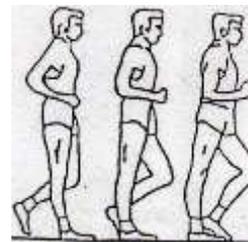


The Enfield Walker 2018

(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

May



International Postal Success for ERWL Connections

American Dave Talcott, who with his wife Erin participated in the 2017 Friendship Walks at Donkey Lane last year, invited me to submit the ERWL One hour results for inclusion in a **club international** (3 to score) **postal match** which he organises. The competition includes hour races in a calendar year and last year embraced 17 clubs and 122 athletes who constituted 27 teams world-wide and ERWL connections did exceptionally well.

Details on back page

LICC and Pednor Fixtures

A rather crowded track and cold, damp conditions didn't prevent some good competition and a few pb's in the first of the season's LICC track meetings at LVAC on 28th April. The distance was 5km and George Wilkinson celebrated his 16th birthday (three days previously) by leading the field through the first lap in a spritely 1.50. However, he was soon reined in by the old master Fransisco Reis who, after a further lap in his company pulled steadily ahead to finish well inside 24 minutes. *League* leader David Crane had to give ground early on and at one stage Wilkinson was the length of the straight ahead of him. The Surrey man regained most of it and with a couple of laps to go looked likely to catch the youngster, but couldn't quite manage it.

Penelope Cummings followed up her mid-week VAC/County championship 10km victory (59.53) with another solid performance, whilst the Helen Middleton, Melanie Peddle contest continues. "Bennett's Belles" continue to improve and score heavily for Ilford in the team competition.

Picture by Brian Boggenpoel



In conditions completely opposite to those at LVAC 29 competitors tackled the demanding Pednor course in quite warm conditions even though it was a 5pm start. Seb Parris repeated his win of the previous year improving his time by nearly five minutes. The promoting club's Neil Bates occupied second place and in doing so lifted the Buckinghamshire championship in which John Ralph finished runner-up and Race organiser Martyn Cartwright third.

Thanks to Martyn and Chiltern Harriers for promoting this event, which is one of the few 'open road' race walks still being promoted

Results of both races on pages

The next two fixtures

The Moulton Open Five

inc. Suffolk CAA championships

plus an YAG & Novice 2km

Moulton Village Hall Suffolk, CB8 8SP

Saturday 2nd June at 12.30pm

LICC 5km

plus YAG & Novice 1 or 3km

Allianz Stadium (formerly Copthall)

Saturday 30th June at 11.30am

Details also on <http://enfieldleague.weebly.com>

Newmarket trainer George Margaron has kindly agreed to a small party visit to his yard around 3.30pm following the Moulton Five on 2nd June.

Applications to Ron Wallwork in advance. Numbers limited.

1 May18

Men

© = Centurion - *=*pb*

Women

1. Fransisco Reis (TVH)	23.47	M55	1. Penelope Cummings(Aldershot FD)	28.52	w40
2. George Wilkinson (Enfield HAC)	*24.27	u17	2. Helen Middleton (Enfield HAC)	29.20	w55
3. David Crane (Surrey WC)	24.31	M40	3. Melanie Peddle (Loughton AC)	*29.25	w45
4. David Annetts (North Herts)	25.45	M50	4. Maureen Noel (Belgrave H)	31.17	w50
5. Malcom Martin (Surrey WC)	26.23	M60	5. Fiona Bishop (Enfield HAC)	32.45	w55
6. John Hall (Belgrave H)	29.47	M65	6. Jan Bentley-Pearson (Ilford AC)	*33.07	w55
7. Steve Allen (Barnet)	30.56	M60	7. Rachel Lawless (Ilford AC)	*34.48	w55
8. Stuart Bennett© (Ilford AC)	31.16	M55	8. Angela Martin (Surrey WC)	35.04	w50
9. Gary Smith © (Enfield HAC)	31.27	M60	9. Anne Scurfield (Ilford AC)	*36.22	w65
10. John Ralph (Enfield HAC)	32.42	M60	10. Lesley Morris (Ilford AC)	*36.23	w55
11. Mark Culshaw (Ilford AC)	32.52	M50			
12. David Kates © (Ilford AC)	32.54	M65	<i>men continued</i>		
13. John Borgars © (Loughton AC)	33.15	M70	19. Peter Cassidy (Loughton AC)	36.17	M75
14. Shaun Lightman (Surrey WC)	34.20	M75	20. Peter Hannell (Surrey WC)	36.21	M75
15. Arthur Thomson (Enfield HAC)	34.33	M80	21. Dave Ainsworth © (Ilford AC)	42.27	M65
16. Michael Harran (Surrey WC)	34.48	M75	22. Mick Barnbrook ©(Ilford AC)	42.42	M75
17. Tony Wilkinson (unattached)	35.38	M55			
18. Dave Hoben (Surrey WC)	35.54	M65	3k Ken Livermore © (Enfield HAC)	26.15	M85

Track/Timekeeper/Recorders: As Appointed by LICC – Judges: M.Graham, R.Wallwork ©, P.Wilson ©

2018 ERWL - Race 5

Pednor Open Five Miles

7th May, Pednor, Bucks

Picture by Anna Allen

Men

© = Centurion - *=*pb*

Women

1. Sebastian Parris (Ilford AC)	39.46	SM	1. Helen Middleton (Enfield HAC)	49.41	w55
2. Neil Bates (Chiltern H)	44.54	U17	2. Melanie Peddle (Loughton AC)	53.39	w45
3. John Hall (Belgrave H)	50.13	M65	3. Fiona Bishop (Enfield HAC)	53.33	w55
4. John Constandinou (Ilford AC)	52.30	M45	4. Noel Blatchford (Abingdon AC)	55.08	w70
5. Stuart Bennett © (Ilford AC)	52.40	M55	5. Sarah Trundley (Nuneaton)	56.16	w45
6. Steve Uttley (Ilford AC)	52.41	M60	6. Elspeth Attwood (unattached)	74.55	w55
7. Steve Allen (barnet & Dist)	52.59	M60	7. Amanda Garrett (unattached)	75.50	w45
8. David Kates © (Ilford AC)	54.17	M65			
9. John Borgars © (Loughton AC)	54.35	M70	<i>men continued</i>		
10. John Ralph (Enfield HAC)	54.45	M60	17. Sean Pender © (Enfield HAC)	61.39	M60
11. Steve Cartwright (Col/Tend AC)	56.51	M60	18. Martyn Cartwright (Chiltern H)	65.13	M75
12. Gary Smith © (Enfield HAC)	57.56	M65	19. Trevor Brawn (Chiltern H)	66.44	M65
13. Chris Flint © (Surrey WC)	59.04	M70	20. Terry Morris (Nuneaton)	71.05	M70
14. Tom Casserley (Enfield HAC)	60.17	M70	21. Dan Cameron (unattached)	72.59	M40
15. Paul Richardson (unattached)	61.16	M55	22. Mike Morgan (Burnham J)	38.50	M75
16. Michael Harran (Surrey WC)	61.18	M75	23. Benjamin Garrett (unattached)	75.50	u20

Officials: As appointed by Chiltern Harriers – Judges: Peter Cassidy, Pauline Wilson ©

2018 League Tables after Five fixtures. Helen and Melanie fill the top two overall rankings and four Centurions hold places in the overall top ten. EHAC have opened a gap in the League, but there are still plenty of fixtures for walkers to gain ground.

Ladies

1. 322/5 Helen Middleton
2. 311/5 Melanie Peddle
3. 281/5 Fiona Bishop
4. 207/4 Janice Bentley/Pearson
5. 180/4 Rachel Lawless
6. 173/4 Anne Scurfield
7. 169/4 Lesley Morris
8. 142/3 Maddy Shott
9. 130/3 Angela Martin
10. 118/2 Maureen Noel

Men

- | | |
|-------------------------------|----------------------------|
| 1. 307/5 Stuart Bennett © | 11. 185/3 Steve Allen |
| 2. 283/5 Gary Smith © | 12. 166/3 Mark Culshaw |
| 3. 276/4 David Crane | 13. 162/3 Andrew Cox |
| 4. 234/4 John Ralph | 14. 159/3 Chris Flint © |
| 5. 230/4 David Kates © | 15. 157/4 Dave Ainsworth © |
| 6. 220/4 John Borgars © | 16. 149/3 Michael Harran |
| 7. 205/3 George Wilkinson YAG | 17. 149/3 Arthur Thomson |
| 8. 204/3 Sebastian Parris | 17. 140/2 Francisco Reis |
| 9. 200/3 Malcolm Martin | 19. 140/3 David Hoben |
| 10. 193/3 John Hall | 20. 137/2 David Annetts |

Team Table

- | | | |
|------------------|-------------|--|
| 1. EHAC | 1474 | 322 Middleton, 283 Smith, 281 Bishop, 234 Ralph, 205 Wilkinson, 149 Thomson, |
| 2. Ilford AC' | 1301 | 307 Bennett, 230 Kates, 207 Pearson, 204 Parris, 180 Lawless, 173 Scurfield, |
| 3. Surrey WC | 1054 | 276 Crane, 200 MartinM, 159 Flint, 149 Harran, 140 Hoben, 130 MartinM, |
| 4. Ilford AC 'B' | 681 | 169 Morris 166 Culshaw, 157 Ainsworth, 79 Barnbrook, 64 Utley, 46 Scurfield |
| 5. Loughton AC | 662 | 311 Peddle, 220 Borgars, 131 Cassidy |
| 6. Belgrave H | 311 | 190 Hall, 142 Shott, 118 Noel, 49 King |

Leaguer's in Action

(Club name/L) = ERW Leaguer – if no club indicated the athlete is EHAC)

Vets AC, Surrey/Herts/Middlesex 10k Track Championships, Battersea Park, London on 25 April 2018. There were 18 starters for this multi-championship event and listed below under their county affiliations are those who carry *Leaguer* status. The Fastest overall proved to be, in the men's race Dave Annetts (Herts) 52.41 and the women's Penelope Cummings (Surrey/L) 59.53. Leading the others home was John Hall (Middlesex/L) 61.49, Steve Allen (Herts/L) 63.43, Maureen Noel (Middlesex/L) 64.47, Gary Smith (Herts/L) 65.03, Fiona Bishop (Surrey/L) 67.27, John Borgars (Herts/L) 68.12, Shaun Lightman (Middlesex/L) 69.34, Michael Harran (Surrey/L) 71.25, Peter Hannell (Surrey/L) 74.12 and Sean Pender (Middlesex/L) 77.19. Ken Livermore the Herts Race Walking Hon secretary presented the awards.

In the SVAC **N.Middlesex League 2km** at LVAC on 14th May Seb Parris (Ilford AC) clocked 10.12, Roger Lilley (EHAC) 11.37, Steve Allen (Barnet/L) 12.00 and Pamela Abbott (EHAC) 14.29.

Once again the Southern RWA team emerged easy winners of the annual **RWA Inter-Area** match which this year was held at Nuneaton on 29th April, the day after the LICC race. Three Leaguers were in the Southern team; In the senior women's 5km Melanie Peddle (Loughton AC/L) and Helen Middleton (EHAC/L) were given the same time 29.30 in 3rd and fourth places. Francisco Reis (TVH/L) was second in the senior men's race in 23.10.

The second race of the **2018 Vets AC 5 miles** series at Battersea Park on 15th May took place in fine dry conditions. The top three continued their good form and M75 Tom Casserley recorded a pb. Dave Annetts (N.Herts RR) 49.22, Steve Allen (Barnet/L) 50.35, Melanie Peddle (Loughton AC/L) 50.36, Paul King (Belgrave H/L) 56.37, Chris Flint (SWC/L) 56.37, Fiona Bishop (EHAC/L) 57.19, Tom Casserley (EHAC) 57.38 and David Hoben (SWC/L) 60.25.

Two dozen walkers (12 ladies/12 men) competed at the QE Olympic Park, London on 16th May. The occasion was the **Civil Service and Police championships** incorporating a match for the *Ryan Cup*. Maureen Noel (DEFRA/L) 32.08 won the ladies 5km with Geraldine Legon (Royal Mail/L) 34.46 in third place and Pamela Abbott (DEFRA) 35.14 4th. In the men's 10km match the Civil service occupied the top three places; Jason Brewer (HMRC) 61.41, Steve Uttley (Justice Dept/L) 62.13 and John Hall (DEFRA/L) 63.44, whilst the positions fourth to seventh the top policemen; Martin Slevin (Dyfed-Powis) 65.03, George Nibre (Met Police) 66.00, Glyn Jones (West Midlands) 66.57 and Dan Maskell (Sussex/L) 69.11. The CS won the match easily. Junior Luc Legon (Cambs H) 49.15 (Guesting) was first to break the tape and another guest Steve Allen (Barnet/L) finished mid field in 65.41.

Glorious sunny weather made for hot conditions at **GB/CAU/RWA and Inter-County championships** staged at the University of Warwick University campus on 20th May. There were some notable absentees; CG/World Cup competitors taking a breather, several others in action at Alicante, Spain in the Euro Masters Non-Stadia championships and many juniors concentrating on exams. The two CG athletes who did compete, Heather Lewis (Pembroke H) 48.27 and Erika Kelly 49.36 (IOM) walked impressively. Tom Partington (Manx H) was the first

man home, splitting the two ladies to win the u20 title and Luc Legon (Cambs H) won the men's senior championship in 51.19.

From an ERWL prospective:- George Wilkinson (EHAC) was the only competitor in the u17's, but his 25.08 performance would probably have been good enough to win in any case. In only the eleventh month since he made his race walking debut David Annetts (North Herts RR) 58.11 won his first national medal, finishing 3rd in the senior race.

ERWL Connections at the County championships:

Essex: Melanie Peddle 16.59, Rachel Lawless 20.48, Anne Scurfield 21.17. / Dominic King 12.40
 Herts: David Annetts 14.51, Steve Allen 18.41, John Borgars 19.23 - Guest Fransisco Reis 14.22
 Middlesex: Maureen Noel 18.57, Fransisco Reis 14.11, John Hall 17.05, Shaun Lightman (4th) 20.20, Sean Pender 21.59 (5th)
 Suffolk: Joyce Crawford 19.06, George Wilkinson 14.14, Tony Wilkinson 20.42



In Alicante, Spain at the **European Non-Stadia championships** staged between 18th/20th May, there was a rich harvest of medals for *Enfield Leaguers*; four gold, one silver and two bronze. Fransisco Reis completed a fine double, Noel Blatchford, and Malcolm Martin won their first international Masters titles, whilst Helen Middleton collected silver and a bronze medals. All five women *Leaguers* won team honours and John Borgars a team gold

The "all ERWL" women's team silver medallists at Alicante: Melanie, Helen and Angela Picture by Malc Martin

Women's 10km

W55 3rd Helen Middleton 62.04 + team bronze
 W55 10th Fiona Bishop 72.35 + team Bronze

Women's 20km

W70 1st Noel Blatchford 2.24.43 + team Gold
 W55 2nd Helen Middleton 2.10.38 + team Silver
 W45 5th Melanie Peddle 2.12.40 + team Silver
 W55 9th Fiona Bishop 2.30.25
 W50 9th Angela Martin 2.32.08 + team Silver

Mens' 10km

M55 1st Fransisco Reis 50.01
 M60 7th Malcolm Martin 60.53
 M70 6th John Borgars 69.29 + team Gold

Men's 30km

M55 1st Fransisco Reis 2.46.55
 M60 1st Malcolm Martin 3.02.04

Among other Brits to excel were Ian Richards 1st M70 3.01.20 and Cath Duhig 3rd W60 10km 64.06

Get comprehensive 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@btoopenworld.com and ask to be put on it.

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Surrey WC: David Crane, Malcolm Martin and Peter Hannell won the Masters Team competition and finished third in the Overall Team classification. David won the M35 gold, Malcolm the M60 gold and Peter the M75 silver. Shaun Lightman earned himself an individual M70 bronze

Enfield HAC Overall Team 5th. Individual golds for; u20 George Wilkinson, M75 Amos Seddon and M80 Ken Livermore. Commemorative medals for Joyce Crawford and John Ralph

Iford AC Overall Team 9th. Mark Culshaw M50 silver and along with Bob Dobson and Phil Goodwin a commemorative bronze medal

Loughton AC Overall Team 11th. Individual W45 gold for Melanie Peddle and M70 silver for John Borgars

Individuals Golds for W50 Maureen Noel (Belgrave H), M50 David Annetts (North Herts R) and M65 Andrew Cox (Hillingdon AC)

Silvers for W50 Sue Davies (Aldershot FD), M55 Fransisco Reis (Thames VH)
 Bronzes for W55 Fiona Bishop (Woking AC), W60 Anne Jones (Steyning AC), M60 Steve Allen (Barnet D AC) and M75 Tom Casserley (EHAC).

Mark Culshaw will be out of action for a while following an assault on him on his way to LVAC Vets league meeting on 14th May. Mark needed hospital treatment and was badly shaken up. I'm sure that all connected with ERWL will wish him a speedy recovery and look forward to seeing him, whether racing or not.