

The Enfield Walker 2022

(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>

April



The Move towards A category status

Along with other athletic disciplines race walking has experienced a huge decline in participation. Some of the decline can be put down to rapid changes in society. Coupled to that so far as race walking is concerned, a period of rule changes didn't help.

When the current rule was adopted in 1996 it was controversial and caused a major split in race walking circles and to accommodate the many who found difficulty in meeting the demands set by the rule, a B category was introduced for a transitional period to allow time for the assimilation of the said new demands. No other country has such a rule.

Since its inception, the ERWL has preserved the old concept of race walking, but with numbers continuing to fall it's imperative that if it is to survive it must adapt to the requirements of the discipline as they exist today. So, with this in mind the first move towards bringing the League into A category recognition in 2023 has begun. The last race was judged under A rules with dq's only coming into play for loss of contact. The plan is to operate this way throughout the year, raising awareness and giving opportunity for athletes to work on technique.

However, the League is proud of its 'welcome to all' record and so to remain fully inclusive, when the A rule is adopted, there will be an opt out for those who really can't comply, however they would be shown on a separate result and forfeit the right to any award.

2022 League Tables (top 5) after 4 fixtures

Ladies

- 1 188/4 Fiona Bishop (60)
2. 187/3 Emma Dyos (45)
3. 184/4 Amalia Christina Da Silva (55)
4. 173/3 Maureen Noel (55)
5. 161/3 Melanie Peddle (50)

Men

1. 279/4 George Wilkinson (u23)
2. 275/4 Dave Annetts (55)
3. 254/4 Dave Walsh (60)
4. 236/4 John Arthur (60)
5. 177/3 Stuart Bennett ©

Virtual Individual mixed

points awarded as if amalgamated with real league

1. 266/4 Mark Williams (M55)
2. 191/4 Marco Bernatzki (50)
3. 175/4 Brian Adams ©
4. 172/4 Ron Penfold (80)
5. 169/3 Cath Duhig © (65)

Team Table

- | | | |
|-----------------|------------|--|
| 1. EHAC | 964 | 279 Wilkinson, 254 Walsh, 188 Bishop, 135 BravermanD, 55 Barnett, 53 Ralph |
| 2. Ilford AC' | 912 | 236 Arthur J, 187 Dyos, 177 Bennett, 143 ArthurS, 115 Lawless, 54 Morgan |
| 3. Belgrave H | 528 | 184 Da Silva, 173 Noel, 121 Harle, 50 Hall |
| 4. Loughton AC | 326 | 165 Borgars, 161 Melanie Peddle, |
| 5. Aldershot FD | 316 | 135 Jennings, 89 Smith, 63 Carty, 29 Billingham |

Thanks to Jon May who is happy to send by email a detailed spreadsheet upon request

To date 52 walkers have competed live and 17 virtually

2022 ERWL Fifth Fixture **Cecil Gittins Memorial Meeting**

Permit No: RWA22027-1 cat B

Saturday 21st May starting at **3.30pm**
Cyclopark, Gravesend, Kent, DA11 7NP

2.5km / 5km / 10km

Entries in advance online by 20th May

<https://www.fabian4.co.uk/default.aspx?EventID=3131>

Enquiries: Dave Hoben, walks@vetsac.org.uk or 07507 158 605

2022 ERWL Fixture 4 (Cat B) – LICC Track at LVAC on 12th April

Sunny, warm conditions and a busy athletic stadium created an atmosphere for some keen racing Messrs. Arthur, Bennett and Harle separated by a mere seven seconds and the first three women not substantiating their placings until the latter end of the race. There was also a warm welcome for Abby Hughes making the long journey from Taunton to gain racing experience.

There was some positive feedback from a number of walkers, who reported that they found the A category judging and mark-up helpful. The Judges: Stephen Cartwright, Peter Cassidy, Mark Culshaw(Chief), Shaun Lightman, Pauline Wilson ©..

5km

1	George Wilkinson	Enfield H AC	Mu23	22.19.9.37	1	Jacqueline Benson	Ashford AC	Wu23	27.13.02
2	Dave Annetts	North Herts RR	M55	23.39.96	2	Melanie Peddle	Loughton AC	W50	27.23.35
3	Dave Walsh	Enfield H AC	M60	29.00.67	3	Grazia Manzotti	Tonbridge AC	W50	27.42.03
4	John Arthur	Ilford AC	M60	30.39.21	4	Emma Dyos	Ilford AC	W45	28.10.64
5	Stuart Bennett ©	Ilford AC	M60	30.44.54	5	Rachel Lawless	Ilford AC	W55	31.38.72
6	Colin Harle	Belgrave H	M60	30.46.94	6	Maureen Noel	Belgrave H	W55	32.30.85
7	Steve Allen	Barnet F&D	M65	31.56.17	7	Sue Barnett	Enfield H AC	W70	33.32.98
8	Simon Morgan	Ilford AC	M50	33.06.99	8	Amalia DaSilva	Belgrave H	W55	34.19.10
9	Tony Wilkinson	unattached	M60	34.10.64	9	Fiona Bishop	Enfield H AC	W60	34.54.47
					3k	Shaeda Arthur	Ilford AC	W60	30.52.65
					u17	Abby Hughes	Taunton	u17	25.47.33
						Penelope Cummings	Herne H H		dnf

Virtual Result

Mark Williams	Birchfield H	M55	26.11	other distances				
Cath Duhig ©	CAM Torrevieja	W65	33.80	3km				
Marco Bernatzki	LA Herton/Ger	M50	33.27	Karen Williams	Birchfield H	W65	28.38	
John Borgars ©	Loughton AC	M75	33.35	5 miles				
Keith Vallis	Overton H	M55	36.07	Brian Adams ©	Leicester WC	M70	62.15	
Ron Penfold	Steyning AC	M80	36.30					
Stephen Cartwright	Gt.Bentley RC	M60	38.55					
Tony Perkins ©	Ilford AC	M70	50.23					

VAC Summer Series The first of the races took place at Battersea Park on 10th April with a reasonable field, fair weather, and with little breeze. The distance was 5k and the men's winner was Dave Annetts (North Herts RR) 24.17, only a few seconds slower than his personal best. Melanie Peddle (Loughton AC) 28.10 was the ladies winner in another good time and, both Dave and Melanie had raced at the SCVAC indoor champs just 3 days before. Both winners are Leaguers and all but one of the seven competitors were also. They were Stuart Bennett © 31.08, Maureen Noel 33.06, Fiona Bishop 33.59, Dave Hoben 38.03, Chris Flint © 38.14 and Peter Hannell 40.11.

Molly Barnet Missing from the Molly Barnet result in the last EnfWalker was that of Ilford Leaguer Steve Uttley who won the 5km in a time of 29.15.

Several people have asked who was Molly Barnett? Glyn Jones has kindly provided the answer. The Molly Barnett Walks were instigated in the early 1970s following the death of Molly Barnett in November 1972.

Molly Barnett was the mother of Judith Rushforth (nee Barnett) who was the wife of Jim Rushforth, one of the original members of Greyfriars Walking Club, Coventry who staged the event. Molly had been a helper at previous walks and events and the Barnett family donated the cup in memory of Molly to be awarded annually to the winning team of the Boy's event.

John Hall is appealing to any walker with a **Middlesex qualification** to enter the Centenary County 3km championship taking place at Lee Valley Athletic Centre on 14th May. Last year there were no entries for the 3,000m walk at the championships. General information can be found on the county association's website:

[Middlesex County Centenary Track & Field Championships – Middlesex County AA \(esm.org.uk\)](http://Middlesex County Centenary Track & Field Championships – Middlesex County AA (esm.org.uk))

Entry details can be found here:

<https://data.opentrack.run/en-gb/x/2022/GBR/mdx-all/>

Please let John know (07749 625 969 or stroller49@gmail.com) if you have difficulty with either of the links.