

The Enfield Walker 2022

July



(Newsheet of the Walking Section of Enfield & Haringey AC)

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



The Bernie Hercock Award

This is a new award and funded by a donation made by the late Bernie Hercock. Qualification is EHAC membership or ERW Leaguer.

The 2022 Award is in the form of financial support for up to four walkers to participate in the **63rd Challenge FACOETTI-DAHM**, meeting at the Jean Delbert Stadium, Montreuil, Paris, France on 25th September. The distance is 20km.

Jaqueline Benson, Melanie Peddle, Dave Annetts and George Wilkinson are the selected walkers

Bernie will also be remembered at this year's Open Seven on 12th November, when the race will carry his name and entry will be free.

Good Luck to Bethan Davis, Heather Lewis, Tom Bosworth and particularly to Leaguer Callum Wilkinson, in the Commonwealth Games 10kms this coming weekend.

2022 ERWL Ninth Fixture

LICC 1km, 3km & 5km

Note: 5km time limit of 38 minutes

Sunday 28th August starting at 12 Noon - StoneX Stadium, NW4 1RL

ONLINE ENTRIES ONLY by 21st AUGUST to: entry4sports.co.uk



After the 8th fixture Mark Easton captured Shaun Lightman with the sixteen competitors who don't look too worse for wear
Full result overleaf

Corrections:

The lady on the left in the Tampere picture in the last issue was Lynne Marr; Sorry Lynne

In the 'Leaguers at International Events' in the May EnfWalker I reported that Cath Duhig had won double gold at the Euro Masters Non stadia championships earlier that month. Cath got in touch to put me straight: Thanks for keeping me in the loop, and for my honourable mention. Just to straighten the record re Italy, I got 2 silvers (10K individual, and team with Spanish F55) and just the one gold in 20K.

Please note that the date of the One Hour meeting has yet to be fixed and notification will be circulated as soon as possible

Visiting Australian Kate Siviour from the Victoria Race Walking Club was a welcome visitor to the League and along with fifteen other athletes toed the start-line for this event. Conditions were uncomfortably hot and the times compared to of those who competed in the previous fixture reflect this.

George Wilkinson won as he pleased and Kate's time was half a minute inside her previous best. Melanie Peddle and Jacqueline Benson had a cracking tussle as did John Arthur and Colin Harle and M70 Sue Barnett showed great resolve in the conditions, finishing not that much slower than she did in the last fixture.

A word of thanks to the officials who came in well baked after their stint in the sun.

| | | | | | | | | | |
|---|------------------|-----------------|-----|----------|------------|------------------|--------------|-----|----------|
| 1 | George Wilkinson | Enfield H AC | SM | 22.58.10 | 1 | Kate Siviour | VRWC | SW | 25.35.67 |
| 2 | Dave Annetts | North Herts R | M55 | 24.13.39 | 2 | Melanie Peddle | Loughton AC | W50 | 27.32.58 |
| 3 | Jonny Ellerton | Brom/Blackheath | u17 | 28.31.42 | 3 | Jaqueline Benson | Ashford AC | SW | 27.50.67 |
| 4 | John Arthur | Ilford AC | M50 | 31.09.76 | 4 | Grazia Manzotti | Tonbridge AC | W50 | 28.26.75 |
| 5 | Colin Harle | Belgrave H | M50 | 31.19.28 | 5 | Emma Dyos | Ilford AC | W45 | 29.05.07 |
| 6 | John Borgars © | Loughton AC | M75 | 32.24.37 | 6 | Maureen Noel | Belgrave H | W55 | 32.16.43 |
| 7 | Simon Morgan | Ilford AC | M50 | 33.43.89 | 7 | Sue Barnett | Enfield H AC | W70 | 33.51.87 |
| | | | | | 8 | Amalia da Silva | Belgrave H | W55 | 37.25.46 |
| | | | | | 3km | Shaeda Arthur | Ilford AC | W60 | 30.39.74 |

Officials: Appointed by LICC

RWA Judges: Elizabeth Benson, Peter Cassidy, Mark Culshaw, Shaun Lightman, Pauline Wilson ©

Some great photographs of the race on mark.j.easton@hotmail.com

Virtual Result

| | | | | | | | | | |
|---|-----------------|---------------|-----|-------|---|--------------|----------------|-----|-------|
| 1 | Mark Williams | Birchfield H | M55 | 26.11 | 1 | Cath Duhig © | CAM Torrevieja | W65 | 33.13 |
| 2 | Richard Emsley | Desborough R | M70 | 32.57 | | | | | |
| 3 | Marco Bernatzki | LA Herton/Ger | M50 | 34.15 | | | | | |
| 4 | Keith Vallis | Overton H | M55 | 35.41 | | | | | |
| 5 | Ron Penfold | Steyning AC | M80 | 36.29 | | | | | |
| 6 | Brian Adams © | Leicester WC | M70 | 38.22 | | | | | |
| 7 | Tony Perkins © | Ilford AC | M70 | 50.11 | | | | | |

Although numbers in the Virtual races have dropped off more acutely, it is rewarding to know that this format continues to provide incentive for athletes who are unable to compete live.



Melanie and Jaqueline



Colin and John



Sue Barnett

2022 League Tables - Top 5 after 8 fixtures

Ladies

- 1 429/7 Melanie Peddle (50)
- 2 378/6 Emma Dyos (45)
- 3 331/7 Amalia Christina Da Silva (55)
4. 306/8 Shaheda Arthur ((50)
5. 298/6 Fiona Bishop (50)

Men

1. 489/7 George Wilkinson (SM)
2. 485/8 John Arthur (60)
3. 413/6 Dave Annetts (55)
4. 383/5 Dave Walsh (60)
5. 290/5 Simon Morgan (50)

Virtual Individual mixed

points awarded as if amalgamated with real league

1. 534/8 Mark Williams (M55)
2. 408/8 Marco Bernatzki (50)
3. 396/7 Cath Duhig © (65) 6
4. 367/8 Brian Adams © (70)
5. 309/8 Tony Perkins © (70)

Team Table

1. Ilford AC' **1861** 485 Arthur J, 378 Dyos, 306 ArthurS, 290 Morgan, 239 Bennett, 163 Lawless
2. EHAC **1650** 489 Wilkinson, 383 Walsh, 298 Bishop, 225 Barnett, 185 BravermanD, 70 BravermanT
3. Belgrave H **971** 331 Da Silva, 291 Noel, 247 Harle, 52 Culshaw, 50 Hall
4. Loughton AC **709** 429 Peddle, 280 Borgars,
- 5 Surrey WC **493** 185 Hoben, 135 Flint, 72 Reis, 68 Crane, 33 Hannell

Leaguers in Action

Vets AC 5K Walk Championships - Battersea Park, 12 July 2022. The third of the regular Battersea Park races had a reasonable field of eight and held in excessively hot weather with cloud cover, and some breeze, but certainly not the best of racing conditions. The ladies winner and second overall was ever present Maureen Noel (Belgrave & Leaguer) 32.16 in her usual impressive time. The men's winner was Steve Bishop (Vets AC) 30.10 and leaguers in the race besides Maureen were Dave Hoben 37.39, Centurion Chris Flint 37.51 and Peter Hannell 39.53.

John Northcott MBE RIP

The 1959 Enfield Open 7 winner John Northcott passed away recently. He was 87. John was a loyal member of Highgate H and I came into contact with him on several occasions. The first was the AAA 7 miles track championship at Hurlingham in 1959 and it wasn't a happy one, not that any fault for that was John's. More or less from the gun we battled stride for stride and with 27½ of the 28 laps completed I was ruled out and it was a long journey back to Lancashire that evening.

Over the ensuing year's John travelled with the national teams to all the big international gatherings, sometimes as an official, but often as a supporter and he was indeed Team manager for Phil Embleton. Ray Middleton and myself at the East German May Day meeting in 1971.

I found John supportive and generous and at Kingston in 1966 he presented Don Thompson, Ray Middleton, myself and the Judges headed by the legendary Wally Batson, with an embroidered tie.

John with his wife Freda (who played cricket for Middlesex Ladies in times gone by) visited Moulton last Autumn and we enjoyed three hours of nostalgic reminiscing.

Picture: Ken Matthews on the way to his first AAA seven victory in 1959. John is number 8. Number 15 is Colin Williams who was a super sprint walk star.



More about the 1971 East German May-Day Walks

On a course considered to be short by some 370m, Phil finished a brilliant third in 84.05 behind Peter Frenkel 82.48 and Hans Reiman 83.05, whilst I was off the back in 9th with 88.20. In the 50km Ray was as solid as ever with 4.16.36 in 12th. Race winner was Christophe Hohne in 3.47.07.

A year later Frenkel and Reiman won 20km Olympic gold and bronze medals at the Munich Games. Hohne was the reigning 50km Olympic champion having won in Mexico by over 10 minutes, a remarkable performance given the way most sea-level athletes struggled with altitude issues.

It is sad that a cloud of suspicion hangs over the validity of many of the performances set in the Iron Curtain era..

This newsletter gives the briefest information about the ERWL and more detailed results and a broader perspective of the race walking scene is available from the *Race Walking Record*, the *Essex Walker* and *Heel and Toe*.

Race Walking Record

Published promptly at the end of each month.
noel.carmody@outlook.com

Essex Walker

Lots of local information
dave_ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out every Tuesday
stuwalks@yahoo.com.au

SOUTHEND CITY 1 MILE WALK/GARON PARK TRACK/10.30am 29 AUGUST

An Inspired Facility

Celebrating the return of this popular event and Our New Grandstand



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Scan for on-line entry

- On-Line Entries Only via City of Southend AC Website
- To enter please go to southend-on-sea-athletic-club.co.uk/annual-club-events or Scan QR code
- Open to All and incorporating the City of Southend AC Club Champs.
- Medals for 1st three in each event.
- Entry Fee £4 per event/ £10 per 3 events/ £13 per 4 events/ £15 per 5 events
- Athletes U13-U17 may compete in a max of 3 events. U20's - 5 events. Seniors - no limit.
- The Southend AC Club Champion will be the highest placed paid up member per event.
- Enquiries: Keith Palmer Tel: 07778 259082 Email: keithpalmer400m@gmail.com
- Veterans will receive medals V35-39, V40-49, V50-59, V60+.
- Fun Races for Toddlers, Pre School and Reception. Free of charge. Turn up on the day.
- This event has been kindly supported by The Rotary Club of Leigh-on-Sea