwin	(Marshall MK)	51.26	W65
5. Rachel Lawless	(Ilford AC)	54.31	W55
6. Lesley Morris	(Ilford AC)	56.47	W55
7. Melanie Bolden	(unattached)	59.02	W50
8. Louisa Rowlands	(unattached)	63.17	W45
9. Debbie Sheppard	(unattached)	63.17	W50
10. Kate Cousin	(unattached)	68.31	W45

## Girls 2mile:

Jasmine Richardson (St.Barts CoE School) 25.41

Officials: As appointed by Chiltern Harriers

Judges: Peter Cassidy and Pauline Wilson ©

Dear Fellow walkers,

Following a few years of poor entry numbers, we are in danger of having walks excluded from the South of England AA track championships, and you are urged to do your best to enter.

The event will be on the 18th August, 2019 at Julie Rose Stadium, Ashford, Kent, and the closing date for entries is the 6th August. Details are available on the SEAA web site at [www.seaa.org.uk](http://www.seaa.org.uk)

It is very important to keep this event alive so that the rest of the world doesn't forget all about us!

With best wishes,

Peter Cassidy

2May19

## Leaguer's in Action (Club name/L) = ERW Leaguer

Ash - Ashford AC

Bxy - Bexley Heath

CTen - Colchester/Tendering AC

MMK - Marshal M.Keynes

Ton - Tonbridge AC

Ab - Abingdon AC

Bfld - Birchfield H

EMAC - Eastern Masters AC

NHRR - North Herts RR

TP - Trent Park

Ald - Aldershot F & D

Bkth - Blackheath & Bromley

EHAC - Enfield H AC

Red - Redcar RW Club

Bnt - Barnet & District

Ch - Chiltern H

Ilf - Ilford AC

Stey - Steyning AC

Bel - Belgrave Harriers

Col - Colchester H

Ltn - Loughton AC

SWC - Surrey WC



The picture right shows Dave Ainsworth, Sandra Barnes, Pam Ficken, Kim Howard, Sue Clements, John Borgars and Steve Kemp enjoying a stop at the Orchard Rea Rooms, Granchester, during the **Centurions Social walk** on 31<sup>st</sup> March.

The first of the summers **VAC** races in Battersea Park on 10<sup>th</sup> April was the **10km championship** which incorporated the Herts, Middlesex and Surrey championships. All but one of the nine competitors had ERWL connections and so the full result is produced here. David Annetts M50 (N.H.RR & Herts) 48.54, Maddy Shott SW (Bel/Guest) 49.53, Steve Allen M60 (Bnt/Guest) 59.15, Malcolm Martin M60 (SWC/Guest) 59.27, Maureen Noel W55 (Bel/Middlesex) 65.40, David Bowker M60 (EMAC/Herts) 71.55, Michael Harran M80 (SWC/Surrey) 73.43, Angela Martin W50 (SWC/Guest) 79.13 and Peter Hannell M75 (SWC) was a non-finisher.

A week later the first of the **5 mile events** took place over a new course and once again David Annetts 38.47 (a pb) led home the field, which consisted of nine walkers of whom seven were Leaguers. Melanie Peddle (Ltn/L) 48.33 had a tremendous scrap with Stefano Zenarro (Bel) 48.34 and following them home were Maureen Noel (Bel/L) 51.50, Tom Casserley (EHAC/L) 55.47, Shaun Lightman (SWC/L) 56.47, Paul King (Bel/L) 57.44, Michael Harran (SWC/L) 58.20 and David Hoben (SWC/L) 58.23.

In the 20<sup>th</sup> April Basildon Park Run Amos Seddon (EHAC/L) set an M75 course record.

On 22<sup>nd</sup> April at the **Tonbridge Open 3km** track meeting Rachel Lawless 19.44, Lesley Morris 20.42 (both Ilf/L) along with Geraldine Legon (Bxy/L) 21.08 were caught up in a fast women's race won by Emily Ghose (Ton) in 16.13.

The **RWA National 10km championships** which incorporated the Inter-Counties championship were staged at Warwick University Science Park on Sunday 28<sup>th</sup> April. Attendance at the GB International training camp prior to the European Cup in three weeks' time by half a dozen or so of the country's leading walkers created the opportunity for some of those knocking on the international doorstep to show what they could do. The full report will appear in the *Race Walking Record*; however walkers with ERWL connections fared as follows:



Maddy Shott won the women's title in 52.25, George Wilkinson (EHAC/L) 49.15 finished third overall and won the u20 title comfortably and Dave Annetts 49.56 collected the bronze medal in the men's senior event. The picture above is the three of them with RWA President Helen Elleker (*see note at foot of next page*). Fransisco Reis (SWC/L) 53.33 was 4<sup>th</sup>, Malcolm Martin 60.13 7<sup>th</sup>, Helen Middleton (EHAC/L) 63.50 12<sup>th</sup> and Noel Blatchford (Ab/L) 68.48 17<sup>th</sup>. Current ERWL women's leader Jacqueline Benson (Ash) 62.16 was third in the u20's event.



Stuart Bennett (Ilf/L) enjoys a well-deserved sit down after fulfilling his London Marathon aim of walking the event in under five hours. His actual time was 4.55.56. Other Leaguers who took part in the race (that I'm aware of) were Joyce Crawford (EMAC/L) 5.25.00, Kathy Crilley (SWC/L) 5.45.38 and Dave Hoben 5.59.49.

Two weeks previously Rachel and David Crane (SWC/L) completed the Brighton Marathon in 5.25 something, after a battling last 5 miles against a sea-front headwind.

There were two races staged on Bank Holiday Monday 6<sup>th</sup> May; The **Herts County 3km** championships at Stevenage at 12.30 and the testing **Pednor Five** at 5pm.

There were five starters at Stevenage including guest George Wilkinson who won the race in 13.34 just two seconds ahead of Dave Anetts who won the county title. Both recorded pb's. John Borgars (Ltn/L) occupied the county runner-up position before travelling on to Pednor for the evening race.

### **Leaguers at the County championships**

The largest turn-out was at Ashford for the **Kent** championships where Luc Legon (Bxy) 13.41 headed home a field of 17 of which only three athletes were over 23 year of age – very encouraging for Kent. Amongst them were Geraldine Legon W60 20.43 and current ERWL ladies leader Jacqueline Benson u20 16.50 a pb.

The next best line-up was 8 in the **Essex** championships at Chelmsford. There the King twins (both Col) set the fastest times of the championship day; Dominic with 12.24 and Daniel with 12.52. Ilford provided four of the other six finishers in Emma Dyo 17.01, Stuart Bennett 17.24, Rachel Lawless 18.56 and Lesley Morris 20.11.

Only Leaguer Maureen Noel 18.49 and fellow Belgravian Stephano Zenarro 15.51 faced the **Middlesex** starter at LVAC and at Ipswich there was only one more in the Suffolk championships, where u20 George Wilkinson set a pb of 13.23 and father Tony 20.39 made it a family double. Centurion Joyce Crawford 18.42 who, like fellow Centurion Stuart Bennett supported their counties only 14 days after their London Marathons.

### ***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](mailto:noel.carmody@btopenworld.com) to be put on it

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

### **Woodford Tuesday Walk Dates**

The first of the summers 3km races included in the Woodford Tuesday evening athletic meetings takes place on 11th June, followed by races on 9<sup>th</sup> July, 13<sup>th</sup> August and 3<sup>rd</sup> September.

### ***This and That***

In the Jan/Feb issue of the Enfield Walker I made reference to Pam Ficken's father Hew Neilson. This picture shows her supporting her dad in the Surrey WC Hundred in 1953 at Motspur Park. He qualified as Centurion c145 in the 1948 24 hour race which was also at Motspur Park. Pam qualified as Centurion 934 at the SWC Hundred at Battersea Park in 1995.

Congratulations from the ERWL to Stuart and Olga Le Noury (Sarnia Walking Club) on the birth of their son George who came into this world on Wednesday 27th March. *Some readers may recall that in 2015 to mark Sarnia race walking club's 50<sup>th</sup> anniversary, eight Guernsey Club members competed in the Moulton Five. Among them Olga who finished 5<sup>th</sup> in 52.21 and Stuart who finished 6<sup>th</sup> in 42.33.*

### ***The RWA President Helen Elleker is to start the Moulton Five.***

Helen's record during her decade at the top between the mid 80's and 90's is impressive. She won county and area championships before going on to win six national titles and being placed in a further 27 and representing GB 14 times including at the World Cup, the European championships and the Commonwealth Games. Her pb's were: 3km 13.28, 5km 21.57 and 10km 46.25

