

The Enfield Walker 2020

November Catch-up 2

(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

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



Enfield Open Seven Centenary

Twenty-three people accepted the invitation to mark the Centenary of the Enfield Open Seven, submitting some interesting recollections and eleven turned out to register a walking performance. A Centenary Booklet will be produced early next year, meanwhile those who took part are acknowledged here along with the memories of Eric Hall the race winner in 1957.

In alphabetical order they were:

Dave Ainsworth ©		Eric Hall	
Dave Annetts	58.41	John Hall	
Tony Bell		Carl Lawton ©	
Ken Bobbett	75.08	Ron Penfold	77.21
Diana Braverman	120.00	Ed Shillabeer ©	96.26
Andrew Cox	75.08	Greg Smith	
Sue Clements ©	87.00	Tony Taylor	
Bob Dobson ©		Arthur Thomson	
Cath Duhig ©		Ron Wallwork ©	81.07 (7km)
Richard Emsley	75.37	George Wilkinson	58.16
Pam Ficken ©		Tracey Wilkinson	62.02 (7km)
		Tony Wilkinson	62.02 (7km)



Ready for the off.
above Richard Emsley and Ron Penfold
left 'Edbanger' Shillabeer

An interesting note from Ron Penfold:
We did our virtual race today; my shoes look as though I have done a muddy C.C. My time was 77-21 and Richards was 75-37, Very pleased with my time although both Richard and I had Garman watches on, mine said I had done the 7 miles about 125 yards before Richard's.



Eric Hall It is very kind to be reminded that I won the Enfield Open 7 a mere 69 years ago in 1957. The race was not only a First win for me in that race but was also a first for the BBC. The field consisted of 179 starters with the same number finishing!

The weather was kind that Saturday but before we reached the top of the hill, we were joined by Alan Wicker a BBC journalist (host of the long running TV series "Whickers World").

The early pack of 4 or 5 settled down ignoring the interlopers. The pack stayed together until the turn when the race began to split up, the first to drop back was Norman Read the New Zealand Gold Medallist from 1956 but this race was only 7 miles or 25 shorter than Norman preferred! About a mile further on I caught Ken Matthews and stayed in front to break the course record set in 1931, the year before I was born! My time was 51min 38s a time which Ken broke a year later.

I have no idea when Alan Whicker finished but his piece was broadcast on the Monday evening. Several walkers were shown in the film, but I was left on the cutting room floor.

There is still time to send in a memory, if you haven't already done so.

It is sad to report the passing of two Leaguers since the last catch-up. Condolences to their families and friends.

Paul Ray died peacefully at home with his family on 7th November. Paul was acknowledged as one of EHAC finest coaches and a committed, reliable aide when I took over administrating the ERWL in 2007. He was also no slouch on the road as the *EnfWalker* Spotlight on him revealed in 2013. The article is reproduced as a tribute to him.

Spotlight on Paul Ray

Taken by a friend to London's White City Stadium on Bank Holiday Monday 1946, Paul witnessed the great Sidney Wooderson win the three miles in the GB v France meeting. It was the first of many visits to that stadium to watch athletics and two years later the Olympic Games at Wembley, which finally hooked him into the sport, and he joined Polytechnic Harriers as a runner. His pb's demonstrate that he was better than average: 55.42 10m, 1.27.46 15m, 1.59.15 20m and 2.52.21 marathon. Over the ensuing twenty years he competed on track and road at a range of distances, won the club championship and his value to the Poly teams was recognised when he was elected their captain in 1965, the year they won the team race. He also raced for RAOC when doing national service.

Paul had had a passing interest in race walking after seeing Don Thompson on television winning the 1960 Olympic 50km and when he joined Enfield Harriers in 1969, he soon found walkers easy to get along with and he was soon a regular in the team. In March 1973 he won his first Middlesex vest in the CAU inter-counties ten miles walking championship and in the historic Middlesex CC championships of that year, he and Bernie Hercocock were among the first twelve finishers; why was it historic? The first twelve to finish were all Enfield Harriers!

In the late seventies as well as competing, Paul got involved in coaching and qualified as a level 4 endurance coach. In this role he helped many athletes, runners and walkers to reach their potential among them Colin Moxom (2.16.29 London marathon) and Irish cross country international Seamus Kerr.

His list of achievements is extensive, with open and representative performances including the Civil Service among them. Four London marathons, the Athens marathon, Nijmegen Marches (both with Ken Livermore), are among a lengthy list of achievements, but the highlight was carrying the Olympic Torch in the 2004 Olympic Relay.

*Paul's funeral took place on Monday 23rd November and was streamed on <https://www.obitus.com/>
A recording of the service will be available for four weeks commencing 27th November*

Peter Ryan c984 Passed away peacefully on 13th November. Hailing from Sheffield and always proud of his heritage Peter was a larger than life character. Among his many walking successes were his Open Seven win in 2002 and ERWL victory over a decade later in 2013. However, his greatest triumph was winning the Surrey WC & London Vidarians Hundred at Newmarket in 2003.

Peter passed through 50 miles in 9.08.10 with a 23 minute lead ahead of Sandra Brown and RWV Holland's William Mutze. Sandra dropped away in the second half of the race leaving William as his nearest challenger, who was still 23 minutes in his wake at 90 miles. Over the last ten miles Peter took a "right packet" (a term used in those days equivalent to "hitting the wall") and was prostrated on the grass at one point. But with encouragement he rallied and the iconic photograph of him finishing captures not only the strain and pain, but the dog

ged determination that enabled him to hold off his Dutch rival by just 55 seconds and earn the accolade "Man of Steel from the City of Steel". See next *Essex Walker* for more tributes.

Peter's great friend Dennis Sheppard has informed me that Peter's funeral will take place at Woking Crematorium on Thursday 3rd December. Arrangements have now been finalised and Details can be found through the following link

<https://www.dignityfunerals.co.uk/funeral-notice/13-11-2020-charles-peter-ryan/>

Which contains a link to the live streaming for watching the service but in case that does not work I attach the link <https://boxcast.tv/view/charles-peter-ryan-n58zepoij8nsi8fryaes>

This newsletter gives the briefest information about the ERWL and more detailed results and a broader perspective of the race walking scene is available from the *Race Walking Record*, the *Essex Walker* and *Heel and Toe*.

keep up to date - Get detailed results and reports from the

Race Walking Record

Published promptly at the end of each month.

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Essex Walker

Lots of local information

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Heel and Toe online

Australian publication out every Tuesday

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