

The Enfield Walker 2021

(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>

March



VERWL Next Fixture: 2nd/5th April (Note: A broader choice of day, because of Easter Bank Holiday)

Distance choice: **5km, 8km or 10km**

Performance to be registered by **Midnight on 5th April to r.emsley@btopenworld.com**

Name, age category, club and Centurion number if applicable

Third Fixture Result

Strong winds and squally showers couldn't deter 61 determined walkers from registering performances in the third VERWL fixture on 13th/14th March. The three choice option proved popular and will continue as the format for future fixtures.

Results with comments overleaf.

The ERWL which was inaugurated by Martin Oliver in 1998 spans a calendar year and in normal circumstances consists of 11 or 12 races of which, the best nine contribute to an individual's score. The races are mixed and carry a minimum of 80 points which are awarded in descending order, the winner being credited with the highest number of points. The best six races of the series count towards the overall league table.

The finishing list of any fixture embraces all walkers, regardless of distance walked. Points are awarded on a decreasing scale with those walking the furthest distance heading the table.

To encourage interest within clubs and encourage club participation and A six to score team race (inclusive of second claim members) will be derived from the overall integrated result.

The ERWL's stats man Jon May, has kindly offered to produce League Tables in the normal way and with three editions of the series already completed with many of the participants being unaware of the rules, appreciates it is for additional interest only.

Ladies	Men	Masters Category leaders	
1. 225/3 Jacqueline Benson <i>u23</i>	1. 238/3 Jonathan Hobbs	35 -----	-----
2. 215/3 Millie Morris <i>u20</i>	2. 229/3 Dave Kemp	40 -----	David Crane
3. 200/3 Grazia Manzotte	3. 210/3 Chris Hobbs	45 Silvana Alves	-----
4. 187/3 Cath Duhig ©	4. 209/3 Dave Annetts	50 Grazia Manzotte	Ian Tolchard
5. 176/3 Fiona Bishop	5. 207/3 David Kates ©	55 Diane Bradley	Dave Annetts
6. 167/3 Helen Middleton	6. 204/3 George Wilkinson <i>u20</i>	60 Fiona Bishop	David Kemp
7. 151/3 Karen Williams	7. 202/3 John Ralph	65 Cath Duhig ©	Chris Hobbs
8. 146/2 Dianne Bradley	8. 195/3 Richard Emsley	70 Noel Blatchford	Dave Kates ©
9. 135/3 Diana Braverman	9. 188/3 Ian Tolchard	75 -----	Ron Penfold
10. 132/3 Sarah Sowerby	10. 188/3 Mark Williams	80 -----	Tom Casserley

Team Table

1. EHAC	1036	204 Wilkinson, 202 Ralph, 176 Bishop, 167 Middleton, 152 Casserley.
2. Ashford AC	888	238 Hobbs J, 223 Benson, 215 Morris, 312 Hobbs C.
3. Surrey WC	836	183 Gaston, 182 Crane, 172 Cox, 126 Flint, 95 Martin A, 78 Martin M.
4. Ilford AC'	690	207 Kates, 138 Shillabeer, 126 Dyos, 120 Bennett, 60 Perkins.
5. Birchfield H	499	188 Williams M, 160 Fall, 151 Williams K. So far 73 walkers from 35 clubs have participated in the series.

Leaguers set National Record and pb's At Newport, Wales on 13th March, in the Welsh Athletics Elite Invitation Track 10km, Callum Wilkinson sliced 45 seconds off his own national record with a time of 39.05 and thirteen days later at Kew gardens, easily won the Olympic 20km trial in 82.00. Millie Morris and George Wilkinson were also in action at Kew over 10km and both posted pb's of 52.08 and 45.50 respectively.

Meanwhile, at Dudinka on 19th March, six-time EO7winner, Dominic King, whose first international was back in 2002, walked a superb 50km with splits of 1.55.37 and 1/55.36 to post a new British record of 3.51.13. **Congratulations to all of them!**

Congratulations also to past RWA President Helen Elleker and RWA Press Officer John Constandinou,
whose sterling efforts have enabled the World Virtual 2km series to celebrate its first anniversary.

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 with**

Race Walking Record

Published promptly at the end of each month.

noel.carmody@outlook.com

Essex Walker

Lots of local information

cp1881@btinternet.com

Heel and Toe online

Australian publication out every Tuesday

terick@melbpc.org.au

POSTPONED! The Southend -on-Sea 100 miles scheduled for 7th/8th August on Garon track has been postponed sine die.

Virtual ERWL Race 3 Result

10km

1	Jonathan Hobbs	(Ashford AC)	53.38	SM
2	David Kemp	(Arena 80)	57.07	M60
3	Mark Williams	(Birchfield H)	57.48	M55
4	David Walsh	(Enfield HAC)	61.25	M60
5	Chris Hobbs	(Ashford AC)	63.52	M65
6	David Kates ©	(Ilford AC)	65.02	M70
7	John Ralph	(Enfield HAC)	66.04	M60
8	Keith Vallis	(Overton H)	66.19	M55
9	Richard Emsley	(Crawley S & S)	68.03	M65
10	Paul Gaston	(Surrey WC)	69.20	M70
11	John Borgars ©	(Loughton AC)	70.55	M70
12	Dave Fall	(Birchfield H)	76.28	M75
13	Brian Adams ©	(Leicester WC)	77.37	M70
14	Ed Shillabeer ©	(Ilford AC)	82.02	M80

8km

1	David Crane	(Surrey WC)	41.16	M40
2	David Annetts	(North Herts R)	49.28	M55
3	Andrew Cox	(Surrey WC)	55.08	M65
4	Marco Bernatzki	(LA Herten/Germany)	56.44	M50
5	Tom Casserley	(Enfield HAC)	57.23	M80
6	Malcolm Blackwood	(Trent Park)	58.56	M70
7	Ron Penfold	(Steyning AC)	59.03	M75
8	Brian Milson	(unattached)	61.07	M75
9	Steve Kemp ©	(Eastern MAC)	65.24	M60
10	Chris Flint ©	(Surrey WC)	66.48	M75
11	Terry Braverman	(Enfield HAC)	74.52	M75

5km

1	George Wilkinson	(Enfield HAC)	23.58	U20
2	Ian Tolchard	(SW Vets AC)	26.54	M55
3	Ian Torode	(SW Vets AC)	28.34	M60
4	Malcolm Martin	(Surrey WC)	30.48	M65
5	Stephen Evans	(Jo'burg CC/S.Africa)	30.57	M55
6	Jonathan Ellerton	(Overton AC)	32.10	U17
7	Simon Morgan	(Ilford AC)	32.48	M50
8	Rob Elliott	(Sarnia WC)	33.05	M60
9	Glyn Jones	(Coventry Godiva)	33.57	M75

10km

1	Jaqueline Benson	(Ashford AC)	57.24	U23
2	Diane Bradley	(Tonbridge AC)	63.40	W55
3	Helen Middleton	(Enfield HAC)	67.33	W55
4	June Avery	(Clwb Rhedeg Pontardawe)	69.46	W60
5	Fiona Bishop	(Enfield HAC)	73.48	W60
6	Karen Williams	(Birchfield H)	82.18	W65

8km

1	Millie Morris	(Ashford AC)	40.34	U20
2	Emma Dyos	(Ilford AC)	46.39	W45
3	Grazia Manzotti	(Tonbridge AC)	47.15	W50
4	Cath Duhig ©	(CA Millennium, Spain)	51.26	W65
5	Diana Braverman	(Enfield HAC)	62.34	W65

5km

1	Silvana Alves	(Barnet & DAC)	28.54	W45
2	Sarah Sowerby	(unattached)	32.37	W55
3	Amalia Christina Silva	(Barnet & DAC)	35.40	W55
4	Angela Martin	(Surrey WC)	35.49	W55
5	Alison Clements	(Abingdon AC)	39.21	W60
6	Sue Clements ©	(Cambs/Col'ridge)	40.39	W65
7	Tracey Wilkinson	(unattached)	42.15	W55

Men's 10km continued

10	Tony Bell	(Lancs WC)	34.18	M55
11	Jurgen Spencer	(Maidenhead AC)	34.25	M80
12	Tony Wilkinson	(unattached)	38.32	M55
13	Stephen Cartwright	(Colchester/Tend)	39.06	M60
14	Gary Smith ©	(Enfield HAC)	39.10	M60
15	Bill Sutherland ©	(Highgate H)	45.10	M75
16	Mick Graham	(Belgrave H)	47.11	M70
17	Tony Perkins ©	(Ilford AC)	47.30	M70
18	Ron Wallwork ©	(Enfield HAC)	52.23	M79

Competitor Comments

Got the dates wrong and did 10k last weekend. Did it again this weekend and was 35 secs faster, Keith Vallis - Chilly wind on sea front, Jacqueline Benson - recovery from injury going well, David Walsh - Wet, windy, cold, hat blew off . . . just like the old days . . . brilliant, Chris Hobbs - Winter clothing, winter conditions, winter route, Richard Emsley - The clock is ticking and we'd better get ready for what, hopefully, is coming our way . . . sun, sweat and normal races, Silvana Alves - Angela and I were both pleasantly surprised to go about 50 secs quicker, as it was quite windy, Malcolm Martin - A slight improvement for me over the past month helped by glorious sunshine over the English Channel, Chris Flint - Wild, windy and invigorating, Diana Braverman - Really windy, but glad I did it. The wind never seemed to be behind me, Grazia Manzotti - My walk this week was both windy and hilly, David Crane - Very windy and blustery day in London, Bill Sutherland - I was fortunate in going out early before most of the rain and hailstones really got going, Sue Clements - managed to dodge the blustery showers yesterday. Today sunny but chilly wind, Glyn Jones - Wet and windy 5kms. Wind for and against, Rob Elliott - No cautions and no cards, Mick Graham - I did my 10km on Saturday and a 5km on Sunday. The 5km time was disappointing, not least because it was slower than Race 1, but that isn't because it was taken during a longer race: I was simply slower than I should have been, John Borgars - I clearly misread this week's fixture as I did a 10km race on Sunday; yes, a proper race with numbers and judges and everything, but thought the VRWL events were only 5 or 8 . . . drat!, Cath Duhig - Sunday morning cool, some wind, one late shower. Various terrain. A slow time in the cold light of day but I felt good about it. Onwards and upwards!!, Edbanger (aka Ed Shillabeer). Sarah Sowerby reported being two seconds quicker and Stephen Evans a pb .

The next three fixture dates are:

April 2nd/5th

April 24th/25th

May 22nd/23rd

12th/13th June