

The Enfield Walker 2021

(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>

Virtual ERWL Race 4



Real races on again!

It looks as though a gradual start back to real racing has begun with three events taking place this month. If the 'roadmap' schedule stays true its not unrealistic to anticipate a return to REAL ERWL in July. The provisional dates are: 31st July, 21st August, 11th September, 16th October, 13th November and 4th December. The Moulton 5 would likely be the September fixture.

Of course, it all depends on how things develop as the country continues to unlock; the availability of suitable venues and the expense of following any possible UKA competition guidelines.

I'm optimistic - Ron

Virtual ERWL Race 3 Result

10km

1	George Wilkinson	(Enfield H AC)	48.30	U20
2	Jonathan Hobbs	(Ashford AC)	50.15	SM
3	David Kemp	(Arena 80)	53.46	M60
4	Ian Tolchard	(SW Vets AC)	54.39	M50
5	Mark Williams	(Birchfield H)	55.49	M55
6	David Annetts	(North Herts R)	58.12	M55
7	David Walsh	(Enfield HAC)	59.35	M60
8	Richard Emsley	(Crawley S & S)	62.54	M65
9	Chris Hobbs	(Ashford AC)	63.58	M65
10	Keith Vallis	(Overton H)	64.02	M55
11	David Kates ©	(Ilford AC)	64.24	M70
12	John Ralph	(Enfield HAC)	66.15	M60
13	Paul Gaston	(Surrey WC)	67.30	M70
14	Marco Bernatzki	(LA Herten/Germany)	69.02	M50
15	Tom Casserley	(Enfield HAC)	73.14	M80
16	Ed Shillabeer ©	(Ilford AC)	81.00	M80
17	Brian Adams ©	(Leicester WC)	84.07	M70

8km

1	Malcolm Martin	(Surrey WC)	53.03	M65
2	Andrew Cox	(Surrey WC)	53.59	M65
3	Simon Morgan	(Ilford AC)	56.01	M50
4	Ron Penfold	(Steyning AC)	59.10	M75
5	Chris Flint ©	(Surrey WC)	64.35	M75
6	Steve Kemp ©	(Eastern MAC)	64.52	M60
7	Terry Braverman	(Enfield HAC)	69.51	M75

5km

1	David Crane	(Surrey WC)	24.50	M40
2	Tony Taylor	(Lancs WC)	27.22	M70
3	Stephen Evans	(Jo'burg CC/S.Africa)	30.06	M60
4	Graham Chapman	(Headiington R)	31.07	M65
5	Jonathan Ellerton	(Overton AC)	31.54	U17
6	Glyn Jones	(Coventry Godiva)	33.26	M75
7	Tony Bell	(Lancs WC)	33.27	M55
8	Rob Elliott	(Samia WC)	33.45	M60
9	Ken Bobbett	(Surrey WC)	34.17	M75
10	Jurgen Spencer	(Maidenhead AC)	34.31	M80
11	David Fall	(Birchfield H)	36.52	M75

10km

1	Millie Morris	(Ashford AC)	52.11	U20
2	Jaqueline Benson	(Ashford AC)	56.32	U23
3	Cath Duhig ©	(CA Millennium, Spain)	64.56	W65
4	Helen Middleton	(Enfield HAC)	67.12	W55
5	June Avery	(Clwb Rhedeg Pontardawe)	72.40	W60
6	Fiona Bishop	(Enfield HAC)	73.18	W60
7	Karen Williams	(Birchfield H)	81.46	W65

8km

1	Grazia Manzotti	(Tonbridge AC)	47.06	W50
2	Dianne Bradley	(Tonbridge AC)	50.24	W55
3	Diana Braverman	(Enfield HAC)	64.22	W65
4	Angela Martin	(Surrey WC)	64.30	W55

5m

1	Silvana Alves	(Barnet & DAC)	29.28	W45
2	Sarah Sowerby	(unattached)	31.42	W55
3	Amalia Christina Silva	(Barnet & DAC)	33.37	W55
4	Noel Blatchford	(Abingdon AC)	34.34	W70
5	Judy Howard	(Abingdon AC)	35.51	W60
6	Alison Clements	(Abingdon AC)	37.21	W60
7	Sue Clements ©	(Cambs/Col'ridge)	40.22	W65
8	Tracey Wilkinson	(unattached)	41.37	W55

Men's 5km continued

12	Malcolm Blackwood	(Trent Park)	37.29	M70
13	Tony Wilkinson	(unattached)	38.30	M55
14	Shaun Lightman	(Surrey WC)	39.02	M75
15	Peter Crane	(Surrey WC)	39.19	M75
16	Anthony Cotton	(BRJ Run&Tri)	39.41	M80
17	Julian Barnett	(Birchfield H)	39.59	M55
18	Bill Sutherland ©	(Highgate H)	44.20	M75
19	Mick Graham	(Belgrave H)	44.57	M70
20	Tony Perkins ©	(Ilford AC)	49.30	M70
21	Ron Wallwork ©	(Enfield HAC)	50.51	M79

League tables So far 77 walkers from 36 clubs have participated in the series.

Ladies	Men	Masters Category leaders	
1. 299/4 Jacqueline Benson <i>u23</i>	1. 317/4 Jonathan Hobbs	35 -----	-----
2. 293/4 Millie Morris <i>u20</i>	2. 306/4 Dave Kemp	40 -----	David Crane
3. 256/4 Grazia Manzotte	3. 284/4 George Wilkinson <i>u20</i>	45 Emma Dyos	-----
4. 254/4 Cath Duhig ©	4. 282/4 Dave Annetts	50 Grazia Manzotte	Ian Tolchard
5. 236/4 Fiona Bishop	5. 280/4 Chris Hobbs	55 Diane Bradley	Dave Annetts
6. 232/4 Helen Middleton	6. 275/4 David Kates ©	60 Fiona Bishop	David Kemp
7. 209/4 Karen Williams	7. 268/4 John Ralph	65 Cath Duhig ©	Chris Hobbs
8. 201/3 Dianne Bradley	8. 266/4 Richard Emsley	70 Noel Blatchford	Dave Kates ©
9. 186/3 June Avery	9. 264/4 Ian Tolchard	75 -----	Ron Penfold
10. 185/4 Diana Braverman	10. 263/4 Mark Williams	80 -----	Tom Casserley

Team Table

1. EHAC	1036	284 Wilkinson, 268 Ralph, 236 Bishop, 232 Middleton, 213 Casserley, 188 Walsh
2. Ashford AC	888	317 Hobbs J, 299 Benson, 293 Morris, 280 Hobbs C.
3. Surrey WC	836	247 Gaston, 227 Crane D, 225 Cox, 174 Flint, 1445 Martin A, 132 Martin M.
4. Ilford AC'	690	275 Kates, 197 Shillabeer, 126 Dyos, 120 Bennett, 78 Perkins.
5. Birchfield H	499	263 Williams M, 209 Fall, 190 Fall, 23 Barnett.

Fourth Fixture Comments

Brian Adams	<i>Four days after coming off my bike and landing heavily on my hip, so was very pleased with what I did.</i>
Dave Annetts	<i>A beautiful South Cambridgeshire morning and my first walk outside the confines of Royston since the middle of December.</i>
Silvana Alves	<i>What a glorious day to be out race walking.</i>
Jacqueline Benson	<i>Cold and windy Easter bank holiday, typical British Weather</i>
Diane Bradley	<i>Nice that the weather was a lot better for this fixture, even had some encouraging comments as I walked my way around the park. Race walking obviously intrigues some people, sadly I don't have the breath to answer all their questions as I go by.</i>
Diana Braverman	<i>A loveley crisp day for walking, yet inexplicably walked much slower than usual. Terry delighted with a pb.</i>
Graham Chapman	<i>On a measured , covid-secure course on a snowy, windswept Army estate near Abingdon with a qualified judge and timekeeper present, four socially-distanced Oxfordshire athletes put in performances</i>
Sue Clements	<i>I only had to adjust my line of travel twice to let buses pass, which is pretty good for the route I use.</i>
Anthony Cotton	<i>Very nice Easter Sunday at St.Ives, Cambridgeshire track.</i>
David Crane	<i>Pleased to find that the Easter chocolate I consumed didn't harm my performance too much.</i>
Peter Crane	<i>I did my first race walk for two years this morning on a measured 5km on Hasting's seafront (Parkrun course). Pleased with the outcome. Thank you for encouraging me to get out again.</i>
Rob Elliott	<i>Out and back – east coast of Guernsey.</i>
Richard Emsley	<i>Nearly seven laps of Tilgate Lake, same course as used for 'Jack Fitzgerald' races.</i>
Chris Flint	<i>Blustery conditions accompanied by hail. Shoould have done it the previous day.</i>
Mick Graham	<i>Today's stroll in the sunshine – No mask and no gloves!</i>
Shaun Lightman	<i>I mangaed 5k round the Huntingfield course.</i>
David Kemp	<i>A lovely morning's exercise on the seafront down in Brighton</i>
Malcolm Martin	<i>Recovering from a back injury I walked on Easter Sunday over a hilly course. Angela walked on Good Friday</i>
Simon Morgan	<i>Was quick over the first two miles before slowing considerably.</i>
Amalia Christina Silva	<i>A pb. I did the race on Saturday at 7am. Cold but sunny and the best race walk I've ever done.</i>

Congratulations to Cambridge Harriers on the success of its 3km Graded track Walks meeting at Sutcliffe Park on 17th April. Three races were contested by eighteen athletes, among them Leaguers George Wilkinson 12.52.32, Millie Morris 15.19.17, Jaqueline Benson 15.41.55 and Melanie Peddle 16.28.20 and Jon Ellerton 17.43.48, who all set pb's.

NB. To qualify for Leaguer status an athlete must participate in a minimum of Six ERWL fixtures in a calendar year.

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
dave.ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out every Tuesday
terick@melbpc.org.au