

# The Enfield Walker 2021

December



(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>

The 24th edition of the ERWL was, like every other aspect of society, over shadowed by the Covid virus restrictions. Nevertheless 124 walkers registered a performance in the competition and although the amalgamation of real and virtual results over the last five months produced somewhat arbitrary final League tables, the aims of including the virtual races were met.

There is little doubt that even without the restrictions Jacqueline Benson and George Wilkinson would have retained the titles they won 2019 and likewise, that Enfield and Ashford would again dominate the team table. However, anecdotal feedback suggests that it is not prizes, but personal targets, rivalries and camaraderie that provide the main incentive for participation in the League and race walking in general.

The League's only disappointing aspect is the dearth of young walkers taking part. Of the 124 who did take part only eight were aged under 23 and only three of them seniors. Jacqueline and George the overall winners are two of the country's top juniors and obviously feel that they benefit from competing in the programme so why aren't there more. Is it because the League is staged under the B rule, is it because it is not over metric distances, is it the travel? If indeed these are the reasons that keeps youngsters away, apart from the latter, some accommodation could be made to overcome them.

The latest Covid news will do nothing to encourage anyone with concerns about meeting and mixing with people and so real racing for some, will remain out of the question. *See page 3 for information about the 2022 ERWL and VERWL.*

**Thank you time!** To the race organisers, time keepers, recorders, judges, marshalls and volunteers without who the ERWL would cease to function. Their commitment to athletics in general and race walking in particular cannot be overstated; they brave the weather, give freely of their time and encounter expense to do it. Some of them are pictured here.



Pam Ficken ©, Tracey Wilkinson, Phil Welch and Carl Lawton ©



Jon May



John Hall



Stephen Cartwright, Andrew Garner, Shaun Lightman, Pauline Wilson ©, Mark Culshaw and Peter Cassidy

## 2021 ERWL Final Figures

<b>Team</b>	<b>1 Enfield HAC</b>	<b>3737</b>	720 Wilkinson, 670 Walsh, 623 Middleton, 608 Ralph, 597 Bishop, 534 Braverman D
<b>Table</b>	<b>2 Ashford AC</b>	<b>3213</b>	711 Hobbs J, 689 Benson, 675 Morris, 640 Hobbs C, 388 Harding, 110 Wilton
	<b>3 Surrey WC</b>	<b>2742</b>	569 Gaston, 543 Cox, 475 Flint, 447 Martin A, 403 Martin M, 305 Crane D
	<b>4 Ilford AC</b>	<b>2581</b>	640 Kates, 544 Morgan, 454 Dyos, 378 Bennett, 289 Perkins, 276 Shillabeer
	<b>5 Birchfield H</b>	<b>1545</b>	700 Williams M, 514 Williams K, 263 Fall, 45 Constandinou, 23 Barnett.

Other Clubs who had representation were: Tonbridge AC, Loughton AC, Surrey WC'B', Belgrave H, Moulton R&R, S.W.vets, Abingdon AC, N.Herts RR, Lancashire WC, Desborough R, Overton H, CAM Terrevalle, Leicester RWC, Ilford AC'B', Steyning AC, Arena 80, Trent Park, LA Herton, Barnet D AC, EMAC, Highgate H, Blackheath & Bromley, Jo'burg Canoe Club, Aldershot F & D, Rhedeg Portardawe, Gt.Bentley RR, Coventry Godiva H, Cambridge & Coleridge, Sarnia, Colchester H, Canx H, Headington AC, Ryston R, Redcar RWCDudley & Stourbridge, Halstead R.

### Overall Top Three

Jacqueline Benson (Ashford AC)	George Wilkinson (Enfield H AC)	Enfield & Haringey AC
Mille Morris (Ashford AC)	Jonathan Hobbs (Ashford AC)	Ashford AC
Diane Bradley (Tonbridge AC)	Dave Annetts (North Herts RR)	Surrey WC

### 2021 ERWL/VERWL Overall Individual Table *Highlighted or underlined walkers = virtual competitors only*

1	George Wilkinson	u20/1	720/14	29	Chris Flint ©	M75/2	475/12	57	Steve Uttley	M60/9	256/04
2	Jonathan Hobbs	SM/1	711/09	30	Tony Wilkinson	M55/4	474/14	58	Brian Milsom	M75/6	247/05
3	Dave Annetts	M55/1	701/14	31	Ron Penfold	M80/2	473/12	59	Anthony Cotton	M80/4	233/06
4	Mark Williams	M55/2	700/15	32	Mal Blackwood	M70/5	462/12	60	Steve Cartwright	M60/10	233/06
5	Jaqueline Benson	u23/1	691/15	33	Marco Bernatzki	M50/3	458/08	61	Amalia Christina Silva	W55/5	231/06
6	Millie Morris	u20/1	675/9	34	Emma Dyos	W45/1	454/07	62	Glyn Jones	M75/7	225/06
7	Dave Walsh	M60/1	670/13	35	Sarah Sowerby	W55/2	453/11	63	Andrew Tweed	M70/8	205/03
8	Diane Bradley	W60/1	646/11	36	Angela Martin	W55/3	447/10	64	Sue Clements ©	W65/4	195/06
9	Chris Hobbs	M65/1	640/13	37	Terry Braverman	M75/3	428/12	65	Shaheda Arthur	W60/4	186/04
eq	David Kates ©	M70/1	640/12	38	Malcolm Martin	M65/3	403/08	66	Silvana Alves	W45/2	185/04
11	Helen Middleton	W55/1	623/15	39	Tony Bell	M55/5	402/09	67	Jurgen Spencer	M80/5	173/05
12	Richard Emsley	M65/2	617/13	40	Steve Kemp	M60/4	396/08	68	Sue Barnett	W70/2	168/03
13	Keith Vallis	M55/3	612/14	41	Rachel Harding	u20/2	388/08	69	Tony Taylor	M70/9	160/03
14	John Ralph	M60/2	608/11	42	Stuart Bennett ©	M60/5	378/06	70	Ian Torode	M60/11	158/03
15	Cath Duhig ©	W65/1	597/11	43	Melanie Peddle	W50/2	372/05	71	Shaun Lightman	M75/8	155/04
16	Fiona Bishop	W60/2	582/14	44	Bill Sutherland ©	M75/4	358/13	72	Elini Panayiotou	W35/1	150/03
17	John Borgars ©	M75/1	575/11	45	John Arthur	M60/6	331/05	73	Rob Elliott	M60/12	147/04
18	Ian Tolchard	M50/1	570/08	46	Jonathon Ellerton	u17/1	328/07	74	Colin Harle	M60/13	141/02
19	Paul Gaston	M70/2	569/10	47	Mick Graham	M70/6	316/09	75	Greg Smith	M65/5	134/03
20	Brian Adams ©	M70/3	548/15	48	Stephen Evans	M60/7	315/06	76	Maureen Noel	W55/6	130/02
21	Simon Morgan	M50/2	544/11	49	David Hoben	M65/4	313/06	77	Dave Ainsworth ©	M70/10	129/03
22	Andrew Cox	M70/4	543/11	50	David Crane	M40/1	305/05	78	Steve Taylor	M50/5	112/02
23	Grazia Manzotti	W50/1	536/08	51	June Avery	W60/3	296/05	79	Jessica Wilton	u17/1	110/02
24	Diana Braverman	W65/2	534/13	52	Francisco Reis	M60/8	292/05	80	Graham Chapman	M65/6	108/02
25	Tom Casserley	M80/1	520/13	53	Tony Perkins ©	M70/7	289/10	81	Alison Clements	W60/5	106/04
26	Karen Williams	W65/3	514/15	54	Tracey Wilkinson	W55/4	278/09	82	Kathy Crilley ©	W70/3	105/02
27	David Kemp	M60/3	492/07	55	Ed Shillabeer ©	M80/3	276/06	83	Suz Beardsmore©	W45/3	100/02
28	Noel Blatchford	W70/1	482/11	56	Dave Fall	M75/5	263/06	84	Judy Howard	W60/6	99/03

A further 40 walkers took part, and they were: Adrian Moore M50/6 94/2, Paul Firmage M65/7 93/2, Ken Bobbett M75/9 92/3, Maddie Shott SW/1 90/1, Dominic King © M35/1 80/1, Callum Wilkinson SM2 80/2, Abigail Jennings Wu23/2 78/1, Gary Smith © M60/14 76/3, Trevor Jones M60/15 74/1, Stephen Crane M40/2 72/1, George Wallis M65/8 68/1, Katherine Smith W55/7 67/1, Martin Fisher © M55/6 67/1, John Hall M70/11 65/1, Steve Allen M65/9 63/1. George Nibre M60/16 60/1, Stuart Edgar M50/5 59/1, Steve Allen © M60/17 57/1, Nico Strydom M45/1 56/1, Joyce Crawford © W50/3 55/1, Francesca Dell'Oro W50/4 54/1, Brian Armstrong M70/12 51/1, Peter Crane M75/10 51/1, Ron Wallwork © M75/11 50/1, Anna Strydom W70/4 49/1, Colin Vesty © M55/7 48/1, Kate James W40/2 48/1, Michael Harran M80/6 48/1, John Constandinou M45/2 45/1, Andrew Wilmott M75/12 43/1, Lesley Hall W50/5 42/1, Anna Allen, W65/5 42/1, Viv Houghton W70/5 40/1, Dave Waterman M75/13 39/1, Sue Mills W50/6 39/1, Malcolm Brown M70/13 38/1, William Misner M75/14 38/1, Daniel King © M35/2 36/1, Ava Chappell u13/1 35/1 and Julian Barnett M55/8 23/1.

41 Women – 83 men = 124 , representing 43 club's and various other organisations and who registered 724 performances

## 2021 ERWL/VERWL Age Category Breakdown *(category for most of a walkers' performances)*

<b>U13</b> Ava Chaplell	<b>U17</b> Jonathon Ellerton	<b>M65</b> <b>Chris Hobbs</b>
<b>U17</b> Jessica Wilton	<b>U20</b> George Wilkinson	Richard Emsley
<b>U20</b> Millie Morris	<b>SM</b> Jonathan Hobbs	Malcolm Martin
Rachel Harding	Callum Wilkinson	David Hoben
<b>U23</b> Jaqueline Benson	<b>M35</b> Dominic King ©	Greg Smith
Abigail Jennings	Daniel King ©	Graham Chapman
<b>SW</b> Francesca Del'Oro	<b>M40</b> David Crane	Paul Firmage
Maddie Shott	Stephen Crane	George Wallis
<b>W35</b> Elini Panayiotou	<b>M45</b> Nico Strydom	Steve Allen
<b>W40</b> Kate James	John Constandinou	<b>M70</b> <b>David Kates</b> ©
<b>W45</b> Emma Dyos	<b>M50</b> Ian Tolchard	Paul Gaston
Silvana Alves	Simon Morgan	Brian Adams ©
Suzanne Beardsmore ©	Marco Bernatzki	Andrew Cox
<b>W50</b> Grazia Manzotti	Steve Taylor	Malcolm Blackwood
Melanie Peddle	Adrian Moore	Mick Graham
Joyce Crawford ©	Stuart Edgar	Tony Perkins ©
Lesley Hall	<b>M55</b> David Annetts	Andrew Tweed
Sue Mills	Mark Williams	Tony Taylor
Helen Middleton	Keith Vallis	Dave Ainsworth ©
Sarah Sowerby	Tony Wilkinson	John Hall
Angela Martin	Tony Bell	Brian Armstrong
Tracey Wilinon	Martin Fisher ©	Malcolm Brown
Amalia Christina Silva	Colin Vesty ©	<b>M75</b> <b>John Borgars</b> ©
Maureen Noel	Julian Barnett	Chris Flint ©
Katherine Smith	<b>M60</b> David Walsh	Terry Braverman
<b>W60</b> Diane Bradley	John Ralph	Bill Sutherland ©
Fiona Bishop	David Kemp	David Fall
June Avery	Steve Kemp ©	Brian Milsom
Shaheeda Arthur	Stuart Bennett ©	Glyn Jones
Alison Clements	John Arthur	Shaun Lightman
Judy Howard	Stephen Evans	Ken Bobbett
<b>W65</b> Cath Duhig ©	Francisco Reis	Peter Crane
Diana Braverman	Steve Uttley	Ron Wallwork ©
Karen Williams	Stephen Cartwright	Andrew Wilmot ©
Sue Clements ©	Ian Torode	David Waterman
Anna Allen	Rob Elliott	William Misner
<b>W70</b> Noel Blatchford	Colin Harle	<b>M80</b> <b>Tom Casserley</b>
Kath Crilley ©	Gary Smith ©	Ron Penfold
Sue Barnett	Trevor Jones	Ed Shillabeer ©
Anna Strydom	George Nibre	Anthony Cotton
Viv Houghton	Steve Allen ©	Jurgen Spencer
		Michael Harran

**Centurions at the 2021 ERWL/VERL** Twenty-six members of the brother/sisterhood took part in the ERWL/VERWL series, three of them in an official capacity. David Kates who since 2000 had three Leading Centurion placings to his credit added a fourth, finishing equal sixth overall. Cath Duhig notched up her seventh ladies top spot in 15th place overall with John Borgars two places behind her.

### ERWL & VERWL - 2022

Hopefully, Covid restrictions in 2022 won't be severe enough to prevent some real competition and with that upbeat approach, the 25<sup>th</sup> Edition of the ERWL is being scheduled to go ahead in its original format, commencing with the first fixture at Donkey Lane on 15<sup>th</sup> January with an 11am start. Dates for fixtures 2 & 3 are February 12<sup>th</sup> and March 12<sup>th</sup>.

Appreciating that there are still many people who are apprehensive about mixing or mingling with others in public and a moderate show of support for it, a vertical race programme will be included. Although set on the same weekend dates as the Real races, the Virtual League will stand alone, be on an individual basis only and won't be integrated into the Real race tables.

There will be no fee for a walker's first Virtual race. However, to continue racing in the VERWL thereafter a series registration fee of £5 becomes payable. To: Ron Wallwork, 35A Newmarket Road, Moulton, Suffolk, CB8 8QP.

## ERWL2021 Finale Five King George Playing Fields, Enfield on 4th December

Permit: RWA21064-3

As one might have expected, the 'finale five' fixture had an end of the season feel to it and the turnout of 18 reflected that. Overnight rain cleared leaving a bright sunny if somewhat chilly morning.

The feature of the race was a dogged battle involving Melanie Peddle and David Walsh. Melanie seemed to be hanging on as she trailed the Enfield man for the first three laps, but just before the bell she drew level and pressed ahead to gain a 25 second advantage by the end of the race.

It was good to see John Hall (our much appreciated contact man at this venue), once again in action after a lengthy period of inactivity because of injury problems. On hand also was EHAC Hon.General Secretary Barry Cook who presented Jacqueline and George with their ERWL championship 2021 trophies.

### 5 miles © = Centurion

1	George Wilkinson	(EHAC)	39.06	u20	1	Jaqueline Benson	(Ashford AC)	44.53	Wu23
2	Dave Annetts	(N.Herts RR)	40.00	M55	2	Melanie Peddle	(Loughton AC)	46.24	W50
3	Dave Walsh	(EHAC)	46.49	M60	3	Helen Middleton	(EHAC)	51.54	W55
4	John Arthur	(unattached)	51.09	M60	4	Noel Blatchford	(Abingdon AC)	57.05	W70
5	Tony Wilkinson	(unattached)	56.43	M60	5	Diana Braverman	(EHAC)	79.59	W70
6	John Hall	(Belgrave H)	57.27	M70					
7	Tom Casserley	(EHAC)	57.52	M80					
8	Malcolm Blackwood	(Trent Park)	59.25	M7					
9	David Hoben	(Surrey WC)	62.04	M65					

Dave Annetts 9.49 dashed from the Finale 5 to LVAC to win the EMAC indoor 2km. 3<sup>rd</sup> was John Borgars© 14.01. Three started.

### 3 miles

	Elini Panayiotou	(unattached)	34.52	W40
	Terry Braverman	(EHAC)	42.52	M75
	Dave Ainsworth ©	(Ilford AC)	47.07	M70
	Shahed Arthur	(unattached)	81.12	W70

Judges: Peter Cassidy (Chief), Mark Culshaw (Chief), Shaun Lightman, Pauline Wilson ©

Timekeeper: Andrew Garner - Recorders: Pam Ficken ©, Carl Lawton ©, Tracey Wilkinson - Race Organiser/Referee: Ron Wallwork ©

### Virtual Fixture Result 4<sup>th</sup> December - 5 miles

1	Mark Williams	(Birchfield H)	42.14	M55
2	Diane Bradley	(Tonbridge AC)	51.02	W60
3	Richard Emsley	(Desborough R)	52.42	M65
4	Keith Vallis	(Overton H)	55.16	M55
5	Andrew Cox	(Surrey WC)	55.32	M65
6	Fiona Bishop	(EHAC)	56.50	W60
7	Brian Adams ©	(Leicester WC)	60.47	M70

### 3 miles

1	Ron Penfold	(Steyning AC)	34.15	M80
2	Bill Sutherland ©	(Highgate H)	48.15	M75

### 5 miles continued

8	Karen Williams	(Birchfield H)	62.53	W65
9	Steve Cartwright	(Gt Bentley RC)	63.39	M60
10	Chris Flint ©	(Surrey WC)	79.46	M75

### Leaguers in Action

To qualify for Leaguer Status an athlete must participate in a six ERWL fixtures in a calendar year.

Less than a second separated Luc :Legon (Bexley) 25.07.7 and Hannah Hopper (Camb H) 25.08.4 in the **5km Alf Palmer Memorial walks**, staged at Broadbridge track, Horsham by Steyning AC on 11<sup>th</sup> December. The only two Leaguers were the event organiser Ron Penfold 35.28 and Dave Hoben 37.24.

The final **Midland Winter League** fixture took place at Warwick University on Sunday 12<sup>th</sup> December with more than twenty walkers taking part in 5 and 10km events. Mark Williams 28.13/60.58 and Jacqueline Benson 28.39/63.38 were the first two home in both events. Richard Emsley 31.30/66.23 also did both finishing 6<sup>th</sup> and 3<sup>rd</sup>, whilst Steve Uttley 29.44 was third in the shorter race.

*Wishing you a really nice Festive Season and may you enjoy good health and stay injury-free throughout 2022*

