

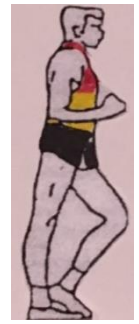
# The Enfield Walker 2020

February

(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

Latest League news at <http://enfieldleague.weebly.com>



## *and They're Off! for Series 23*

On a bright, sunny but chilly day 43 walkers faced the starter among them three making their debut. It was the largest opening race turnout since 2014 when 48 toed the start line. Good turnouts invariably result in good racing and this was the case resulting in at least eight pb's being set and 38 of the 40 walkers who contested the 5 miles doing so under the hour.

Walking impressively Dave Annetts was a clear winner (as he was in 2019) ahead of George Wilkinson and Maddy Shott who both put in good performances. They were not alone in that respect as Silvana Alves posted a huge pb ahead of Millie Morris and Jacqueline Benson and in a gender four-a- side match the ladies with four in the top seven would have been clear winners

The debutants demonstrated good basic technique and posted very respectable times and two of them qualified for their "5 in the Hour" badges

The team competition has the potential to be one of the closest ever because five teams have squads large enough to score heavily and consistently. Enfield and Ilford have taken the lead, but Belgrave and Ashford are within easy touching distance despite not fielding six athletes. *Result on page 2*



*The 2019 podium finishers at the Presentations made at Donkey Lane following the opening race of the 23<sup>rd</sup> Series  
Melanie Peddle, George Wilkinson, Jacqueline Benson, Helen Middleton, Steve Utley and Stuart Bennett*

*Ready to go again; some of the dedicated officials who make the ERWL possible  
back: Linda Spinks, Tracey Wilkinson, Andrew Garner, Carl Lawton, Mick Graham.  
Peter Cassidy. front Margaret Livermore, John Hall and Pauline Wilson.*

*The next ERWL fixture will be  
over 5 miles and has been arranged  
to take place at The King George  
Playing Fields, Donkey Lane,  
Enfield, EN1 3PL, on*

*Saturday 22<sup>nd</sup> February at  
11am*

*The course is a mile circuit, so  
walkers wishing to race shorter  
distances in multiples of a mile  
may do so*



Race 1 **Five Miles** on 18<sup>th</sup> January at King George Playing Fields, Donkey Lane, Enfield.

Men				Women			
		* = pb	© Centurions				
1	Dave Annetts	N.Herts RR	*38.00 M55	1	Maddy Shott	Belgrave H	*39.11 SW
2	George Wilkinson	Enfield HAC	39.04 u20	2	Silvana Alves	Barnet DAC	*44.57 W45
3	Trevor Jones	Steyping AC	45.54 M60	3	Millie Morris	Ashford AC	45.27 u20
4	Malcolm Martin	Surrey WC	46.43 M65	4	Jaqueline Benson	Ashford AC	46.30 u23
5	Steve Uttley	Ilford AC	46.58 M60	5	Emma Dyos	Ilford AC	47.52 W45
6	Graham Chapman	Headington RR	47.23 M65	6	Melanie Peddle	Loughton AC	48.38 W50
7	Chris Hobbs	Ashford AC	48.31 M60	7	Cath Duhig ©	CAM Torrevieja	50.02 W65
8	Steve Allen	Barnet DAC	48.37 M60	8	Helen Middleton	Enfield HAC	50.37 W55
9	Colin Harle	Belgrave H	*49.50 M60	9	Rachel Harding	Ashford AC	*51.28 u20
10	Mark Culshaw	Belgrave H	50.24 M50	10	Alicja Drende	Belgrave H	*51.33 W35
11	Stuart Bennett ©	Ilford AC	51.27 M60	11	Noel Blatchford	Abington AC	53.18 W70
12	John Ralph	Enfield HAC	52.45 M60	12	Sue Barnett	Enfield HAC	53.24 W70
13	John Borgars ©	Loughton AC	53.04 M70	13	Catherine Davies	Belgrave H	*55.13 W50
14	Simon Morgan	Ilford AC	54.40 M50	14	Lesley Morris	Ilford AC	56.26 W55
15	Andrew Cox	Surrey WC	55.02 M65	15	Diana Braverman	Enfield HAC	56.44 W65
16	Tom Casserley	Enfield HAC	56.58 M80	16	Angela Martin	Surrey WC	62.50 W55
17	Mal Blackwood	Trent Park	57.16 M70				
18	Tony Wilkinson	unattached	57.58 M55		3 miles		
19	David Hoben	Surrey WC	58.00 M65		Peter Hannell	Surrey WC	38.00 M75
20	Arthur Thomson	Enfield HAC	58.16 M80		Elaine Oxley	unattached	42.48 W45
21	Shaun Lightman	Surrey WC	59.14 M75				
22	Gary Smith ©	Enfield HAC	59.36 M65		2 miles		
23	Chris Flint ©	Surrey WC	59.52 M75		Ken Livermore ©	Enfield HAC	31.29
24	Bob Dobson ©	Ilford AC	60.06 M75				

The individual League placings are as the result above. The team table is thus: EHAC 298, Ilford AC 293, Belgrave 271, Surrey WC 243 and Ashford AC 240.

Judges: Peter Cassidy Andrew Garner, Mick Graham, John Hall and Pauline Wilson ©

Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Carl Lawton ©

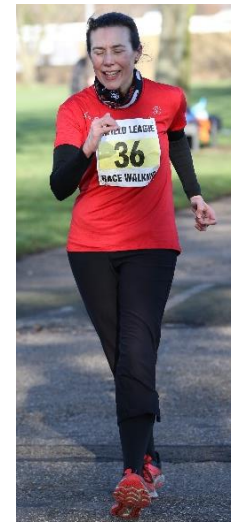
Registrations: Margaret Livermore, Linda Spinks and Tracey Wilkinson

Race Organiser: Ron Wallwork ©



Dave Annetts makes his intentions clear

(photo's MarkEaston)



debutants Rachel Harding and Catherine Davies



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

The club affiliation will only be indicated on the first mention of the athlete in this issue

Ash - Ashford AC

ASC - Abingdon AC

AFD - Aldershot F & D

Bnt - Barnet & District

Bel - Belgrave Harriers

Bxy - Bexley Heath

Bfld - Birchfield H

Bkth - Blackheath & Bromley

Ch - Chiltern H

Col - Colchester H

CTen - Colchester/Tendering AC

EMAC - Eastern Masters AC

EHAC - Enfield H AC

HRR - Headington RR

Ilf - Ilford AC

LWC - Lancs WC

Ltn - Loughton AC

MM - Med/Maidstone

MMK - Marshal M.Keynes

NHRR - North Herts RR

Red - Redcar RW Club

SAC - Southend AC

Stey - Steyning AC

SWC - Surrey WC

Ton - Tonbridge AC

TP - Trent Park

WB - Wolves/Bilston

Cath Duhig (CAMT/L) and Steve Allen (Bnt/L) have competed twice in **Spanish competitions**. At the Manuel Alcalde Memorial, Guadix meeting on 28<sup>th</sup> December Cath won the W45 5km in 30.51 and in the same age category Steve finished 5<sup>th</sup> in 30.09. Then on January 12<sup>th</sup> at Burjassot, Steve over 10km finished 17<sup>th</sup> in 60.39 and over 5km Cath was 16<sup>th</sup> in 30.03.

Four Leaguers got a prompt start to the year by walking in the **Lee Valley indoor 3km**. There were five contestants and following a spirited effort by Silvana Alves (Bnt) 15.55 to hang onto Francisco Reis (SWC/L) 14.45 he pulled away and was an easy winner. Malcolm Martin (SWC/L) 17.45, Geraldine Legon (Bxy/L) 21.14 and Angela Martin (SWC/L) 21.23 made up the field.

Tony Bell (LWC/L) was in action twice during January; in a mid-week meeting in Sheffield on 22<sup>nd</sup> of the month he finished third of three in a track 3km in a time of 17.58 and four days later finished 6<sup>th</sup> in the **Northern League 10km** promoted by Yorkshire Walking Club and staged at Drighlington. The race winners on both occasions was Nathalie Myers (2DASH) in 14.45 and 55.05.

Following on from his fine win in the opening ERWL fixture, a week later in Amsterdam Dave Annetts (NHRR/L) finished runner-up in the **Dutch Winterserie 10km** setting a pb of 47.16 in the process.

**Steyning open 15km race** on 25<sup>th</sup> January. The race was won by the 2019 "Outstanding European Master" Ian Richards (Stey) in 78.07. In second place was the first of the three Leaguers at the event; Francisco Reis 80.34, behind him in 6<sup>th</sup> place Trevor Jones (Stey/L) 86.03 and in 9<sup>th</sup> Steve Allen 9<sup>th</sup> in 95.22. Of interest to other leaguers was the 4<sup>th</sup> place overall position of Steve's clubmate Silvana Alves 85.36, who had the distinction of finishing runner-up lady to Abigail Jennings (AFD) 81.10.

**London Open Walks inc SWRA 10km championship** at Hillingdon Cycle Circuit on Sunday 2<sup>nd</sup> February were held in bright, breezy conditions. There was the highest turn-out for some years; 43 and of those 18 were Leaguers. The open walks winners were George Wilkinson (EHAC/L) 47.16 which was new pb and Maddy Shott (Bel/L) 50.12.

So far as the championships were concerned; Luc Legon (Bxy) 47.28, Francisco Reis 52.34 and Malcolm Martin 57.52 took the senior men's honours. The under 20 titles (10km for men and 5km women) went to George Wilkinson and Millie Morris (Ash/L) 28.15. Millie pressed on to complete the 10km and was rewarded with a pb of 58.01. Other Leaguers in evidence were Trevor Jones 58.21, Graham Chapman (HRR/L) 58.25, Steve Uttley (Ilf/L) 59.26, Chris Hobbs (Ash/L) 59.39, Steve Allen 61.10, Jacqueline Benson (Ash/L) 60.41, Penelope Cummings (AFD/L) 61.14, Melanie Peddle (Ltn/L) 62.25, Helen Middleton (EHAC/L) 65.20, Noel Blatchford (AAC/L) 67.32, Arthur Thomson (EHAC/L) 71.58 and Angela Martin 79.33 who got up from a fall to complete the distance. *Comprehensive result in Race Walking Record.*

Five ladies and five men made up the field on Saturday 8<sup>th</sup> February for the **Eastern/Essex Indoor 1 mile** championships at the LVAC.

The finishing order was George Wilkinson 6.52, Emma Dyos (Ilf/) 8.40, Melanie Peddle 8.43, Keith Palmer (SAC) 9.45, Rachel Lawless (Ilf/L) 9.54, Lesley Morris (Ilf/L) 10.45 and Pamela Abbott (EHAC) 11.31. George, Emma, Melanie and Rachel all posted new pb', whilst three walkers failed to satisfy the judges.



Lesley, Emma, George, Rachel and Melanie

### Ways to Keep in Touch

If you wish to keep in touch and would like the **Enfield Walker** sent to you, submit your email or home address to [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com) and it will be. The **Enfield Walker** and other race walking information can be found at <http://enfieldleague.weebly.com>

**Special dates for your diary:**

**Saturday 13th June – The Moulton Five**

**Saturday 14th November- The 94<sup>th</sup> Enfield Open 7 and Centenary Race**

## MARK EASTON

Many of the photographs used in the *Enfield Walker* and indeed national magazines like *Athletic Weekly* are those taken by Mark Easton: [markeaston.zenfolio.com](http://markeaston.zenfolio.com). However, before took up the camera he was for almost fifteen years one of the country's top walkers.

In the years spanning 1985 and 1999 he won 18 national titles and finished in the first three 20 times. He gained 15 international vests including four for Commonwealth Games and one for the European championships.

Mark's best times illustrate his wide range of ability: 3km 11.24, 5km 20.01, 10km 41.14, One Hour 14.158m, 20km 84.04, 30km 2,13,33 50km 4.03.53 along with six other performances under 4.10.00. He also came out of retirement in 2003 to take part in and win the Centenary London to Brighton (53 miles) in 8.06.15 which was the last ever staged.

Still contributing to the sport in which he excelled, Mark is the current Hon Treasurer of the RWA, so whether anyone requires an action photograph or would like to join the RWA 200 Club, Mark Easton is the man to see!

*(The statistics used in this short piece have been gleaned from the NUTS booklet 16 entitled WALKS which was compiled by John Powell and Peter Matthews. In my opinion the booklet is a must have for followers of the discipline. Details from the NUTS website or [p.matthews121@btinternet.com](mailto:p.matthews121@btinternet.com))*



## ERWL 2020 Fixture List (Provisional)

**Always check the [enfieldleague.weebly.com](http://enfieldleague.weebly.com) website for last minute changes**

4 <sup>th</sup> April	1.00	10km	Cyclo Park, Graves End, Kent, DA11 7NP. <b>Cecil Gittins Memorial Meeting</b> incorporates various distances. See <a href="http://www.vetsac.org.uk">www.vetsac.org.uk</a>
25 <sup>th</sup> May <i>(Bank Holiday)</i>	5.00	5mls	Chesham LT & S Club, Pednor Road. <b>The Pednor Open.</b> Details on Chiltern H Harriers website.
13 <sup>th</sup> June	12.30	5mls	Moulton Village Hall, Suffolk, CB8 8SP. <b>The Moulton Open.</b>
27 <sup>th</sup> June	12 <sup>noon</sup>	5km	Allianz Park, NW4 1RL. <b>LICC Meeting.</b> 1/5km races available
25 <sup>th</sup> July	12 <sup>noon</sup>	5km	Allianz Park, NW4 1RL. <b>LICC Meeting.</b> 1/5km races available
22 <sup>nd</sup> August	12 <sup>noon</sup>	5km	Allianz Park, NW4 1RL. <b>LICC Meeting.</b> 1/5km races available
26 <sup>th</sup> September	12 <sup>noon</sup>	1Hour	Lee Valley Athletic Centre, N7 0AS. <b>Annual Badge Race.</b> Badges for Walkers bettering 5, 6 or 7 miles in an hour for the first time, plaques for 8miles
17 <sup>th</sup> October	11.45	5mls	Donkey Lane, Enfield, EN1 3PL Shorter distances available
14 <sup>th</sup> November		7mls	<b>The 94<sup>th</sup> Enfield Open and Centenary Race</b>

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## Centurion's Social Walk - London's Roman Wall - Saturday 7th March 2020

Centurions, Families and Friends. Please join us for a walk around the remains of London's Roman Wall on Saturday 7th March 2020. Other points of interest along the route will be highlighted including the modern London Sculptures, an outdoor exhibit which runs until the end of March. The day will finish with a cafe stop for post-walk refreshment.

Meet at the Front entrance of Fenchurch Street Station at 10:30am. This is a five minute walk from Tower Hill underground station for those arriving by tube. We will have a short lunch stop, bring a packed lunch if you wish, alternatively purchase nearby. We aim to conclude at Tower Hill around 3:30pm. **Contact details. Steve Kemp 07860617899**

**Facebook Page** – the Southern RWA has decided to set up a Facebook Page, to publicise races round the Southern area for people who like to enjoy the convenience of modern social media. This year's Enfield League races are one of the things that it is intended to feature. So if you're a Facebook person you can 'like' or 'follow' the page at <https://www.facebook.com/SouthernRWA> or search in Facebook for 'Southern Race Walking Association'."