



Will Helen do it?

Helen Middleton remains the overall League leader and the only person able to prevent her making history as the first woman to win the series outright is Mark Culshaw. With one fixture to go Mark is 11pts adrift of Helen and only 8 behind John Borgars. Providing that both contest the final race, to catch Helen, Mark will have to finish 11 places ahead of her to share the overall title and 12 to win it outright. Recent results point to this being a tall order, however, the larger field that the Open 7 usually attracts could aid his cause. Whatever happens in respect of the overall title, Mark does have a race in hand over John Borgars who is the current Men's leader, so only has to finish the final race to take the Men's title.

Fiona Bishop looks a safe bet for the ladies runner-up position and Melanie Peddle third place

EHAC have already regained the team title, but the battle for the minor placings is still extremely close between Ilford AC and last year's champions Surrey WC. It could go either way. Ilford have a two or three big scorers, but Surrey has the people to pack the mid-field and make up ground.

Subject to the leading protagonist's making the start line on 11th November, it's going to be a great Finale to the 20th ERWL Series. (tables overleaf)

To qualify for Leaguer status an athlete has to participate in a minimum of six ERWL fixtures in a single series. So far this year two have already met the requirement and three others; Noel Blatchford, Geraldine Legon and Sebastian Parris could still do so, if they contest the last race on 11th November.

New Start Times in 2018

Everyone is aware of the difficulties in finding suitable courses. In recent times, because LVAC is at its busiest with indoor fixtures every week during the early part of the year, we use Donkey Lane. When using Donkey Lane, Enfield Town Football Club (ETFC) kindly let us use their Butler Bar, so our races there, up to the present time have been when Enfield Town FC have been playing away matches.

Enfield Borough FC has now started playing their matches at the stadium on the weekends that ETFC is engaged away and so the Butler Bar facility that we use for registration and refreshments is only available until 2pm.

Therefore, the start time for races 1, 2 and 3 in 2018 will be 11.45am.

The final 2017 League fixture is

The 91st Enfield Open 7

11th November at 1pm

incorporating VAC & LBH championships

The event is over a 1 mile circuit, so walkers wishing to do less than the listed distances may do so

LVAC refreshments available

2016 Winners: Emma Achurch 56.14 – Dominic King 49.48 – Team (mixed 4 to score): Steyning AC

Presentations for this year's League will be at the first fixture of the 2018 series which has been arranged for 20th January at Donkey Lane

Gold Coast Bound

Congratulations to Callum Wilkinson on his England selection for the Commonwealths Games due to take place in Brisbane, Australia next April. Tom Bosworth and Gemma Bridge have been picked as well and the distance for both races is 20km.

Enfield's only other walker to have the distinction of competing at a Commonwealth Games is Amos Seddon who did so 40 years ago in Edmonton, Canada. However, two *Leaguers* also had the honour; Carl Lawton in Christchurch, New Zealand in 1974 and myself in 1966 at Kingston Jamaica and Edinburgh in 1970.

Autumn sunshine with little breeze made perfect conditions for the penultimate race of the 2017 series. After leading the ladies field for four of the five one mile laps Helen Middleton, with Melanie Peddle in close attendance couldn't match the Loughton lady's finishing surge. The Women's battle for third resulted in a dead heat in a time that is surely a pb for Noel Blatchford.

The first three men virtually walked time trials as they quickly opened up a gap between themselves and the rest. Among some close encounters was the duel for third which was resolved in the closing stages and down the field that of Steve Cartwright and Centurion Chris Flint, neither seemingly wanting to finish in 13th Position. Another Centurion, Dave Kates received a warm welcome after being out of action for some time and 78 year old newcomer walked slightly faster than he did on debut in the last fixture.

On the downside the event almost had to be cancelled at the last minute though lack of marshals. An absolute minimum of three is required for this course and you will see below that it was a close call and it was only Sean Pender doubling up that allowed the race to go ahead. May I appeal to people who turn up to support events to check in with the walkers if they are available to assist. Marshalling isn't too onerous and most League races don't last longer than 75 minutes. Better still, an email or telephone call in advance of the fixture would be a tremendous help.

Men's 5 miles

1. Fransisco Reis	(Thames Valley H)	39.29	M55
2. Sebastian Parris	(Ilford AC)	43.22	SM
3. George Wilkinson	(Enfield H AC)	*43.37	U17
4. Graham Chapman	(Headington AC)	45.02	M60
5. Malcolm Martin	(Surrey WC)	45.10	M60
6. Jim Ball	(Steyning AC)	45.33	M55
7. Mark Culshaw	(Ilford AC)	48.19	M50
8. John Ralph	(Enfield H AC)	51.25	M60
9. John Borgars ©	(Loughton AC)	51.51	M70
10. David Kates ©	(Ilford AC)	53.19	M65
11. Arthur Thomson	(Enfield H AC)	53.42	M80
12. Steve Cartwright	(Colchester)	54.57	M55
Chris Flint ©	(Surrey WC)	54.57	M70
14. David Hoben	(Surrey WC)	58.01	M60
15. Tom Casserley	(Enfield H AC)	58.09	M70
16. Gary Smith ©	(Enfield H AC)	59.05	M60
17. Peter Cassidy	(Loughton AC)	60.03	M75
18. Tony Wilkinson	(unattached)	64.58	M55

Women's 5 miles

© = Centurion

1. Melanie Peddle	(Loughton AC)	*48.50	W45
2. Helen Middleton	(Enfield H AC)	49.14	W50
3. Fiona Bishop	(Woking AC)	51.58	W55
Noel Blatchford	(Abingdon AC)	51.58	W65
5. Angela Martin	(Surrey WC)	54.05	W65
6. Anne Jones	(Steyning AC)	54.16	W60
8. Frans Fernandez	(Loughton AC)R	59 15	W65

4 miles

David Ainsworth ©	(Ilford AC)	56.47	M65
Mick Barnbrook ©	(Ilford AC)	56.47	M70

3 miles

Shaun Lightman	(Surrey WC)	37.55	M70
J.Miles	(Hillingdon AC)	38.21	W60

2 miles

Ken Bobbett	(Hillingdon AC)	20.23	W60
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Judges: M. Croft, M.Graham, S.Pender ©, P.Wilson © - *Registrations:* T.Wilkinson, J.Wallwork
Timekeepers/Recorders: P.Welch, P.Ficken ©, C.Lawton © - *Marshalls:* J.May, S.Pender, R.Wallwork
Race Organiser: R.Wallwork ©

League Tables with one fixture to go**Ladies**

1. 521/8	Helen Middleton
2. 424/7	Fiona Bishop
3. 378/6	Melanie Peddle
4. 308/5	Maureen Noel
5. 304/5	Joyce Crawford ©
6. 263/5	Anne Jones
7. 254/5	Noel Blatchford
8. 240/5	Jo Miles
9. 228/5	Geraldine Legon
10. 207/4	Angela Martin

Men

1. 518/9	John Borgars ©	11. 319/6	Gary Smith ©
2. 510/8	Mark Culshaw	12. 318/6	Dan Maskell
3. 505/8	John Ralph	13. 314/8	Dave Ainsworth ©
4. 402/7	Ken Bobbett	14. 296/6	Steve Cartwright
5. 397/7	George Wilkinson YAG	15. 271/4	Malcolm Martin
6. 390/8	David Hoben	16. 265/4	Graham Chapman
7. 376/7	Chris Flint ©	17. 259/4	Stuart Bennett ©
8. 340/5	Sebastian Parris	18. 252/6	Mick Barnbrook ©
9. 330/6	Andrew Cox	19. 250/6	Tony Wilkinson
10. 327/7	Sean Pender ©	20. 221/4	Arthur Thomson

Team Table

1. EHAC	2373	521 Middleton, 505 Ralph, 397 WilkinsonG, 327 Pender, 319 Smith, 304 Crawford
2. Ilford AC'	1792	510 Culshaw 340 Parris, 314 Ainsworth, 259 Bennett, 252 Barnbrook, 117 Kates
3. Surrey WC	1759	390 Hoben, 376 Flint, 318 Maskell, 271 MartinM, 207MartinA, 197 Delaney
4. Loughton AC	1169	518 Borgars, 378 Peddle, 181 Cassidy, 92 Fernandez
5. Hillingdon AC	1062	402 Bobbett, 330 Cox, 240 Miles, 90 Vroobel
6. EHAC 'B'	708	221 Thomson, 207, Livermore, 85 Seddon, 80 WilkinsonC, 76 May, 39 Grimsey

Results and Leaguers In Action

Iford's Steve Uttley doesn't race too often these days, so it is pleasing to report that he won the **Civil Service/Police championships** event which incorporated a Police vs Civil Service match for the Ryan Cup. The event was staged at Cannon Hall Park, Birmingham on 27th September and involved 15 men racing 10km and 10 women 5km. Pamela Abbott (CS) 7th 36.09 was the club's only walker, but in addition to Steve whose time was 61.20 a number of other *Leaguers* were in action: John Hall (CS) 5th 63.13, Chris Flint (P) 8th 68.05, Maureen Noel (CS) 2nd 35.47 and Geraldine Legon (CS) 6th 30.09. The positions shown are those for the match which was won by the Civil Service. Mark Culshaw guesting in the race was first to cross the finishing line in 58.03.

The RWA Festival of Walking at Hillingdon on Sunday 1st October.

There was a large Irish contingent (9 of the 43) at the meeting contesting various distances. Only three of the five starters in the 20km finished the race and all had ERWL connections. Race winner was Trevor Jones (Steyning AC) 2.05.43, Mark Culshaw (Iford AC) 2.07.00 and clubman John Ralph 2.21.56. All four women who came under starters orders in their event finished, the winner being Ireland's Kate Veale in 1.52.43 and familiar names to the ERWL; Maureen Noel (Belgrave) 2.12.13, Melanie Peddle (Loughton AC) 2.12.42 and Anne Jones (Steyning AC) 2.23.57.

In addition to John Ralph the club's only other competitor at the meeting was Helen Middleton in the 10kms where she finished 8th of the dozen starters in 63.03,

In the '**Albert Rigby**' 10km promoted by Lancashire Walking Club at Macclesfield on 7th October, Dan Maskell taking part as a guest finished 3rd in 65.29 behind Tony Taylor 57.37 and Greg Smith 65.09.

There is a strong possibility of an ERWL 2017 Year Book being produced this year. Any walker with Leaguer status (see qualification requirements overleaf) who would like their non-league performances considered for inclusion should let me have the information by 30th November.

Date/event/performance, ie: 9th July BMAF 20km M95 3rd 2.30.49

Upcoming fixtures

November

<i>Sat 18th</i>	<i>Surrey WC Christmas Cup, Tonbridge</i>	<i>start 11.30am</i>
<i>Sun 19th</i>	<i>3rd Midland Winter League, Coventry</i>	<i>start 12.30pm</i>
<i>Sun 26th</i>	<i>Surrey WC Addington Cup 7 Miles, Sandilands</i>	<i>start 2.00pm</i>

December

<i>Sat 9th</i>	<i>Alf Palmer + VAC's 5km championships, Horsham</i>	<i>start 11.00am</i>
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Don't forget

The RWA SOUTHERN AREA AGM Walking AGM is to take place on Monday 13th November at the Civil Service Club, 13/15 Great Scotland Yard, London SW1A 2HJ, at 7.15 pm. This venue is easily reached - Great Scotland Yard is a short street running from Whitehall (Trafalgar Square end) to Northumberland Avenue, being a short walk from Charing Cross and Embankment stations, and served by umpteen bus routes. The Civil Service Club has quality snacks/meals at modest prices for those coming straight from work, etc. It is the opportunity for walkers to show their support for what their area association does on their behalf and of course help it move forward by airing their views.

Looking ahead

On Saturday mornings during the winter months, Mick Graham and I will be at LVAC with our coaching and training group. The sessions start at 9am and concentrate on skills, drills, causes and corrections. Anyone interested in joining us should contact me to go on my notification list.

The dates for the Opening two League Fixtures next year are:

20th January

17th February

3rd March

All take place at Donkey Lane, Enfield and all start at 11.45am

Stop Press: The Steyning 10km postponed because of storm Brian has now been re-arranged for SATURDAY 4th NOVEMBER with an earlier start time of 2pm