

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>

June (2) VERWL Race 7



VERWL Next Fixture: 3rd/4th July Distance choice: 5km, 8km or 10km

Performance to be registered by Midnight on 4th July to r.emsley@btopenworld.com

Name, age category, club and Centurion number if applicable

2021 VERWL Fixture 7 Result – 12th/13th June

10km men

1 Jonathan Hobbs	(Ashford AC)	51.14	SM
2 Mark Williams	(Birchfield H)	52.18	M55
3 John Ralph	(Enfield H AC)	64.20	M60
4 Chris Hobbs	(Ashford AC)	64.39	M65
5 David Kates ©	(Ilford AC)	65.09	M70
6 Keith Vallis	(Overton H)	65.58	M55
7 David Kemp	(Arena 80)	66.11	M60
8 Simon Morgan	(Ilford AC)	68.37	M50
9 Richard Emsley	(Crawley S & S)	68.47	M65
10 Paul Gaston	(Surrey WC)	69.08	M70
11 Marco Bernatzki	(LA Herten/Germany)	69.24	M50
12 John Borgars ©	(Loughton AC)	69.32	M75
13 Brian Adams ©	(Leicester WC)	77.28	M70

8km

1 Steve Kemp ©	(Eastern MAC)	62.27	M60
2 Terry Braverman	(Enfield HAC)	72.10	M75

5km

1 David Annetts	(North Herts R)	26.04	M55
2 Jonathan Ellerton	(Black'th/Bromley)	31.33	U17
3 Greg Smith	(Lancs WC)	32.25	M65
4 Glyn Jones	(Coventry Godiva)	34.37	M75
5 Tom Casserley	(Enfield HAC)	35.45	M80
6 Ron Penfold	(Steyning AC)	35.47	M75
7 Andy Tweed	(Enfield HAC)	36.11	M70

10km women

1 Jaqueline Benson	(Ashford AC)	57.52	U23
2 Emma Dyos	(Ilford AC)	59.10	W45
3 Dianne Bradley	(Tonbridge AC)	62.52	W55
4 Cath Duhig ©	(CA Millennium, Spain)	64.58	W65
5 Helen Middleton	(Enfield HAC)	66.05	W55
6 Fiona Bishop	(Enfield HAC)	71.14	W60

8km

1 Angela Martin	(Surrey WC)	59.38	W55
2 Diana Braverman	(Enfield HAC)	62.19	W65
3 Karen Williams	(Birchfield H)	62.43	W65

5km

1 Maddy Shott	(Belgrave H)	23.15	SW
2 Rachel Harding	(Ashford AC)	31.44	U20
3 Sarah Sowerby	(unattached)	32.35	W55
4 Noel Blatchford	(Abingdon AC)	34.10	W70
5 Sue Clements ©	(Cambs & Col)	40.46	W65

Men's 5km continued

8 Malcolm Blackwood	(Trent Park)	37.17	M70
9 Ed Shillabeer ©	(Ilford AC)	39.29	M80
10 Brian Milsom	(unattached)	39.40	M75
11 Mick Graham	(Belgrave H)	40.19	M70
12 Bill Sutherland ©	(Highgate H)	43.15	M75

Virtual League tables

Ashford AC dominate the individual tables with the top two in each of them and if they had a sixth scorer would no doubt top the team table too. Nevertheless, the aims of the vertical league; a way of keeping in touch, an incentive to take exercise and a test of individual resolve, is still seemingly being met.

So far 83 walkers of whom 13 are Centurions, from 36 clubs have participated in the series. Thanks to Jon May and his daughter Jenny for compiling the tables.

Ladies

1 528/7	Jaqueline Benson	u23
2 448/6	Millie Morris	u20
3 435/7	Helen Middleton	
4 431/7	Fiona Bishop	
5 408/7	Cath Duhig ©	
6 368/7	Karen Williams	
7 349/5	Diane Bradley	
8 347/7	Diana Braverman	
9 336/5	Emma Dyos	
10 311/5	Grazia Manzotte	

Men

1. 553/7	Jonathan Hobbs	
2. 496/7	Chris Hobbs	
3. 492/7	David Kemp	
4. Eq	Mark Williams	
5. 487/7	David Kates ©	
6. 477/7	John Ralph	
7. 459/7	Dave Annetts	
8. 444/6	George Wilkinson	u20
9. 441/7	Paul Gaston	
10. 402/7	Richard Emsley	

Masters Category leaders

35	-----	-----
40	-----	David Crane
45	-----	-----
50	-----	Mark Bernatzki
55	-----	Mark Williams
60	-----	David Kemp
65	-----	Chris Hobbs
70	-----	Dave Kates ©
75	-----	T.Braverman
80	-----	Tom Casserley

Team Table

1. EHAC	2484	477 Ralph, 444 Wilkinson, 435 Middleton, 431 Bishop, 363 Casserley, 334 Walsh
2. Ashford AC	2110	553 Hobbs J, 528 Benson, 496 Hobbs C, 448 Morris C, 85 Harding
3. Surrey WC	1863	441 Gaston, 314 Martin A, 305 Crane D, 287 Flint, 286 Cox, 230 Martin M.
4. Ilford AC'	1754	487 Kates, 357 Morgan, 336 Dyos, 276 Shillabeer, 183 Bennett, 115 Perkins.
5. Birchfield H	1100	492 Williams M, 368 Williams K, 217 Fall, 23 Barnett.



Seventh Fixture Comment from former SE Walking Captain Andy Tweed.

I wonder if I can be cheeky and enter as a guest this month's Enfield league. I get the Enfield Walker and I see so many names I remember from my race walking days still competing and it made me wonder if I can still do it. My last race must be 25 years ago when I made a 'come back' but was pulled for bent knees. A devastating experience having driven a 200 mile round trip to take part. It made me switch to marathon running.

In recent years I've done stuff on two wheels, although I've never competed, I've enjoyed some long rides. But best of all I loved my days as one time captain for the Stock Exchange AC walking section at a time when the club was thriving. Great days!

Anyway. Armed with my gps app on a glorious morning on Frinton sea front I did an out and back to Walton, 5k in 36.11 which I was rather pleased about even if it is 10 minutes slower than what I could do in 1973. Mind you, race walking 5k with no training after all these years killed my legs for several days, so probably best not attempt 7 miles from scratch.

I've been a 'virtual' voyeur of the race walking scene for years now thanks to Tony Perkins (Essex Walker) and Ron and was sad not to have been able to turn up for the Enfield 7 'Big' anniversary which I'd had hoped to do. Always a favourite event in my day and the start of the 7 mile season.

Had it not been virtual, walking again would have stayed a fantasy in my mind.

Perhaps you can help, who is the big guy I see training alone Frinton sea front on a regular basis whenever I am there. I sort of feel I should know him.

Leaguers in Action

To qualify for Leaguer Status an athlete must participate in a six ERWL fixtures in a calendar year.

The second of the **VETS AC Summer Series** at Battersea Park on 8th June had a smaller field with idyllic spring weather, with large sections in the shade it looked like PB territory, and it was. The course was 5k again, and the race walk was the only event, which was actually a race, as the accompanying running race had wave starts, due to compliance with the present COVID-19 regulations.

Fast finishing Dave Annetts (N Herts Road Runners) 24.40 went into a clear lead followed by Stuart Bennett (Ilford AC). Grazia Manzotti (Tonbridge AC) 28.35 had a second win at this event finishing strongly and also a new PB, but this time she had to work hard to avoid being overtaken by ever improving Melanie Peddle 29.06 from Loughton AC, who also gained a PB as did Tom Casserley (Enfield AC) 34.52.. Other Leaguers in the race besides Dave, Melanie and Tom were Stuart Bennett 32.07, Maureen Noel 32.44, Fiona Bishop 33.22 and Lesley Morris 34.12

Peter Cassidy reports that there was a good start to the **Woodford Tuesday 3km track Walks** as they emerge from their Covid imposed absence on 16th June. Fifteen of the 18 that entered turned out on a warm evening that produced some good, close racing. The second of this year's abbreviated three-race series will be at 8.30pm on Tuesday 27th July at Ashton Playing Fields.

Luc Legon (Bexley) 12.40 and Hannah Hopper (Cambs H) 15.58 were the respective winners, Whilst Leaguers in the race were Dave Annetts 14.44, Melanie Peddle 16.02, Steve Crane 16.17, Stuart Bennett 19.25, Lesley Morris 19.51, Geraldine Legon 21.45 and John Borgars who didn't meet with the judge's approval.

In the **England u23 and u20 10km championships** staged at Bedford on 20th June there were only six starters, three women and three men, and sadly with two dq's only four finished. However, on the upside the four title winners all set pb's among them Leaguer Millie Morris (Ashford AC) 55.16.54. The others were the Aldershot AFD duo of Abigail Jennings 52.10.83/Wu23 and Chris Snook 44.45.98/u23 and Akash Nandwani (Leeds U) 53.56.87/u20.

Over the years these championships have not had the greatest of support, put down mainly to the clash with the exam season for these younger age groups. Perhaps this time it was the Covid restrictions.

A week later at Manchester in the **British 5km championships** Mille posted yet another pb in 5th/ 27.24.26. Jacqueline Benson set a season's best in 9th/28.48.14 whilst George Wilkinson was well below his best in 5th/23.58.59.

Also, on Sunday 27th June the **BM (South) track 5km championship** was staged at Horspath. Leaguers made up half the eight strong field. M55 Dave Annetts 1st/25.08.9, W50 Melanie Peddle 1st/27.53.3, M65 Graham Chapman 1st/30.28.6 and W70 Noel Blatchford 1st/34.50. The other finishers in the race were W50 Grazia Manzotte 2nd/ 28.47.4 and W40 Carolyn Derbyshire 2nd/28.49.2.

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*.

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