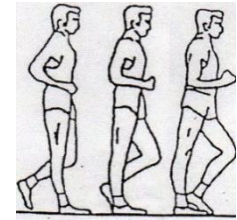


# The Enfield Walker 2019

(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

September



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

## First National Senior record for Callum Wilkinson



Callum Wilkinson's outstanding form this year was featured in the last *Enfield Walker* and he continued his string of top-notch performances at the British championships at the Alexander Stadium, Birmingham on 25<sup>th</sup> August.

With the temperature at track level exceeding 30c he reeled off the 12 and a half laps, the early ones inside Tom Bosworth's record pace but with a kilometre to go he slipped slightly behind it and at the bell was a second adrift, but with the enthusiastic and vociferous support of the spectators he rallied and crossed the finish line in 18:41.23 setting a new national record.

Callum admitted that he and runner-up Cameron Corbishley had the advantage of specific training to combat the heat, in preparation for the World championships in Doha where they will contest the 20km and 50km respectively.

On his journey through the various age groups since he took up race walking in 2012 Callum has re-written the records book, but from the earliest days believed that it was performances at senior level that measured the athlete, so this his first senior British record was a bit special. *Picture courtesy of Mark Easton. <https://markeaston.zenfolio.com>*

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### ERWL ONE HOUR BADGE Walks – SUNDAY 29<sup>th</sup> SEPTEMBER 2019

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  
The event also incorporates the ESSEX championships

**Entries in advance only, NO LATER THAN 21<sup>st</sup> SEPTEMBER**

**Name, age category, Club and A or B preference**

To: [ronc893moulton@gmail.com](mailto:ronc893moulton@gmail.com)

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

**\*\* At Press time Entries 30 entries had been received. The limit is 40 \*\***

They Are: D.Annetts, S.Barnett, S.Bennett, J.Benson, N.Blatchford, S.Cartwright, T.Casserley, Clement, C.Flint, L.Hall, P.Hannell, C.Hobbs, J.Hobbs, D.Hoben, R.Lawless, D.McKerlich, M.Martin, H.Middelton, S.Morgan, L.Morris, M.Morris, M.Peddle, J.Ralph, F.Reis, A.Seddon, M.Shott, A.Thomson, S.Uttley, G.Whittingham, G.Wilkinson.

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**Stop Press: Golds for Noel Blatchford and Cath Duhig at the Euro Masters championships in Venice, Italy.**

*See Leaguers in Venice on back page*

I wasn't able to be at the race, but looking at the result it's pleasing to see the event well supported again and I'm, obliged to the officials for their roles in ensuring a successful competition. Thanks are due also to the LICC who support race walking by incorporating our event in its programme.

The racing must have been good to watch as only four seconds covered Chris Hobbs, Steve Uttley and Melanie Peddle and only seven seconds Stuart Bennett, Helen Middleton and Grace Whittingham. Jonathan Ellerton improved again and u13 Carla Forsyth clocked a fast time on her debut in the League. It was nice to see Steve Whelan in the results again and congratulations are due to him in respect of his M55 5km walk bronze medal in the recently staged World Transplant Games held in Gateshead. 50/59 37.57

1. George Wilkinson	(EHAC)	23.22	U20	1. Maddy Shott	(Belgrave H)	24.56	SW
2. Dave Annetts	(N Herts RR)	24.07	M45	2. Jacqueline Benson	(Ashford AC)	28.58	U20
3. Fransisco Reis	(Surrey WC)	26.05	M55	3. Melanie Peddle	(Loughton AC)	29.09	w50
4. Chris Hobbs	(Ashford AC)	29.05	M60	4. Helen Middleton	(EHAC)	31.25	w55
5. Steve Uttley	(Ilford AC)	29.08	M60	5. Grace Whittingham	(Ashford AC)	31.29	U17
6. Malcolm Martin	(Surrey WC))	29.32	M60	6. Maureen Noel	(Belgrave H)	32.27	w55
7. Graham Chapman	(Headington RR)	29.59	M65	7. Sue Barnett	(EHAC)	32.39	w65
8. Martin Fisher ©	(Redcar RWC)	30.32	M50	8. Noel Blatchford	(Abingdon AC)	33.17	w70
9. Simon Morgan	(Ilford AC)	31.13	M50	9. Alicia Drenda	(Belgrave H)	*33.20	w35
10. Stuart Bennett ©	(Ilford AC)	31.22	M60				
11. John Ralph	(EHAC)	31.49	M60				
12. Tom Casserley	(EHAC)	34.39	M80				
13. Steve Whelan	(Headington RR)	37.10	M50				

**3km**

Peter Hannell	(Surrey WC)	22.54	M75
Bob Dobson ©	(Ilford AC)	23.16	M75

**3km**

Carla Forsyth	(Bkthh/Bromley)	18.55	U13
Jonathan Ellerton	(Bkthh/Bromley)	*19.18	U15

*Judges:* Peter Cassidy, Andrew Garner, Mick Graham, Pauline Wilson©

*Timekeepers Officials of the LICC/Recorders:* Pam Ficken©, Carl Lawton©, Ken Livermore©, Tony Wilkinson

*Registration:* Margaret Livermore, Tracey Wilkinson

**ERW League Tables after 9 fixtures**

George Wilkinson and Jacqueline Benson lead the overall league placings by a sizeable margin and providing they compete in another race are in unassailable positions in their respective categories. At the moment the promoting club look to be the favourites for the team title, but there are still three fixtures remaining and walkers with races in hand, so things could change. Ashford on paper seems to be languishing in third place, but have six entries confirmed in the upcoming Hour races which will reap a good harvest of points for them.

The stats reveal that 41 of the 96 participants so far this season are women and that 26 clubs have been represented.

**Ladies**

1. 522/8	Jacqueline Benson	YA
2. 437/7	Melanie Peddle	
3. 416/7	Helen Middleton	
4. 384/6	Emma Dyos	
5. 367/7	Sue Barnett	
6. 309/5	Maddy Shott	
7. 280/5	Maureen Noel	
8. 274/5	Lesley Hall	
9. 257/5	Noel Blatchford	
10. 214/4	Rachel Lawless	

**Men**

1. 555/8	George Wilkinson	YA
2. 426/7	Stuart Bennett	©
3. 410/7	Simon Morgan	
4. 384/6	Steve Uttley	
5. 381/8	Mal Blackwood	
6. 377/6	Chris Hobbs	
7. 337/5	Fransisco Reis	
8. 319/6	Tom Casserley	
9. 319/7	Arthur Thomson	
10. 291/6	David Hoben	
11. 282/5	John Ralph	
12. 279/4	Dave Annetts	
13. 269/5	David Kates	©
14. 262/4	Trevor Jones	
15. 251/4	Stefano Zennaro	
16. 237/5	Steve Cartwright	
17. 235/4	Mark Culshaw	
18. 228/5	Tony Wilkinson	
19. 215/4	John Borgars	©
20. 191/4	Malcolm Martin	

**Team Table**

1. EHAC	<b>2258</b>	555 Wilkinson, 416 Middleton, 367 Barnett, 319 Thomson, 319 Casserley, 282 Ralph
2. Ilford AC'	<b>2089</b>	426 Bennett, 410 Morgan, 384 Dyos, 384 Uttley, 269 Kates, 214 Lawless,
3. Ashford AC	<b>1651</b>	522 Benson, 377 Hobbs, 274 Hall, 229 Whittingham, 196 Morris M, 53 Arthurs
4. Belgrave H	<b>1274</b>	309 Shott, 280 Noel, 251 Zennaro, 235 Culshaw, 100 Drenda, 99 Hall
5. Surrey WC	<b>1228</b>	337 Reis, 291 Hoben, 191 MartnM, 152 Flint, 137 Crane, 120 MartinA

## Spotlight on AMOS SEDDON



*Being aware that 2019 would be the 50<sup>th</sup> anniversary of Amos Seddon's introduction to the discipline of race walking, I asked him to give me a potted history of his career and under protest did. Here it is.*

In July 1959, aged 18 I went to live in Tottenham and it was there that I met Charlie Fogg one of Enfield AC's top race walkers. Fogg had heard that I'd already done a couple of walking races and wasted no time encouraging me to do regular walks with him. At that time in the London area there was normally several races on a Saturday in the summer months and quite often a couple mid-week as well.

By September Fogg had got me signed up as an Enfield AC member and during my early years with the club I represented the club at running and walking. Stan Mantor had been an outstanding walker for the club and in the mid-sixties he was a much respected coach. Encouraged and helped by Stan I improved enough to win the 1966 Highgate Hour B section covering 7m 504yds (kms).

Progress stalled somewhat over the ensuing few years and I turned to Fogg for help. This was a very successful move and resulted in victory in the 1972 Highgate Hour with a distance of 13.051mts. Improvement continued and from 1973 through to the 1981; I was a regular in the GB team with 25 performances, including five World Team championships, two European championships and one Commonwealth Games appearance.

In the eighties I proved dominant in the Veteran's championships winning national and European championships, but by the end of the decade arthritic knees and then feet made it increasingly difficult to comply with updated rules of race walking. Nevertheless, I have managed to do some walking events each year since 1959 and for the last few years taken part in park runs, albeit not very fast. But, at least I' doing something a little bit competitive.

My best times:

3km 12.29 (1980), 5km 21.59 (1978), 5mils 35.26 (1976), 10km 43.05 (1980), 7mils 49.53 (1975) 1Hr 13.373 (1980)

10mils (1980), 20km 1.28.50 (1974) 30km 2.23.38 (1980), 20mils (1980), 35km 2.40.04 (1980), 50km 4.10.43 (1980)

Even though over the years I have been disqualified several times, I am pleased that my best times (apart from the 5 miles) were recorded in important races (the 3km was in a Grand Prix event), championships or international races.

*Not mentioned is his contribution to race walking as an official and his support to walkers especially as attendant on ultra-distance events and the top picture was taken on the 42<sup>nd</sup> and last day of the Barclay Bi-Centenary re-enactment in 2009 where he was the Chief Umpire.*



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### Centurions' Social Walk - Epping Forest - Saturday 19<sup>th</sup> October

Meet at Loughton rail station, IG10 4PD at 10am for a 6 miles' stroll around Epping Forest.

The walk will be led by local resident Richard Howard and conclude with a visit to a tea room, back near Loughton High Street. Toilets are available at the station (Central Line), which has an NCP car park - cost for Saturday is £3.

It's open to all, not just Centurions, plus family members and friends. It's an enjoyable social walk - not a race! It's also an opportunity for our local Essex/Home Counties' race walking scene to come together for an enjoyable social day out. Let's see a good turnout - as all are welcome!

Bus routes to Loughton Station : 20 (Walthamstow Central-to-Debden taking in Leyton/Whipps Cross/Woodford Green), 167 (Ilford-to-Loughton Station taking in Gants Hill/Barkingside Grange Hill/Chigwell/Buckhurst Hill) & 397 (Debden-to-Crooked Billet taking in Buckhurst Hill/Woodford Wells/Chingford)

***Any questions, phone Organiser Steve Kemp c1075 on 07860-617899***

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

The club affiliation will only be indicated on the first mention of the athlete in this issue

Ash - Ashford AC

Bxy - Bexley Heath

CTen - Colchester/Tendering AC

LWC - Lancs WC

Red - Redcar RW Club

WB - Wolves/Bilston

Ab - Abingdon AC

Bfld - Birchfield H

EMAC - Eastern Masters AC

Ltn - Loughton AC

Stey - Steyning AC

Ald - Aldershot F & D

Bkth - Blackheath & Bromley

EHAC - Enfield H AC

MM - Med/Maidstone

WC - Surrey WC

Bnt - Barnet & District

Ch - Chiltern H

HRR - Headington RR

MMK - Marshal M.Keynes

Ton - Tonbridge AC

Bel - Belgrave Harriers

Col - Colchester H

Ilf - Ilford AC

NHRR - North Herts RR

TP - Trent Park

The **Eastern Masters 2km track** walk at Garon Park on 20<sup>th</sup> July was won by Adam Hills (Bedford H) 11.15 narrowly beating Emma Dyos 11.15. Other Ilford club/Leaguer-mates competing were Simon Morgan 3<sup>rd</sup> 12.16, 4<sup>th</sup> Rachel Lawless 12.21, 6<sup>th</sup> John Borgars 13.16 and 7<sup>th</sup> Leslie Morris 13.41.

There were victories in their age groups at Ashford in the **South of England 5km** track championships for Penelope Cummings 28.42 and David Crane (SWC/L) 28.51 and 3<sup>rd</sup> and 6<sup>th</sup> respectively for Melanie Peddle 29.54 and Geraldine Legon 37.21.

In tropical conditions 14 walkers competed and completed the **Southend Bank Holiday Mile** at Garon Park on 26<sup>th</sup> August. Melanie Peddle (Loughton/L) 8.52 replicated her overall win of 2018 and set a women's track record of 8.52 in the process. Stuart Bennett (Ilf/L) 9.45, Linda Mountford (Castle Point) 9.46 made up the top three whilst among the other finishers were Leaguers Rachel Lawless (Ilf) 9.50, Leslie Morris 10.45, Alan O'Rawe 11.18 and Dave Ainsworth 13.35 (all Ilford). Special mention of Dave Ainsworth's performance; recently out of hospital and because of health problems out of action for over a year fulfilled a long time ambition to race in his 70's

Penelope Cummings (AFD/L) 16.39 was the first female to finish in the **Med/Maidstone mixed open 3km** at Gillingham on 27<sup>th</sup> July. The race was won by Luc Legon (Bxy) in 13.01 and his mum Geraldine Legon (Bxy/L) clocked 21.22.

The fifth and final fixture of the **2019 VAC** races at Battersea Park on 27<sup>th</sup> August was staged in humid conditions and won convincingly by Dave Annetts in 38.11 which was a pb. Belgrave harriers occupied the following two places through Mark Culshaw (L) 49.27 and Maureen Noel (L) 54.20. Behind them; Dan Maskell (SWC/L) 54.50, Alicia Drenda (Bel) 55.53, Tom Casserley (EHAC/L) 57.07, Paul King (Bel/L) 57.42 and David Hoben (SWC/L) 60.13 were the eight walkers of the ten that started who completed the race.

Leaguers Stephen Cartwright (Col/L) and David Hoben (SWC/L) were among a number of main-landers to journey to Guernsey for the Sarnia promoted 19.4 miles **Annual Churches Walk** on Sunday 1<sup>st</sup> September. There is a precursor to the event by way of a 3km road race on the Friday. Stephen finished 4<sup>th</sup> in the 3km with 20.31 and 5<sup>th</sup> in the Churches with 4.00.55, whilst David recorded 5<sup>th</sup> in 21.34 and 6<sup>th</sup> in 4.10.08. The winner of both races was Stuart LeNoury (Sarnia) with times of 16.3 and 3.20.14. It was Stuart's fourth Churches victory.

Tuesday 3<sup>rd</sup> September was the finale fixture for the 2019 3km walks staged at **Woodford**. Luc Legon 12.55 and his Bexley club-mate Matthew Crane 12.56 headed the nine-strong field with almost a minute to spare over the third finisher Dave Annetts (NHRR) 13.47. The other finishers were; Seb Parris (Ilf) 15.59, Melanie Peddle 16.48, Beatrice Fury (MM) 16.50, Silvana Alves (Bnt) 17.55 and Stuart Bennett 18.39.

The Overall results show that 25 walkers from 12 clubs registered 54 appearances in the four race series. The overall individual winners were Luc Legon with 105 points and Maddy Shott (Bel) with 95 and Ilford AC clear victors in the team classification.

### Leaguer's at the World Masters

	5km	10km	20km
W40 Penelope Cummings	6 <sup>th</sup> 28.06	6 <sup>th</sup> 53.22	-----
W60 Cath Duhig	3 <sup>rd</sup> 30.36	3 <sup>rd</sup> 57.08	1 <sup>st</sup> 2.11.28
Fiona Bishop	-----	14 <sup>th</sup> 74.12	11 <sup>th</sup> 2.57.34
W70 Noel Blatchford	-----	1 <sup>st</sup> 61.37	1 <sup>st</sup> 2.25.58
M70 David Kates	-----	16 <sup>th</sup> 63.10	10 <sup>th</sup> 2.24.11

**New Leaguers?** Jacqueline Benson, Malcolm Blackwood, Emma Dyos and Simon Morgan have already qualified as Leaguers this year by competing in six fixtures. Those still in with a chance of joining the 119 qualifiers over the years since the league started in 1998 and with three opportunities left are: needing 1 Leslie Hall, and Maddy Shott, needing 2 Dave Annetts, Chris Hobbs and Stefano Zennaro and needing 3 Jonathan Ellerton, Bob Dobson, Martin Fisher, Leslie and Mille Morris and Grace Whittingham