



Happy New Year and every good wish for 2018

Congratulations to the award winners and all credit to the many more, who competed, officiated or volunteered; all contributed to the successful staging of the 20th ERWL Series.

Helen Middleton's history making overall win, was surely the outstanding achievement of the series, but Fiona Bishop's 5th Overall and second lady place is also worthy of note. It was Fiona's eighth women's runner-up performance and coupled with her two victories and a bronze medal placing, makes her the League's most prolific medal winner with a total of eleven. The men's equivalent is Centurion Dave Sharpe with six.

Changing club's seemed to revitalise Mark Culshaw, who enjoyed his best season for many years and well, what can you say about 71 year old John Borgars? He hasn't looked back since his Centurion qualification at Redcar in 2016 and he was the only walker to complete all ten races. From one of the older Leaguers to one of the youngest; George Wilkinson who didn't turn 15 until late April showed great improvement finishing sixth overall and making a significant contribution to his club's points tally that regained the team title.

Enfield & Haringey AC recorded its eleventh club title and a close battle between the 2016 winners Surrey WC and Ilford AC resulted in the silver position for the latter. The consistent results registered by Melanie Peddle and John Borgars worked wonders for Loughton AC and once Peter Cassidy had swapped his paddles for racing shoes, their club quickly emerged as the best of the rest.

Numbers taking part in 2017 series were slightly down on previous years. *See page*

Total Participants:	135 who logged up 370 performances	5 did 9 or more races
Made up of	Women: 45	23 did 6 or more races
	Men: 90	49 did 3 or more races
From	Clubs: 53	65 did 2 or more races

2017 Team Medalists

- 1 Enfield & Haringey AC 2552** Helen Middleton 581, John Ralph 505, George Wilkinson 464, Joyce Crawford © 356, Sean Pender © 327 and Gary Smith © 319.
- 2 Ilford Athletic Club 2032** Mark Culshaw 573, Dave Ainsworth © 347, Sebastian Paris 340, Stuart Bennett © 316, Mick Barnbrook © 284 and David Kates © 172.
- 3. Surrey Walking Club 2006** David Hoben 432, Chris Flint © 420, Dan Maskell 369, Malcolm Martin 336, 231 Shaun Lightman and Peter Hannell 218.

2017 Individual Winners

1 st Helen Middleton (EHAC)	581/9	Ladies champion
2 nd Mark Culshaw (Ilford AC)	573/9	Men's champion
3 rd John Borgars © (Loughton AC)	518/9	Men's Runner-up and 1 st Centurion
4 th John Ralph (EHAC)	505/8	Third Man
5 th Fiona Bishop (Woking AC)	474/8	Ladies Runner-up
6 th George Wilkinson (EHAC)	464/8	First YAG
7 th Melanie Peddle (Loughton AC)	436/7	Third Lady

2017 New Leaguers

To qualify for Leaguer status an athlete has to participate in a minimum of six ERWL fixtures in a single series. Noel Blatchford, Geraldine Legon, Melanie Peddle, George Wilkinson and Tony Wilkinson. (full list of tables overleaf)

The 2018 opening ERWL fixture is on **Saturday 20th January** at QEII Stadium, Donkey Lane, Enfield, EN1 3PL, after which the 2017 Presentations will be made/

Note the new START TIME is 11.45am

Final Team Table

1. EHAC	2552	581 Middleton, 505 Ralph, 464 WilkinsonG, 356 Crawford, 327 Pender, 319 Smith
2. Ilford AC'	2032	573 Culshaw 347 Ainsworth, 340 Paris, 316 Bennett, 284 Barnbrook, 172 Kates
3. Surrey WC	2006	432 Hoben, 420 Flint, 369 Maskell, 336 MartinM, 231 Lightman, 218 Hannell
4. Loughton AC	1267	518 Borgars, 436 Peddle, 221 Cassidy, 92 Fernandez
5. Hillingdon AC	1092	402 Bobbett, 330 Cox, 270 Miles, 90 Vroobel
6. EHAC 'B'	859	267 Thomson, 236, Livermore, 134 Seddon, 107 WilkinsonC, 76 May, 39 Grimsey
7. Surrey WC B	749	207 Martin A, 197Delaney, 131Harran, 137 Crane D, 39 CraneP, 38 Crilley
8. Steyning	677	294 JonesA, 204 Ball, 126 JonesT, 53 Penfold
9. Woking AC	474	474 Bishop
10. Belgrave H	471	367 Noel, 104 Hall,
11. Ilford AC B	425	99 70 Aidietye, 66 Armstrong, 64 Marshall, 63 Uttley, 63 Nibre
12. Ashford AC	410	134 HobbsC, 139 HobbsJ, 68 Smith, 36 Benson, 33 Holloway

Other clubs and organisations who participated in the series: Abingdon Amblers, Headington AC, Bexley AC, Colchester & Tendring, Thames Valley H, Chiltern H, North Herts R, Barnet & D, Moulton, Coventry Godiva H, Cambridge & Coleridge, Redcar RWC, EMAC, Leicester WC, Garden City Runners, Ryston Runners, Tonbridge AC, Birchfield H, Southend AC, Aldershot F D, Nuneaton H, City Norwich AC, Lewes AC, Handy Cross R, LDWA, Burnham J, FE Running, Cambridge H, Blackheath & B, Overton Harriers, Saints & Sinners, Fairlands, Lancashire WC, Cobra RC & Tri, Yorks RWC, Dalham, Positive Steps, Samia, London Heathside, Newmarket Joggers, Highgate H.

Final Individual Table

1 L1 Helen Middleton(EHAC)	581/9	29 L9 Geraldine Legon	(Bexley AC)	262/6
2 M1 Mark Culshaw (Ilford AC)	581/9	30 M21 Ken Livermore ©	(EHAC)	236/7
3 M2 John Borgars © (Loughton AC)	518/10	31 M22 Shaun Lightman	Surrey WC)	231/5
4 M3 John Ralph (EHAC)	505/8	32 M23 Peter Cassidy	(Loughton AC)	221/5*
5 L2 Fiona Bishop (Woking AC)	474/8	33 M24 Peter Hannell	(Surrey WC)	218/15
6 M4 George Wilkinson YAG (EHAC)	464/8	34 M25 Fransisco Reis	(TVH)	209/3
7 L3 Melanie Peddle (Loughton AC)	436/7	35 L10 Angela Martin	(Surrey WC)	207/4
8 M5 David Hoben (Surrey WC)	432/8	36 M26 Jim Ball	(Steyning AC)	204/3
9 M6 Chris Flint © (Surrey WC)	420/9	37 M27 David Annetts	(N.Herts R)	202/3
10 M7 Ken Bobbett (Hillingdon AC)	402/7	38 M28 David Delaney	(Surrey WC)	197/4
11 M8 Dan Maskell (Surrey WC)	369/7	39 M29 Steve Allen	(Barnet D AC)	193/3
12 L4 Maureen Noel (Belgrave H)	367/6	40 M30 David Kates ©	(Ilford AC)	172/3
13 L5 Joyce Crawford © (EHAC)	353/6	41 M31 Glyn Jones	(Cov/Godiva H)	171/3
14 M9 Dave Ainsworth © (Ilford AC)	347/9	42 L11 Sue Clements ©	(Cambs Col AC)	165/4
15 M10 Steve Cartwright (Colch/Ten AC)	344/7	43 M32 Steve Kemp ©	(EMAC)	142/3
16 M11 Sebastian Parris (Ilford AC)	340/5	44 M33 Tom Casserley	(EHAC)	171/3
17 M12 Malcolm Martin (Surrey WC)	336/5	45 M34 Jonathan Hobbs	(Ashford AC)	139/2
18 M13 Graham Chapman (Surrey WC)	331/5	46 M35 David Crane	(Surrey WC)	137/3
19 M14 Andrew Cox (Hillingdon AC)	330/6	47 W12 Emily Ghose YAG	(Tonbridge AC)	134/2
20 M15 Sean Pender © (EHAC)	327/7	48 M36 Chris Hobbs	(Ashford AC)	134/2
21 M16 Gary Smith © (EHAC)	319/6	49 M37 Amos Seddon	(EHAC)	134/3
22 M17 Stuart Bennett (Ilford AC)	316/5	50 M38 John Constandinou	(Birchfield H)	133/2
23 L6 Noel Blatchford (Abingdon AC)	310/6	51 M39 Michael Harran	(Surrey WC)	131/3
24 L7 Anne Jones (Steyning AC)	294/6	52 M40 Trevor Jones	(Steyning AC)	126/2
25 M18 Tony Wilkinson (Moulton)	288/7	53 M41 Callum Wilkinson	(EHAC)	107/2
26 M19 Mick Barnbrook © (Ilford AC)	284/7	54 M42 John Hall	(Belgrave H)	104/2
27 L8 Jo Miles (Hillingdon AC)	270/6	55 L12 Tessa Killingbeck	(C Norwich AC)	104/2
28 M20 Arthur Thomson (EHAC)	267/5	56 M43 Bob Dobson	(Ilford AC)	99/2

Other walkers scoring less than 100 points and completing two races were: 57 Mark Byrne (Redcar RWC) 58 Françoise Fernandez (Loughton AC), 59 Russell Vroobel (Hillingdon AC) 60 Kim Howard © (Southend AC) 61 Sanda Wade (Abingdon AC), 62 Paul Forshaw (FERC) and 63 Jon May (EHAC).

Walkers competing only once were: 64 Colin Vesty (Leicester WC), 65 Mina Hardeep (Leicester WC), 66 Luc Legon (Cambridge H), 67 Neringe Aidietyte (Ilford AC), 68 Erin Taylor-Talcott © (USA), 69 Neil Bates (Chiltern H), 70 Dave Talcott, (USA), 71 Marshall Smith (Ashford AC), 72 Keith Vallis, (Overton H), 73 Oliver Hopkins (LewesAC), 74 Brian Armstrong (Ilford AC), 75 Kevin Marshal © (Ilford Ac), 76 Tim Ericson © (Australia), 77 David Bowker (Fairlands VS), 78 Steve Uttley (Ilford AC), 79 Richard Emsley (Saints/Sinners), 80 George Nibre (Ilford AC), 81 Tony Bell (Lancs WC), 82 Grazina Narviliene (Cobra RC&T), 83 Martin Fisher © (Redcar RWC), 84 Simon Kerr (Headington), 85 Sarah Trundley (Nuneaton), 86 Sue Davies (AFD), 87 Kevin Peddley (AFD), 88 Cath Duhig © (Ryston R), 89, Jon Petty (Bury St.Eds), 90 Russ Jackson (Yorks RWC), 91 John McDonagh (Dalham), 92 Melanie Bolden (unnat), 93 Ron Penfold (Steyning AC), 94 Phil Burrage (Handy Cross), 95 Trevor Brawn (Chiltern H), 96 Charlotte Hawes (Positive Steps), 97 Terry Morris (Nuneaton), 98 Laura Butt (unatt), 99 Malcolm Smith (Newmarket) 100 Tessa Passey (Chiltern AC), 101 Paul Firmage (Ryston R), 102 John Brock (Southend AC), 103 Kay Coulson (Sarnia), 104 Phil Goodwin (Ilford AC), 105 Martin Cartwright (Chiltern), 106 Val Nutley (LDWA), 107 Mike Morgan (Burnham J), 108 Andrea Lorenz (Cambridge), 109 Mike Hickman (Handy Cross), 110 Phil Nutley (LDWA), 111 Patricia Keen (Burnham J), 112 Sue Mills (Moulton), 113 Val Chamberlain (unatt), 114 Anna Crane (unatt), 115 Benedict Ward (unatt), 116 Peter Crane (Surrey WC), 117 Norma Grimsey (EHAC), 118 Isabel Bridge YAG (Blackheath) 119 Elspath Attwood (unatt), 120 Rachel Webb (Moulton), 121 Kath Crilley © (Surrey WC), 122 Michael Croft (Ilford AC), 123 Jacqui Benson (Ashford AC), 124 Andrea Ingram (Lrews AC), 125 Amanda Garrett (unatt), 126 Patrick McAllister (London Heathside), 127 Ben Garrett (unatt), 128 Jenny Grimwood (Nkt J), 129 Bill Sutherland © (Highgate H), 130 Chris Edwards (Surrey WC), 131 Ann Scriven (Moulton), 132 Steve Holliday (Ashford AC). 133 Sue Smith (Ryston R), 134 Abigail Smith (Blackheath), 135 Viv Houghton (Moulton).

Leaguer achievements outside the League!

Enfield club members and Leaguers made their marks at non-league events. Club members first: The 2016 Junior World champion Callum Wilkinson successfully transitioned to the senior distance of 20km. Whilst he understandably expressed disappointment with his 41st place in the World T & F championships, staged in London, he should be proud of his top 10 finish at the European Cup for walking earlier in the year. His time of 82.17 was a national under 23 record and placed him fourth on the British all-time list. His year ended on a bright note with selection for the Commonwealth Games to be staged in Brisbane, Australia, in early April.

Dominic King (six time Open Seven winner), although not a Leaguer, he has over the years been a staunch supporter of it, was also selected for the World championships.

George Wilkinson turned 15 in April and enjoyed a successful year with high placings in the League. However, his highlights were an international debut for the English Schools and victory in the School's u17's 5km championship recording a pb of 26.15.

In June in Cardiff at the **100th** Welsh Athletics Track & Field Championship, Ken Bobbett completed the Senior Men's 3,000 Metres Walk - 50 years after winning what was then the 2 miles' walk (in 14:50.2) in the 1967 Welsh Championships.

Enfield Leaguers Sue Clements and Kevin Marshall were organisers of the highly successful Bury St.Edmunds 100 Miles, which enjoyed many favourable reviews and provided the platform for Joyce Crawford's Centurion qualification. Earlier in the year Sue had also led a highly successful social walk around Cambridge which was enjoyed by a number of League competitors and supporters.

Fransisco Reis raced sparingly in the ERWL during 2017, but notched up some excellent performances including the 5km/20km double at the European Masters championships in Aarhus, Denmark.

In September Steve Uttley won the Civil Service 10 Kilometres Championship in Birmingham. Steve is the Civil Service Honorary Walking Secretary and he led his side to a convincing victory over the British Police in the annual inter-service match for the Ryan Cup.

Leaguers were prominent in the 2017 Woodford Tuesday Walk series. Melanie Peddle won the overall title (with 1 race to spare), whilst Stuart Bennett was 1st Senior man, followed by John Borgars and Sean Pender.

Two former GB internationals, who are not Leaguers, received a warm welcome when they toed the line at Moulton; George Nibre and Bob Dobson (both Ilford AC).

On a sad note we lost the inspirational Ann Lewis (AFD). Ann with four League titles and four Open Seven victories to her credit battled with cancer for over a decade and continued to train and compete whenever she could. A wonderful lady!

Centurions at the 2017 Enfield Race Walking League

Thirty members of the Brother/Sisterhood took part in the 2017 Enfield Race Walking League, among them five who also officiated at some of the races. The Friendship Walk was won by USA Centurion Erin Talcott-Taylor ahead of her husband, who whilst not a Centurion at the time did become USA Centurion number 88 a couple of months later.

John Borgars c1170 who was second in the men's table and 3rd overall was the top placed Centurion with Chris Flint c849 was 7th man and 10th in the league and Sean Pender c1067, 10th man and 13th overall. It is worth noting that Sean is often called upon to officiate, so might well have placed higher. The leading sister was 2017 qualifier Joyce Crawford c1183 4th woman and 18th in the overall League table

Centurion League Walkers 2017

c347 Doug Hopkins	c865 Gary Smith	c986 Cath Duhig
c386 Ken Livermore	c870 Mark Byrne	c1001 Kevin Marshall
c540 Dave Ainsworth	c890 Bill Sutherland	c1020 Kim Howard
c661 Mick Barnbrook	c893 Ron Wallwork	c1057 Sean Pender
c740 Carl Lawton	c933 Kathy Crilley	c1075 Steve Kemp
c786 Bob Dobson	c934 Pam Ficken	c1167 Colin Vesty
c788 Martin Fisher	c936 David Kates	c1170 John Borgars
c798 Pauline Wilson	c950 Sue Clements	c1183 Joyce Crawford
c849 Chris Flint	c972 Paul King	Austc13 Tim Ericson
c858 Stuart Bennett	c984 Peter Ryan	USAc35 Erin Taylor-Talcott

Results and Leaguer's in Action (Club name/L)=ERW Leaguer

Surrey Walking Club's Seven miles race was held on 26th November at Sandilands, Croydon and all but two of the eight participants were Surrey members, but all were *Leaguers*. The result was: David Crane 56.58, Malcolm Martin 64.57, Steve Allen (Barnet) 74.58, Dan Maskell 65.35, Shaun Lightman 77.51, Chris Flint 79.51, Dave Hoben 83.34 and Geraldine Legon (Bexley) 86.29.

Centurion Martin Fisher (Redcar RWC) 57.37 won the Lancashire WC's "**Dick Maxwell**" 10km staged over what is referred to as *the nightmare course* on 2nd December. Among the 16 starters in 8th place was Dan Maskell (Surrey WC/L) in 67.28.

Fransisco Reis (TVH/L) and Malc Martin (SWC/L) made the trip to St. Anne's Park, Rahney, Ireland, to guest in the **Irish 20km championship** on Saturday 9th December. With the temperature hovering around zero, their performances were very good; Fransisco 1.43.50 and Malc an agonising 2.00.09! The race winner was Olympian Alex Wright in 92.32. Just a point of interest, Alex a schoolboy then won the 2006 Enfield Boxing Day 5km.

Looking to 2018

The first four ERWL fixtures are:

Remember Donkey Lane start times are now 11.45am

20 th January	11.45am	5 miles 1/2/3 miles	League Race 1 and 2015 Presentations at QE2 Playing Fields, Young age groups and Newcomers	Donkey Lane, EN1 3PL
17 th February	11.45am	5 miles 1/2/3 miles	League Race 2 at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers	
3 rd March	11.45am	5 miles 1/2/3 miles	League Race 3 at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers	
14 th April	1pm	10km	Cecil Gittins Meeting (ERWL race 4 at Gravesend Cycle track 5/15km + Young age groups and Newcomer distances	

Other Events to support if you can

27 th January	15km	Steining Open
4 th February	10km + Young age groups and various distances.	The London Walks at QE2 Playing Fields, Donkey Lane, EN1 3PL

RIP Ken Cardozo

Ken Cardozo was a member of the Borough of Enfield Harriers (as then called) & the Stock Exchange AC. He walked four Brighton's his quickest under 10 hours and qualified as Centurion 941 at in Battersea Park in 1995, as did Leaguers Kathy Crilley, Pam Ficken and David Kates. In addition to being good walker he was also a good all-around sportsman and a Word Scrabble champion. Condolences are expressed to his family.