



It is hoped that everyone connected with the ERWL has managed to keep safe and cope with the extraordinary times that we are experiencing.



In certain circumstances it is now possible to train and coach again and some major events like the GB championships are planned to go ahead on 5th September, but the way that things are shaping up I don't see the resumption of the ERWL or indeed the sport in general for some time. So, virtual racing will continue to be the racing experience for most.

It is a great pity that this is the case with this year being the Centenary of the inaugural Enfield Open Seven (and indeed Enfield AC) and a physical get together to mark the occasion will not be possible. One notion to mark the occasion is to invite walkers or officials who have taken part in the race or supporters who have attended, to submit a memory about it, thus collating further historical information to add to that already available. The outcome would be a publication containing the recollections.

J.W. Dowse (Belgrave H) 56.33 was the quickest walker in the inaugural Enfield Seven but was not the race winner. The first six editions of the race were yacht handicaps, so the honour of being the first winner went to another Belgravian C.G. Bolt.

In recognition of the invaluable job that Jon May does as the ERWL stats man a 'Spotlight' feature on his competitive career is produced on pages 3 and 4.

Fast 10km by Wilkinson in a 'live' invitation evening 10k road race in Gothenburg, Sweden on 5th August which was won by Doha bronze medallist Perseus Karlstrom in 39.40, Callum Wilkinson was second in 39.57.

This year's Southend Mile will be a Virtual event thanks to the kind co-operation of Helen Elleker who has agreed to record One mile times set between 29th August and 2nd September. Times should be sent to ellekerhelen@yahoo.com It is a great way to maintain the continuity of this traditional August Bank holiday event.

Twenty-six Leaguers have performances in two of the virtual competitions that have been operating. The National Centre for Race walking was quick off the mark in promoting a eight race series twixt April and June over varying distances; 2, 3, 4 and 5km. Thereafter former international and recent RWA President Helen Elleker and John Constandinou have continued to manage a weekly 2km event. Lancashire Walking Club and other bodies world wide have promoted similar leagues and series. Guernsey and the Isle of Man are fortunate in being able to stage actual races.

Times recorded in these competitions over varying courses and without officials must be viewed with some reservation and there is a view that such unjudged events jeopardise good walking technique. However for over a hundred walkers they have provided a focus and source of encouragement to continue training during the last six months, so I've gleaned Leaguer performances from the two main competitions setting out their best performances and they appear on page 2.

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

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The **Essex Walker** is also a good read and can be obtained by contacting cper1881@btinternet.com

For race walk photographs visit markeaston.zenfolio.com

Sadly over the summer we have lost the following Friends

Ann Sayer MBE Larger than life, Ann had a tangible presence and made history by clocking 20.37.14 in the Bristol 100 of 1977 to become the first woman to qualify as a Centurion (No.599). However she was a GB Rowing international before turning to race walking and gaining her international colours in that discipline. She was an Enfield member in the late 70's/early 80's and finished second woman in the 1981 EO7.

Bill Pilgrim A solid clubman (55.44 10km) in the 1970's for the Borough of Enfield as it was then and was present at the EO7 Re-union in 2016. A decorator by trade and later a much respected community figure in Stevenage, serving on several bodies including Age Concern and the Citizens Advice Bureau.

Tony Challis Started his walking career whilst in the RAF and completed more than one EO7 with a 58.59 clocking in 1966. He went on to become a wonderful administrator being the driving force behind the Eastern Vets AC and was a regular helper at the Moulton Walks.

Doug Hopkins A Centurion (No.347) and an ever present at Southern fixtures for many years from the mid 1960's through to the 1970's, the EO7 being among them, recording 57.24 in the 1976 race. When his racing days concluded he devoted much time and effort to coaching and officiating and was often seen at ERWL fixtures in his role as a judge.

Condolences are expressed to the families of these friends who have bade us farewell and more detailed tributes to them can be found in *Essex Walker* and *Race Walking Record*.

National Centre Series (April – June)

Steve Allen	M60	Barnet DAC	12.39	18.56	22.21	27.32
Silvana Alves	W45	Barnet DAC	10.22	17.46	22.16	27.52
Jacqueline Benson	u20	Ashford AC	10.32	16.32	21.11	27.08
Fiona Bishop	W60	Enfield H AC	---	---	27.39	33.27
Noel Blatchford	W70	Abingdon AC	13.19	20.07	---	---
Tom Casserley	M80	Enfield H AC	---	---	28.12	35.33
Graham Chapman	M60	Headington	11.28	17.31	24.10	---
David Crane	M40	Surrey WC	12.28	14.08	19.21	24.15
Trevor Jones	M60	Steyning AC	---	17.41	23.53	---
Rachel Lawless	W55	Ilford AC	---	---	---	---
Angela Martin	W55	Surrey WC	14.27	21.34	28.52	---
Malcolm Martin	M65	Surrey WC	10.44	16.08	21.06	---
Helen Middleton	W55	Enfield H AC	---	---	---	31.22
Simon Morgan	M50	Ilford AC	---	21.11	27.04	34.50
Francisco Reis	M55	Surrey WC	9.03	13.39	18.13	23.18
George Wilkinson	u20	Enfield H AC	8.34	13.21	17.36	23.06
Tony Wilkinson	M55	unattached	13.06	21.13	28.47	38.39

RWA World 2km Series (24th June – 14th August)

Pamela Abbott	W55	Enfield H AC	12.54	Trevor Jones	M60	Steyning AC	11.30
Steve Allen	M60	Barnet DAC	10.38	Rachel Lawless	W55	Ilford AC	11.35
Silvana Alves	W45	Barnet DAC	10.12	Helen Middleton	W55	Enfield H AC	11.27
Tony Bell	M55	Lancs WC	12.11	Simon Morgan	M50	Ilford AC	13.11
Fiona Bishop	W60	Enfield H AC	12.48	Lesley Morris	W55	Ilford AC	12.32
Steve Cartwright	M60	Colchester AC	14.19	Alan O'Rawe ©	M75	Ilford AC	13.47
Tom Casserley	M80	Enfield H AC	13.27	Melanie Peddle	W50	Loughton AC	10.50
David Crane	M40	Surrey WC	9.05	Steve Uttley	M60	Ilford AC	11.46
Cath Duhig ©	W65	Ryston R	12.24	George Wilkinson	u20	Enfield H AC	8.32
Emma Dyos	W45	Ilford AC	10.47				

Ilford AC and Enfield H AC head the Womens team tables.

Good Home Wanted

Regular scorer in Enfield teams of the 1970's, bronze medallist in the 1973 Club championship with 57.57 and over the years a sponsor of several league races Pat Furey, seeks good homes for his large collection of race walking and other athletics memorabilia. There are Race Walking Records, many editions of "Running Magazine", AWs, plenty of old programmes, result sheets, press cuttings & photographs.

This really is an opportunity - phone Pat on **07711-472116** - to discuss what you'd like. Be quick as it's "first come-first served".

Spotlight on Jon May

Jon is a modest man and has resisted my attempts to feature him in the *EnfWalker* for some years, but finally he relented, so with his permission I have put together this brief synopsis in recognition of his contribution to the running of the League and to let people know what he attained as a competitor.

This picture was taken in the 1971 Leicester Mercury which was won by Shaun Lightman 2.38.16 just 3 seconds ahead of Bob Dobson. Jon finished 44th of the 130 starters in 3.12.55.

In the 1960's one of the country's dominant clubs the Metropolitan Walking Club who could boast such members as the great Don Thompson and fellow Olympian – Tom Misson among its ranks along with Arthur Thomson and the legendary Harold Whitlock as Coach. The club organised a Middlesex School's league and it was after Jon had competed in the 1965/66 season that he was invited to join the club.

The year 1967 was one of steady progress for Jon; finishing 6th in the youth's 3 miles at his Club's April meeting in a time of 30.11 and two weeks later at Leicester's Open Schools 3 miles improved to 26.29. By the end of the year he lowered his time even further to 26.12 and had been awarded his junior Middlesex vest in the English Schools meeting at Bristol.

It would be another seven years before he was awarded his senior county colours and that was at Whetstone Park, Leicester in the 1974 RWA National 10 miles championship. Jon was one of 214 starters and finished a creditable 63rd in 83.27. Interestingly, ten places behind him was Ken Livermore in 84.13 and who would have thought then that these two would be essential contributors to the success of the ERWL.

Although Jon's serious walking career spanned over twenty years, the two between August 1973 and August 1975 were his most productive in terms of times, setting the following personal bests.

3km	14.59	18/05/74	Middlesex championships–W.London Stadium	8/ 9
5km	25.32	20/07/74	Met WC Meeting - Paddington track	9/ 21
10km	51.06	10/04/74	West London Stadium	7/ 18
20km	1.44.36	29/07/73	Southern championships – Victoria Park	31/ 82
50km	4.53.16	04/08/73	RWA National – Redditch	31/115
5mls	41.32	11/06/74	Lambeth Open	27/ 77
7mls	57.48	1/12/73	Cambridge H Open – Bexley	30/ 93
1hour	7m 391yds	08/08/73	Ilford One Hour meeting	11/ 42
10mls	83.27	16/03/74	RWA National/CAU championship's – Leicester	63/214
20mls	3.02.37	14/06/75	RWA National – Isle of Man	

To put these performances into context included in italics is the number of starters and his finishing positions, which give a good indication to how tough the competition was at that time. Jon was consistently in the top third of the field and a regular handicap winner at various events and beat the Hastings to Brighton handicapper on three occasions.



1974 Slough 35km - Head down Shaun Lightman followed by Bob Dobson. Jon is 3rd from right 2nd on the right is the great Donald James Thompson.



On his CV also, are very good performances in such classics of the period as the Leicester Mercury 20 miles and the Bradford 50km, two events which were often held over the Whitsun weekend at the end of May, the Mercury on the Saturday and the Bradford two days later on the Bank holiday Monday.

He was also no stranger to the top-ranking long-distance events of the time; the 53 miles London to Brighton (7th 8.57.52), the 52 miles Manchester to Blackpool (5th 8.42.55) and the 38 miles Hastings to Brighton (9th 6.01.00).

In 1979 he finished 10th in the Isle of Man TT walk covering the same 38.75 miles used for the world famous annual motor bike races staged earlier in the year. The course is a gruelling one, from Douglas it is an undulating 20 miles to Ramsey before the 6 mile climb up Snaefell and then a murderously six miles of jarring downhill to the finish.

Jon takes his role as EHAC Walking Section Vice Captain seriously and supports and encourages all walkers regardless of their club affiliation and in recent times assisted as a lap scorer in a number of 100 mile events.



Newmarket July 2009 – A job well done! After the six week duration of the bi-centennial re-enactment of Captain Barclays famous feat of completing on foot 1000 miles in 1000 consecutive hours for a wager of 1000 guineas by Richard Dunwoody, Jon and the support team have just enough energy to pose for this picture. Next to John is Amos Seddon, Olympian Eric Hall, Centurions Mal Blyth and Ron Wallwork and Glyn Jones.



Basingstoke 10 miles – 17th February 1973

LtR: Bill Field (Basingstoke), Geoff Robinson (*Enfield*)

Martin Mason (*Brighton*) Jon May (*Met WC*)

Won by Bob Court in 73.38. Jon May 30th of 44 starters in 88.29



London Vidarians 15 miles – Carshalton 27th March 1971

LtR: Lee Linsell and Jon May.