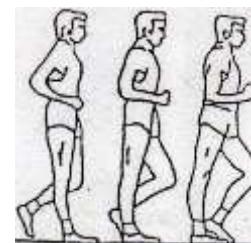


The Enfield Walker 2018

August

(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



The Business end of the League approaches

Helen Middleton still leads the overall table, but closing in on her and with a race in hand David Crane must be the favourite for the Overall title. Fiona Bishop and Melanie Peddle look in a strong position to take the ladies minor placings, but in which order is still unclear. Meanwhile, the 2017 men's winner Mark Culshaw currently in fourth spot has a race in hand so could leap-frog into the runner-up spot by the end of the series.

It is going to take determined efforts by Ilford AC and Surrey to haul back the leaders EHAC in the remaining three fixtures. However, both clubs can field walkers with races in hand and as they battle to determine their team podium places, could drastically narrow the gap that the promoting club currently holds. The addition of Stefano Zennaro to the Belgrave squad has come too late to greatly influence this year's series, but adds spice to the 'best of the rest' rivalry.

So far in the seven fixtures that have taken place, 38 women and 62 men representing 35 clubs have notched up 262 performances.

Ladies

1. 510/8 Helen Middleton
2. 388/7 Fiona Bishop
3. 378/7 Melanie Peddle
4. 278/6 Rachel Lawless
5. 237/4 Maureen Noel
6. 228/5 Anne Scurfield
7. 222/5 Lesley Morris
8. 207/4 Janice Bentley-Pearson
9. 207/4 Maddy Shot
10. 167/3 Noel Blatchford

Men

1. 480/7 David Crane
2. 433/7 Stuart Bennett ©
3. 414/7 John Ralph
4. 358/6 Mark Culshaw
5. 342/6 Gary Smith ©
6. 341/6 David Kates ©
7. 340/5 George Wilkinson YAG
8. 334/6 John Borgars ©
9. 315/5 John Hall
10. 302/5 Steve Allen
11. 302/6 Michael Harran
12. 282/6 David Hoben
13. 273/4 Seb Parris
14. 241/5 Arthur Thomson
15. 227/5 Tony Wilkinson
16. 209/4 Tom Casserley
17. 208/3 Fransisco Reis
18. 207/5 Chris Flint ©
19. 220/3 Malcolm Martin
20. 187/5 David Ainsworth ©

Team Table

- | | | |
|------------------|-------------|--|
| 1. EHAC | 2235 | 510 Middleton, 414 Ralph, 388 Bishop, 342 Smith, 340 Wilinon, 241 Thomson |
| 2. Ilford AC' | 1911 | 433 Bennett, 358 Culshaw, 341 Kates, 278 Lawless, 273 Paris, 228 Scurfield |
| 3. Surrey WC | 1601 | 480 Crane, 302 Harran, 282 Hoben, 207 Flint, 200 MartinM, , 130 MartinaA, |
| 4. Ilford AC 'B' | 977 | 222 Morris, 207 Pearson, 187Ainsworth, 128 Uttley, 121 Dyos, 112 Barnbrook |
| 5. Loughton AC | 880 | 378 Peddle, 334 Borgars, 168 Cassidy |
| 6. Belgrave H | 870 | 315 Hall, 237 Noel, 207 Shott, 64 Zennaro, 49 King |

The last next ERWL fixture is

One Hour Badge Race

for first timers at 5, 6 and 7 miles – Plaques for 8 miles

Lee Valley Athletic Centre N9 0AS

Saturday 22nd September 12noon

Inc. Essex 10km championship

Advance Entries by 15th September required for this fixture

Name/Club/age group/email address to

35A Newmarket Road, Moulton, Suffolk, CB8 8QP – ronc893moulton@gmail.com

The remaining 2018 fixtures are:

- | | | | |
|---------------------------|-----|---------|---|
| 13 th October | 1pm | 5 miles | Road Walk at Lee Valley Athletic Centre, N9 0AS |
| 10 th November | 1pm | 7miles | 92 nd Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS |

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

LICC/ERWLFixture 8 – 28th July at Allianz Stadium



The 31 competitors appreciated the overnight drop in temperature from 34c to 21c and slightly faster times than recorded at the previous meeting for many of them was the result. The race was “bossed” by u23 Luc Legon who lapped the field with the exception of u17 George Wilkinson.

Current League leader David Crane got the better

of past international Mark Easton in a last lap sprint, whilst W40 Penelope Cummings had little trouble in the ladies section of the race. In only her second race Emma Dyos sliced over two minutes off her debut time and Belgrave’s newcomer Sefano Zennaro made an impressive start to his ERWL career.

There was some confusion about the times of this result emanating from an error concerning the original time given to John Hall, which was highlighted by and the neck and neck finish involving Stuart Bennett and Helen Middleton. I am happy that the result below is the definitive one.

Men	© = Centurion - * = pb		Women	
1. Luc Legon	(Bexley)	26.23 u23	1. Penelope Cummings	(Aldershot F) 28.27 w45
2. George Wilkinson	(Enfield HAC)	24.33 u17	2. Helen Middleton	(Enfield HAC) 29.47 w55
3. Fransisco Reis	(Thames VH)	25.00 M55	3. Emma Dyos	(Ilford AC) *29.55 w40
4. David Crane	(Surrey WC)	26.01 M40	4. Maureen Noel	(Belgrave H) 31.19 w50
5. Mark Easton	(Surrey WC)	26.10 M55	5. Noel Blatchford	(Abingdon AC) 32.40 w40
6. Stefano Zennaro	(Belgrave H)	28.41 M45	6. Monica Harrington	(Highgate H) *32.58 w45
7. Mark Culshaw	(Ilford AC)	28.46 M50	7. Fiona Bishop	(Enfield HAC) 33.33 w55
8. John Hall	(Belgrave H)	29.28 M65	8. Sue Barnett	(EMAC) 33.35 w65
9. Stuart Bennett ©	(Ilford AC)	29.46 M55	9. Geraldine Legon	(Bexley AC) 35.37 w55
10. John Ralph	(Enfield HAC)	30.08 M60	10. Rachel Lawless	(Ilford AC) ret 3.4km w55
11. John Borgars ©	(Loughton AC)	31.35 M70		
12. David Kates ©	(Ilford AC)	32.28 M65		
13. Steve Cartwright	(Col/Tendring)	34.19 M60	1km	
14. Sean Pender	(Enfield HAC)	34.41 M65	Abigail Smith	(Blackhth/Brom) 5.06 u15
15. Tom Casserley	(Enfield HAC)	*34.42 M75	Sebastian Alexandru	(Havering AC) 6.49 u13
16. Michael Harran	(Surrey WC)	34.48 M80		
17. Arthur Thomson	(Enfield HAC)	35.00 M80		
18. Dave Hoben	(Surrey WC)	35.53 M65		
19. Tony Wilkinson	(unattached)	37.04 M55		

Track/Timekeeper/Recorders: As Appointed by LICC
Judges: P.Cassidy, A.Garner, S.Lightman, P.Wilson ©

Good News

I’m pleased to report that **Dave Ainsworth c540** and **Ken Roost c577** who have both been hospitalised recently are now back home.

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

In the **Northern 10km** on 14th July which was won by Bill McFadden (Scotia RWC) in 58.47 Tony Bell (Lancs.WC/L) finished 6th in 65.56. Racing over half the distance in the South Yorkshire league on 18th Tony clocked 31.10

In another northern Fixture; The **Fred Pearce Senior Relays** on 28th July, Dan Maskell (Surrey WC/L) clocked 33.57. The quickest walker on the day was Centurion Martin Fisher in 28.41.

The fifth and final fixture of the **VAC’s 2018 season** on 7th August had reasonable numbers given a clash with an international in Paris and very high temperatures, which abated slightly during the evening leading to close humid conditions.

Over 5 miles Melanie Peddle from Loughton AC/L) achieved a good time to win for the ladies and second place overall in 49:03, behind winner Ian Richards (Steyning AC) 39.36t.

Debutant Dave Chalk clocked a creditable 50:48 in 3rd place which is remarkable because he does not come from a running or walking background and certainly demonstrates that there must be others out there who could follow his example; six miles in the hour must surely be not far away. The remainder of the field achieved respectable times in the abnormally high temperatures. Others with ERWL connections were Maureen Noel (Belgrave H/L) 52.32, Dan Maskell SWC/L) 55.33, Fiona Bishop (Woking/L) 56.39, Paul King (Belgrave H/L) 57.21, Tom Casserley (EHAC) 57.30, Michael Harran 57.42 and Dave Hoben 57.43 (both SWC/L).

Angie Lunderdown (Bury P/L) clocked 13.22 for 2km in the **EMAC championships** 10th August at Southend.

Callum Wilkinson was the only Leaguer competing at the **European championships** staged in Berlin on 11th August and was ruled out after passing through 6km with the leading group in 24.47. The race was won by Spaniard Alvaro Martin in 80.42. Britain's Tom Bosworth was much fancied to win a medal, but couldn't handle the late race increase in pace. Nevertheless, 7th in 81.31 is a very respectful performance. Britain also had two women representative's in Bethan Davies who finished 22nd in 96.50 whilst Heather Lewis suffered the same fate as Callum Wilkinson. The women's champion was Maria Perez (Spain) 86.36 making it a Spanish double in the discipline.

In wet, windy condition a field of 22 faced the starter for the 3km at the **Manchester International Meeting** on 15th August. Cameron Corbishley (Med.Maid AC) 11.55 won the race in 11.55. George Wilkinson (EHAC/L) was disappointed with his 14.41.

The penultimate 2018 **Woodford Tuesday 3km** on 21st August was won by Luc Legon (Bexley) in 13.31 ahead of Fransisco Reis (TVH/L) 14.16 and first woman Melanie Peddle (Loughton AC/L) 16.53. There were 13 competitors in the race; four more than competed in the 3km run. Mark Culshaw 17.03 and Stuart Bennett 17.37 (both Ilford AC/L) along with u15 Katie Stringer (Medway) 17.40, Dan Maskell (Surrey WC/L) 19.28, Rachel Lawless (Ilford AC) 19.49, Simon Le Mare (Southend) 20.57, Sean Pender 20.59, Geraldine Legon (Bexley/L) 21.34 and Francoise Fernandez (Loughton Ac/L) 22.22 were the other walkers.

The **BMAF track championships** over 3km and 5km were staged at Birmingham on 25th/26th August and proved to be successful outings for club members and Leaguers. The Roll of Honour reads thus: M55 Fransisco Reis (TVH/L) 14.18/24.17, W65 Sue Barnett (Cambs & Col/L) 19.57/33.34 (both 2 x G). M65 John Hall (Bel H/L) 17.08/28.48 (S + G), W40 Penelope Cummings (AFD/L) 17.01 (G), M85 Ken Livermore 26.10 (3kG), W55 Helen Middleton 29.31 (5kG) (both EHAC/L), W70 Noel Blatchford (Abingdon AC/L) 19.10 (3kS), M75 Peter Hannell (Surrey WC/L) 21.13 (3kS) and M55 Maureen Noel (Bel H/L) 31.58 (5kS).

George Wilkinson emulated his elder brother Callum by winning the **England Athletics under 17 championships** at Bedford on Sunday 26th August. His main opposition was Irish walker Oisin Lane, winner of the recent Schools International meeting in Scotland where Wilkinson was runner-up. These two walkers dominated the race opening a substantial gap within a couple of laps and just after covering 1km the Irish walker moved clear of Wilkinson, only to get the dreaded red paddle with 500m to go. George's time of 24.21 was a personal best. Runner-up was Matthew Crane (Bexley AC) 25.49, and in third Nicholas Hart (AFD) 31.57. Irish walkers Matthew McGlennon 5.31, Jennifer Fidgeon (Ire) 27.47 and Ava Ross 16.22 won the respective 5 and 3km races.

There was a record turnout of 20 for the **Southend AC mile** at Garrons Park, on Bank holiday Monday, 27th August. The winner was Mark Culshaw (Ilford AC/L) in 8.56 followed home by the rapidly improving Emma Dyos 9.32 and Linda Mountford 9.56 (both unatt). Ilford Centurions Steve Allen 10.50 and Alan O'Rawe 11.13 (both Ilford AC/L) and Dave Hoben (Surrey WC/L) 11.17 were among the competitors. U13 Sebastian Alexandru set a pb of 11.20.

Leaguers were in action on **Guernsey** over the weekend of 31st August/1st September taking part in the pre-Churches **3km** on the Friday evening as a warm up for the **19.4 miles Churches event** on the Sunday. They were; Steve Cartwright 20.03/3.55.23 (Col & Tend AC/L), Sean Pender---/3.57.27 (EHAC/L) and Dave Hoben (Surrey WC/L) 21.30/4.36.51. Islanders took the first two places in both races; Stuart LeNoury 14.49/3.11.24, the big one for the third time, ahead of the 1982 Commonwealth Games walker Rob Elliott 16.25/3.42.56. Whilst Ian Torode 18.06 (SW Vets) and Glyn Jones (Cov.Godiva) 3.48.46 filled the respective third positions - Ana Sahati (unattached) 4.41.25

Luc Legon 13.35 won the final 2018 **Woodford Tuesday 3km** on 4th September and with it the 2018 Series title. George Wilkinson 13.51 and Dave Annett 13.54 filled the minor placings and Melanie Peddle 17.16 in fourth cemented her Ladies series victory. Dan Maskell 20.21 (Surrey WC/L), Angie Lunderdown 20.49 (Bury P/L) and Françoise Fernandez (Loughton AC/L) who retired made up the field.

Vierdaagse - The Nymegan Marches

British walkers have a long association with the Marches, many using them as training for the 100 (which used to be staged in the Autumn), so I've 'spotlighted' them this year.

Taking part in this year's 102nd edition of the event were Sean Pender (EHAC/L) who walked 30km each day and Kathy Crilley, Chris Flint and Dave Hoben (all Surrey WC/L) walked 50km as did Sue Clements (Cambs/Col) Bob Gutteridge (formerly MWC) and Chris Bolton (Lancs WC).

The Marches organised by the Royal Netherland League for Physical Culture, were started in 1906 by the Dutch military to keep their personnel fit after the introduction of motor transport. It is the largest multiple marching event in the world.

Participants who walk on four consecutive days, number over 40,000 and there are categories to accommodate age or ability and many organisations, some of them military take part.

Nymegan absolutely buzzes during the week of the walks which take place annually in the third week of July and it is no wonder that for many, the event has become an annual pilgrimage and can record three or more decades of participation.

Over the years many British walkers have taken part as individuals or as a member of a team. In the late fifties early sixties the RWA entered teams.



1939

1960



S.E. WALKERS' SUCCESS IN HOLLAND

100% RECORD RETAINED

The team of walkers sent by the Stock Exchange Athletic Club to compete in the international long-distance marches, held at Nymegen, Holland, fully maintained the 100 per cent. record which is held in English terms in this event.

These marches are not actually races, but take the form of a strenuous endurance test consisting of four consecutive days' walking of 45 kilometres (approximately 28 miles).

Owing to national service claims, the S.E. club was unable to send the original number of 100 walkers, but the Dutch authorities took a sympathetic view of this fact and generously allowed the seven Home walkers to compete as a team. They have, therefore, received the Janszonne medalion which is awarded to successful teams. This, by courtesy of Alfred Dunhill and Co., will be on view at 27, Tottenham-street, E.C.2, to-day and to-morrow.

On the return to London yesterday evening the team was met by Mr. A. Gordon Brown, chairman of the Athletic Club. The team consisted of—

B. A. BALE (Capt.), Adams and Lane (Capt.), W. F. GASKIN (captain), Stewart and Smith, E. ANDERS (captain) and Smith, G. GIBSON (Capt.) and Terry, B. W. BOSTON (captain) and Smith, G. H. WATSON (Capt.), GIBSON and Co., Dr. F. BISHOP (captain) and Patten.

NYMEGEN FOUR-DAYS MARCHES

Fred Plumb of Brighton A.C. is this time Captain of the RWA team and both Plumb and Reg. Andrews of Woodford and the Stock Exchange are taking part for the tenth time (as is also Horace Ball of Lutels in the 40km. section). If successful they will be awarded the Gilt Cross.

The Marches take place on July 26th, 29th inclusive—and the RWA Team will cover 55 kilometres (34 miles) per day. Party leaves Liverpool Street Station, London, Sunday, July 24th, 9.05 a.m.

9 F. J. PLUMB (Brighton A.C.) Captain
 12 A. F. SPICER (Surrey W.C.)
 12 P. de BREE (Lancs. W.C. & The Harrier)
 9 R. ANDREWS (Woodford Green A.C.)
 2 T. DUNN (Lancashire W.C.)
 1 B. BUTTERWORTH (Lancashire W.C.)
 1 H. TETLOW (Lancashire W.C.)
 1 G. J. BOLTON (Lancashire W.C.)
 0 R. WALLWORK (Lancashire W.C.)
 0 R. LUDLAM (Yorkshire W.C.)
 0 E. BLAKEMORE (Yorkshire W.C.)
 0 J. B. MARRIOTT (Leicester W.C.)

As individuals in the 40km. category are
 5 H. BALL and 6 W. F. WATSON (Lutels H.)
 and 0 N. KIRKPATRICK (Lancashire W.C.)
 (Figures before name indicate number of previous participations.)

Teams representing Metropolitan Police and Metropolitan Women Police are also taking part
 O/C the Men's team is Inspector F. A. JAMES and Captain is P.C. L. J. SOANE

The 1939 Stock Exchange Team

At the **Centenary** edition of the Marches in 1916 Kathy Crilley and Sue Clements had the honour of an invitation to the "**Lap of Honour**" that was arranged to mark the occasion.

The lap was 50km, the distance of the inaugural march and it was undertaken within the four days, squeezed between their commitments to the 55km per day that they had signed up for.

Whew! 270km or 168 miles – That is some going!

The 1960 RWA team



Chris Flint contributed the following

Sizzling heat knocks out 700—but the Met marches on

BOTH the men's and women's teams which competed in the four-day Nijmegen march last month were awarded gilded bronze team medals.

It was the 18th consecutive year that the teams had competed in the Dutch International Four Days March, which began in 1909 as a test of team spirit and stamina.

The numbers taking part have risen steadily and now total 17,000 from 21 different countries. The distance covered each day varies from team to team. The men marched 50 kilometres each day, and the women 40.

Extremely hot

Inspector Anthony Bayfield, who led the men's team, described the march: "The daily route leads away from the centre of Nijmegen into the surrounding countryside, and returns to the same point. The first day takes the marchers through the Betuwe, a region of apple and cherry orchards, towards Arnhem; the second day westwards.

"This year these two days were extremely hot, 90 degrees F on the second, when over 700 dropped out—the highest number ever recorded.

"The third day lies to the south over hilly country, quite unlike the rest of Holland, and



Woman Inspector Alice Lusher presents a plate bearing the Metropolitan Police coat of arms to the Burgomeister

the final day in a similar direction. On this last day, three miles out of Nijmegen, uniformed participants change into full dress and the police teams from Switzerland, Luxembourg and Germany, as well as our own, march in behind the Nijmegen Police Band.

"The reception given to us on this march has to be experienced to be believed.

Crowds press thickly along the sidewalks, every window and balcony is dangerously

crowded, bunches of flowers are pressed into our hands and the cry goes up 'The Bobbies'.

"Never do I feel prouder to be a London policeman."

Shooting

The social side of the march is hectic. Before the march began the Burgomeister received all the teams in the Town Hall, and afterwards there was a special coach trip. During the rest of the visit there is a reception, flag parade and a march past.

I attach a newspaper article from The Job and a photo dated 1966 showing the Metropolitan Police team in full kit, wearing ties and detachable collar and stud, and carrying their food in a traffic warden's pannier, led by Inspector Cyril Yescombe of Belgrave Harriers AC and a strong race walker in his day. Many will remember him I'm sure. I am in the fourth row, and two behind me (without cap) is Amos Seddon. Behind him is Peter Newsome. Not a regular race walker but he did the Barking to Southend Police Walk a few times. This is my first Nijmegen (now 23 times) spread over the past 50 years.

We had no support apart from a cyclist who generally managed to get lost along the course and we survived on the couple of sandwiches we had wrapped up ourselves early in the morning. Now the police teams have carriers and support teams. We walked 15 miles before our 1st. stop and it was run on military lines, and our blisters were dealt with by Bonnie Yescombe who delighted in pouring iodine into the wound and seeing us

grimace. In the newspaper article dated 1969 it mentions that 17,000 from 21 different countries took part. Now 47,000 participate!



50th INTERNATIONALE 4-DAGGE WANDELTOCHT NIJMEGEN HOLLAND 1966

Nowadays the military element has been reduced whereas in the 60's and 70's British service personnel were much in evidence, especially when posted BAOR. It remains a fun event although a tough one.

I would be interested to hear from any Leaguers who have ever participated in the Marches