

The Enfield Walker 2019

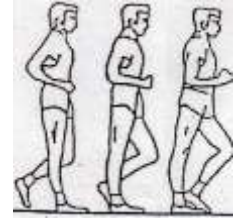
July/August

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-01638 751869 – ronc893moulton@gmail.com

who apologises for any errors and who welcomes contributions and comments for future issues

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



Pictured: Stefano Zennaro, Silvana Alves, Francisco Reis, Record. Vincenzo Panico, Alicia Drenda and Sergio Alumbo.

League Leaders George Wilkinson who scored his second 5km victory for the season and Jacqueline Benson who was the second woman to cross the line strengthened their positions, whilst a special mention is warranted for young Jonathan Ellerton who sliced a huge 4.51 from the time he posted on his 3km debut in April. Also setting pb's were Maddy Shott, Emma Dyos and Silvana Alves

The League was pleased to welcome overseas visitors; Vincenzo Panico and Sergio Alumbo.

Thank you to the LICC for incorporating the fixture in its programme and the officials who gave freely of their time and expense. A full result (listing times to 100th of a second) can be found in the Race Walking

ERW League Tables after 8 fixtures

The charge for the team title remains hotly contested, but youngsters George Wilkinson and Jacqueline Benson have opened considerable gaps between them and their main challengers. It is good to see ardent League supporter Mal Blackwood in the top three, but his chasers have races in hand and the big mover is the 2011 winner Steve Uttley who after a late start to the campaign is well placed, if he completes the last four races, to make the podium.

With four fixtures remaining only Jacqueline Benson needing to compete in 2 of them, Simon Morgan 3 and Lesley Hall and Chris Hobbs in all 4, have the opportunity to become new Leaguers this year.

The stats reveal that 40 of the 94 participants so far this season are women and that 26 clubs have been represented.

Ladies

- 456/7 Jacqueline Benson YA
- 384/6 Emma Dyos
- 374/6 Melanie Peddle
- 359/6 Helen Middleton
- 314/6 Sue Barnett
- 274/5 Lesley Hall
- 241/4 Maddy Shott
- 226/4 Maureen Noel
- 214/4 Rachel Lawless
- 205/4 Noel Blatchford

Men

- 485/7 George Wilkinson YA
- 381/8 Mal Blackwood
- 368/6 Stuart Bennett ©
- 351/6 Simon Morgan
- 320/5 Steve Uttley
- 319/7 Arthur Thomson
- 312/5 Chris Hobbs
- 291/6 David Hoben
- 270/4 Francisco Reis
- 269/5 Tom Casserley
- 269/5 David Kates ©
- 262/4 Trevor Jones
- 251/4 Stefano Zennaro
- 237/5 Steve Cartwright
- 235/4 Mark Culshaw
- 228/5 Tony Wilkinson
- 227/4 John Ralph
- 215/4 John Borgars ©
- 210/3 David Annetts
- 152/3 Chris Flint ©

Team Table

- EHAC **1973** 485 Wilkinson, 359 Middleton, 319 Thomson, 314 Barnett, 269 Casserley, 227 Ralph
- Ilford AC' **1906** 384 Dyos, 368 Bennett, 351 Morgan, 320 Uttley, 269 Kates, 214 Lawless,
- Ashford AC **1464** 456 Benson, 312 Hobbs, 274 Hall, 196 Morris M, 173 Whittingham, 53 Arthurs
- Belgrave H **1101** 251 Zennaro, 241 Shott, 235 Culshaw, 226 Noel, 99 Hall, 49 Drenda
- Surrey WC **1099** 291 Hoben, 270 Reis, 152 Flint, 137 Crane, 129 MartinM, 120 MartinA

Next ERWL fixture Always check the enfieldleague.weebly.com website for last minute changes

31st August 11.40 5/3/2 kms LICC Ilianz Stadium, NW4 1RL (ERWL race 9)

11.40 Check-in Deadline!

Important Notice re: ERWL One Hour Meeting

Due to track availability it has been necessary to change the date of the **ERWL One Hour Meeting. IT IS NOW SUNDAY 29th SEPTEMBER.**

It is proposed to stage two races to embrace both categories and Entries Must be Made in Advance. Numbers will be limited and it would be of great assistance if persons thinking of doing the event could contact ronc893moulton@gmail.com to register an interest. [See back page](#)

| ERWL 2019 Race 8 -27 th July | LICC 5/3km | Allianz Park |
|--|--|--------------|
| 1. George Wilkinson (EHAC) 23.58 U20 | 1. Maddy Shott (Belgrave H) *24.04 SW | |
| 2. Stefano Zennaro (Belgrave H) 26.57 M45 | 2. Jacqueline Benson (Ashford AC) *28.01 U20 | |
| 3. Vincenzo Panico (BSC France) 27.02 M65 | 3. Millie Morris (Ashford AC) 28.14 U17 | |
| 4. Fransisco Reis (Surrey WC) 28.01 M55 | 4. Emma Dyos (Ilford AC) *28.35 W40 | |
| 5. Steve Uttley (Ilford AC) 29.33 M60 | 5. Melanie Peddle (Loughton AC) 29.00 W50 | |
| 6. Graham Chapman (Headington RR) 29.57 M65 | 6. Silvana Alves (Barnet DAC) *29.11 W45 | |
| 7. Steve Allen (Barnet DAC) 30.51 M60 | 7. Grace Whittingham (Ashford AC) 29.32 U17 | |
| 8. Simon Morgan (Ilford AC) 31.57 M50 | 8. Helen Middleton (EHAC) 31.04 W55 | |
| 9. David Kates © (Ilford AC) 33.36 M70 | 9. Maureen Noel (Belgrave H) 32.34 W55 | |
| 10. John Borgars (Loughton AC) 33.47 M70 | 10. Noel Blatchford (Abingdon AC) 32.34 W70 | |
| 11. Malcolm Blackwood (Trent Park) 34.18 M65 | 11. Sue Barnett (EHAC) 33.19 W65 | |
| 12. Steve Cartwright (Col/Tend) 34.30 M60 | 12. Alicia Drenda (Belgrave H) 34.02 W35 | |
| 13. David Hoben (EHAC) 35.43 M65 | | |
| 14. Arthur Thomson (EHAC) 38.33 M80 | 3km | |
| Sergio Alumbo (Italy) ret U17 | Jonathan Ellerton (Bkthh/Bromley) *20.27 U15 | |

Judges: Peter Cassidy, Andrew Garner, John Hall, Shaun Lightman, Pauline Wilson©

Timekeepers Officials of the LICC/Recorders: Pam Ficken©, Carl Lawton©, Ken Livermore©, Jack Rossiter ©

Registration: Margaret Livermore, Ron Wallwork ©, Tracey Wilkinson

If there was a 'Leading Leaguer of the Summer' award it would surely go to Callum Wilkinson who in the space of two weeks won his first British senior title and collected a bronze medal at the European u23 championships. His early season form; a sub 82 performance at the European Cup, a 10km international win in a new GB best time of 39.21, an u23 cbp of 40.29 at Bedford, indicated that something special was on the way.

In winning the British Grand Prix 20km staged in Leeds, which incorporated the national championship in a time of 81.46 Callum ended a six year domination of the event by his friend Tom Bosworth.

At the Euro u23 in Sweden things didn't quite go to plan; he wasn't technically at his best and two red cards just before the half way point demanded a cautious second half to his race. Nevertheless, his time of 82.13 underlines his consistency in recording quick times and should be the platform for even faster ones that will be required in Doha at the World championships and next year in Tokyo.

There was a dramatic finish to the race in Sweden as Salih Korkmaz who was over a minute ahead with 2km to go suffered a bout of sickness and was forced to slow down allowing neutral Russian Vasily Mizinov to overtake him just metres from the finish line.

The picture was taken just before 3km with Callum tracking the long-time race leader Salih Korkmaz (Turkey) 81.32 and eventual winner Vasily Mizinov(ANA) in 4th position 81.29.



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

Ash - Ashford AC
Bxy - Bexley Heath
CTen - Colchester/Tendering AC
LWC - Lancs WC
Stey - Steyning AC

Ab - Abingdon AC
Bfld - Birchfield H
EMAC - Eastern Masters AC
Ltn - Loughton AC
WC - Surrey WC

Ald - Aldershot F & D
Bkth - Blackheath & Bromley
EHAC - Enfield H AC
MMK - Marshal M.Keynes
Ton - Tonbridge AC

Bnt - Barnet & District
Ch - Chiltern H
HRR - Headington RR
NHRR - North Herts RR
TP - Trent Park

Bel - Belgrave Harriers
Col - Colchester H
If - Ilford AC
Red - Redcar RW Club
WB - Wolves/Bilston

Organiser David Hoben writes: Veterans AC hosted the seventh running of the **Jack Fitzgerald walks** at Tilgate Park on 22nd June, on a lakeside course once used as the test bed for Britain's water speed record around popular beauty spot called Campbell's lake, in what can only be described as perfect June weather. The race was held to raise funds for Blind Veterans UK, as a tribute to RAF fighter pilot Jack Fitzgerald. On the start line ages ranged from 9 year old Charlie Perry (Lewes AC), to prolific veteran record breaker Arthur Thomson (Enfield AC) who recently turned 83.

The first three in the men's headline race over 10.325m race were Trevor Jones (Stey/L) 59.52, Jim Ball (Stey) 60.33, Mark Culshaw (Bel/L) 65.58, whilst Emily Ghose (Ton) 61.26, triumphed after a close battle with Penelope Cummings (AFD/L) 61.28 to be first lady home. Among the two dozen competitors were Leaguers Melanie Peddle (Ltn/L) 63.27, Dan Maskell (SWC/L) 69.47, Steve Cartwright (CTen/L) 73.14, David Hoben (SWC/L) 65.43, Geraldine Legon (Bxy/L) 77.47 and Arthur Thomson (EHAC/L) 78.27

The entry of nine (only 2 of them women) for the **EA under 20/23 10km championships** at Bedford on 22nd June was sparse to say the least, but that shouldn't detract from excellent performances of Callum Wilkinson (EHAC/L) 40.29 who set a pb which was also a Championship best performance, the 42.28 by Cameron Corbishley (Med) 42.28 and Chris Snook's (AFD) 45.00. The pit lane was in use by three athletes, one of them being George Wilkinson (EHAC/L) 50.37.



Leaguers at the Jim Sharlott/BMAF 10km at the Oval, Abbey Park Leicester on Sunday 30th June,

Front row: Arthur Thomson (EHAC/L) 71.13 M80 winner, George Wilkinson (EHAC) 47.48 Open race winner, Sarah Sharlott Jim Sharlott's daughter, Geraldine Legon (Bxy/L) 72.46 W60 3rd and John Borgars (Ltn/L) 71.06 M70 4th,

Back row: John Hall (Bel/L) official, Maureen Noel (Bel/L) 67.52 1st W55, Melanie Peddle (Ltn/L) 61.04 1st W50 and Steve Allen (Bnt/L) 63.22 1st M60. Fransisco Reis (SWC/L) 57.49 1st M55 also took part.

The **Surrey WC 'Gazette' 4 miles** cup was held in conjunction with the Blackheath & Bromley meeting on 3rd July and the winner was David Hoben 47.30 ahead of Michael Harran 48.35 and Chris Flint 53.19. (all SWC/L).

Lots of action involving Leaguers on **Saturday 6th July**. At **Lewes** in the local club's development races, the 5km was won by Penelope Cummings (AFD/L) in 28.38 and also competing were Mark Culshaw (Bel/L) 31.26 and Dave Hoben (SWC/L) 36.35.

Moving up the country, at **Coventry** the **BMAF inter-area match** was taking place over 2km and where six Leaguers was scoring points for their various teams. They were Melanie Peddle (Ltn/L) 11.06, Malcolm Martin (SWC/L) 11.18, Steve Allen (Bnt/L) 11.34, Rachel Lawless (If/L) 12.21, John Borgars (Ltn/L) 13.37, Geraldine Legon (Bxy/L) 14.20.

Further north at **Macclesfield** in the LWC '**Barnard 10km** fixture Dan Maskell (SWC/L) 66.10 finished 3rd behind Adrian Edwards (LWC) 58.38.

There were two races in **London** on Tuesday 9th July. The second Woodford 3km had an excellent turnout of 20 walkers. Luc Legon (Bxy) 12.56 won easily. Matthew Crane (Bxy) 13.46 and Dave Annetts (NHRR) 13.49 occupied the minor places, whilst Maddy Shott (Bel) 14.09, Melanie Peddle (Ltn/L) 16.44 and Emma Dyos (If/L) 17.01 were the top three ladies. Other Leaguers racing were Fransisco Reis (SWEC/L) 15.13, Stuart Bennett (If/L) 17.54, Steve Allen (Bnt/L) 18.13, Rachel Lawless (If/L) 18.57, John Borgars (Ltn/L) 20.33, Lesley Morris (If/L) 20.40 and Geraldine Legon (Bxy/L) 21.28

Meanwhile, over at Battersea Park the third VAC fixture of the season was the 5km championships and was staged in good conditions. The overall winner was Stefano Zennaro 26.42. The championship winner was Penelope Cummings (AFD/L) 28.14, followed home by Maureen Noel (Bel/L) 32.04. The Men's championship winner was Dan Maskell (SWC/L) 32.22 and behind him performances by Tom Casserley (EHAC/L) 34.18, David Hoben (SWC/L) 34.55, Paul King (Bel/L) 35.03, Shaun Lightman (SWC/L) 37.12.

BMAF 20km held in conjunction with the Midlands championships at Coventry on 14th July attracted 19 walkers of which 10 were women. In hot humid conditions Lisa Kehler (WB) was the first to cross the line in 1.54.19; the first man was Peter Boszko (Bfld) 2.05.55. Three Leaguers were in action; Noel Blatchford (Ab/L) 1st W70 in 2.27.07, Melanie Peddle (Ltn/L) 2nd W50 in 2.09.02 and Steve Allen (Bnt/L) who unfortunately was one of the seven athletes who collected three red cards. A further four walkers failed to finish.

On the same day at Ashford the Senior Eight Counties meeting, the 3km walk was won by Dominic King (Col) 12.02. Trevor Jones (Stey/L) 16.22, Emma Dyos (Ilf/L) 16.50 and Rachel Lawless (Ilf/L) 18.56 also competed.

The third week in July is **Njmegan Marches** time and walkers with ERWL connection spotted at this year's gathering were Sue Clements, Kathy Crilley, Chris Flint and David Hoben .

Penelope Cummings (AFD/L) 45.57 won her second successive **VAC race** at Battersea Park on 6th August, this time over 5 miles. Only five of the seven starters finished; Belgrave trio Mark Culshaw 47.44, Stefano Zennaro 48.40, and Paul King 59.26 who were separated by David Hoben (SWC/L) 57.30.

Over the weekend of 10th/11th August at Birmingham, the **BMAF** staged its T&F championships which include a 3 and 5km walk. A mixed field of 21 and 18 respectively contested the two distances in very blustery conditions. ERWL connections won age category medals. They were gold for M60 Steve Allen (Bnt/L) 17.55/30.27, W55 Rachel Lawless (Ilf/L) 18.56 and W65 Sue Barnett (EMAV/L) 33.24, silver for W40 Penelope Cummings (AFD/L) 16.33 and W55 Lesley Morris (Ilf/L) 20.46 along with a bronze for W40 Emma Dyos (Ilf/L) 16.52

The third **Woodford Tuesday 3km** on 13th August was won by George Wilkinson (EHAC/L) in a pb of 13.01. Dave Annetts (NHRR) 13.49 was second and Maddy Shott (Bel) 14.35 third. Fransisco Reis (SWC/L) 14.52, Steve Uttley (Ilf/L) 16.52, Steve Allen (Bnt/L) 17.49, Rachel Lawless (Ilf/L) 19.04, Geraldine Legon (Bex/L) 20.42 and Lesley Morris (Ilf/L) 20.51 were among the 13 starters.

Retirements from racing announced recently include two Ilford AC stalwarts; Dave Ainsworth and Mick Barnbrook. Both are Centurions and have been avid supporters of the League, Dave (*on the right in the picture*) taking part in the inaugural season. Tributes to their contributions to race walking and other areas of their lives have appeared in *The Essex Walker* issues 388 and 389. If you don't receive *The Essex Walker* contact essexwalker@brinternet.com and ask to be added to the mailing list and sent these back numbers.



ERWL ONE HOUR BADGE Walks – SUNDAY 29th SEPTEMBER 2019

The event also incorporates the ESSEX championships

Lee Valley Athletic Centre, N9 0ASA

**Badges awarded for first-timers achieving
Five, Six and Seven miles and plaques for Eight miles**

Subject to sufficient support there will be an A and B category races

**Entries in advance only, NO LATER THAN 21st SEPTEMBER
Name, age category, Club and A or B preference**

To: ronc893moulton@gmail.com

Or 35A Newmarket Road, Moulton, Suffolk, CB8 8QP