

The Enfield Walker 2021

September



(Newsheet of the Walking Section of Enfield & Haringey AC)

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

The 2021 Moulton Walks – 11th September

Tokyo Olympians spanning six decades made history at the Moulton Five as Callum Wilkinson, fresh from his splendid 20km 10th at this year's Games, came under the starting orders of Ray Middleton a GB stalwart of the 1960's, who competed at the 1964 Tokyo Olympics at 50km.



Olympian Wilkinson kept his brother George company for most of the way before easing ahead for the win, with the 2017 runner-up Dave Annetts from Royston in third place, some five minutes quicker than he was back then.

Although walking over two minutes faster than her winning time of 2019, Ilford's Emma Dyos was unable to prevent Loughton's Melanie Peddle from relieving her of the winner's trophy.

In addition to the Wilkinson Brothers other local walkers did well. Joyce Crawford (Mildenhall) retained her County title and taking the minor medals were villagers Kate James and Viv Houghton. Callum and George were joined on the Suffolk podium by their father Tony for the third spot.

Following a two year break and a residual covid concern, numbers were understandably down on previous years, but the 'buzz' warmth and friendliness associated with this event was as overwhelming as ever. Ray Middleton at 85, remains the likeable character he always was and was joined by peer internationals Bill Sutherland, George Nibre, Tony Taylor and Ron Wallwork.

Setting the pace, Dave Annetts (18) Callum Wilkinson (15), George Wilkinson(8) Melanie Peddle(13) Emma Dyos (14) followed by Steve Uttley. Photo by markeaston.zefolio.com

Overcast, but humid conditions at the start quickly became uncomfortably sunny and hot and added to the test that the undulating out and back course poses.

Men

1. Callum Wilkinson	(EHAC/Togher AC)	37.32	SM
2. George Wilkinson	(Enfield HAC)	38.03	U20
3. David Annetts	(N.Herts RR)	40.39	M55
4. Tony Taylor	(Lancs WC)	46.16	M70
5. Steve Uttley	(Ilford AC)	48.52	M60
6. Martin Fisher ©	(Redcar RWC)	51.01	M55
7. Simon Morgan	(Ilford AC)	52.51	M50
8. Steve Allen	(Barnet D AC)	53.19	M65
9. John Arthur	(unattached)	53.25	M60
10. George Nibre	(Ilford AC)	53.45	M60
11. Stuart Edgar	(Dudley/Stour)	54.03	M50
12. Richard Emsley	(Desborough AC)	54.21	M65
13. Steve Allen ©	(Ilford AC)	55.50	M60
14. Brian Armstrong	(Ilford AC)	57.08	M70
15. Tony Wilkinson	(unattached)	57.41	M55
16. Tom Casserley	(Enfield H AC)	58.16	M80
17. Paul Firmage	(Ryston R)	64.16	M65
18. Andrew Wilmot ©	(Halstead RR)	64.16	M75
19. Malcolm Brown	(unattached)	75.35	M70
20. Dave Ainsworth ©	(Ilford AC)	78.44	M70

Women

1. Melanie Peddle	(Loughton AC)	45.09	W50
2. Emma Dyos	(Ilford AC)	46.37	W45
3. Helen Middleton	(Enfield H AC)	51.43	W55
4. Joyce Crawford ©	(Enfield H AC)	55.57	W50
5. Noel Blatchford	(Abingdon AC)	56.34	W70
6. Kate James	(Moulton)	60.15	W40
7. Sue Clements ©	(Cams/Col)	62.37	W65
8. Anna Allen	(unattached)	64.28	W65
9. Viv Houghton	(Moulton)	72.02	W70
10. Sue Mills	(Moulton)	73.11	W50
11. Shaheeda Arthur	(unattached)	90.57	W60

© = Centurion

Suffolk CAA championships

Joyce Crawford	Callum Wilkinson
Kate James	George Wilkinson
Viv Houghton	Tony Wilkinson

Starter: Ray Middleton - Judges: A Garner, M.Graham, R.Pearce, R.Wallwork © - Registrations: L.Spinks
Timekeepers/Recorders: J.Mower, P.Welch / P.Ficken © T. Wilkinson - First Aid: M.Houghton, G.Law, M.Woollard

Refreshments: R.Spinks - Water Station: 1Millie McCallum, Ellie Mills

Marshalls: J.Browne, N.Crawford, J. Dobson, J.Grant, D.Rabbeth, J. Morgan, A. & M.Price, D.Rabeth, C. & E. Richmond,
Course Management: D.Spinks M.Ashpole, I.Spinks - Event Organiser: R.Wallwork ©

Virtual League tables after 11 fixtures

The ERWL which was inaugurated by Martin Oliver in 1998 spans a calendar year and in normal circumstances consists of 11 or 12 races (this year it will be 15) of which, the best nine contribute to an individual's score. The races are mixed gender and carry a minimum of 80 points which are awarded in descending order, the winner being credited with the highest number of points.

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 result.

Many walkers have already notched up nine appearances this year but can improve their placing in the League by producing better performances in the remaining four races.

Thirty-five women are among the 110 people who have participated so far in 2021. They represent 40 clubs and have between them registered 572 performances. Thanks again to Jon May and daughter Jenny for compiling the stats.

Jaqueline Benson is on course to become only the second woman to win the overall League title, joining Helen Middleton who achieved this feat in 2017.

Ladies	Men	Masters Category leaders	
1 829/11 Jacqueline Benson <i>u23</i>	1 804/11 Mark Williams	35 -----	-----
2 708/11 Helen Middleton	2 769/11 David Kates ©	40 Kate James	David Crane
3 675/09 Millie Morris	3 762/10 George Wilkinson <i>u20</i>	45 Emma Dyos	
4 657/11 Fiona Bishop	4 707/10 Chris Hobbs	50 Grazia Manzotte	Dave Walsh
5 554/11 Karen Williams	5 690/10 Dave Annetts	55 Helen Middleton	Mark williams
6 543/09 Cath Duhig ©	6 672/10 John Ralph	60 Fiona Bishop	John Ralph
7 502/10 Diana Braverman	7. 633/10 Jonathon Hobbs	65 Karen Williams	Chris Hobbs
8 483/07 Diane Bradley	8 626/10 Keith Vallis	70 Noel Blatchford	Dave Kates ©
9 481/10 Sarah Sowerby	9 626/10 Paul Gaston	75 -----	T.Braverman
10 469/10 Angela Martin	10. 625/ 9 Dave Walsh	80 -----	Tom Casserley

Team Table

1. Enfield HAC	3951	762 Wilkinson, 708 Middleton, 672 Ralph, 657 Bishop, 625 Walsh, 527 Casserley
2. Ashford AC	3153	829 Benson, 707 Hobbs C, 675 Morris, 633 Hobbs J, 242 Harding, 67 Wilton
3. Surrey WC	2567	624 Gaston, 469 Martin A, 403 Martin M, 337 Martin M, 387 Cox, 379 Flint, 305 Crane D
4. Ilford AC'	2542	769 Kates, 609 Morgan, 407 Dyos, 276 Shillabeer, 250 Bennett, 231 Perkins.
5. Birchfield H	1644	804 Williams M, 554 Williams K, 263 Fall, 23 Barnett.



Ray Middleton with Tony Taylor, Callum and George Wilkinson, Ron Wallwork, Bill Sutherland and George Nibre

Dear Friends,

The photograph taken by the local Press of Commonwealth Games Gold, Silver and Bronze Medallists and Great Britain International race walkers will be a unique memory from the past races of the early beginnings in 1966 and 1970 in Jamaica and Edinburgh.

It is quite remarkable that 50 years has passed by with many more medals being won by top UK walkers. All this was achieved through the foresight of the Late Timber Woodcock, Walter Batson and many other distinguished RWA gentlemen who originally recommended that Race Walking be included in the athletics programme.

We should always remember them with much gratitude!

Stay safe. Warm regards, *ill and Kath Sutherland*

The next League race is the **Cecil Gittins Meeting on 2nd October**. 3.30 start with a variety of distances on offer.

Online entries: <https://www.fabian4.co.uk/default.aspx?EventID=2906> Enquiries [Dave Hoben](mailto:Dave.Hoben@btopenworld.com)

Entries taken on the day.

The **Virtual** race will be 5km on 2nd/3rd October. Performance to be registered by Midnight on 3rd October to:

r.emsley@btopenworld.com Name, age category, club and Centurion number if applicable

2021 ERWL Integrated R & V Fixture 11 result

11th/12th September

The integrated result of the eleventh fixture is evidence of what close and keen competition is available when everyone feels safe enough to travel and able to turn out live.

1. Callum Wilkinson	(EHAC/Togher AC)	37.32	SM
2. George Wilkinson	(Enfield HAC)	38.03	U20
3. David Annetts	(N.Herts RR)	40.39	M55
4. Mark Williams	(Birchfield HC)	41.12	M55
5. Ian Tolchard	(SW Vets)	44.44	M50
6. Melanie Peddle	(Loughton AC)	45.09	W50
7. Jaqueline Benson	(Ashford AC)	45.36	Wu23
eq Millie Morris	(Ashford AC)	45.36	Wu20
9. Tony Taylor	(Lancs WC)	46.16	M70
10. Emma Dyos	(Ilford AC)	46.37	W45
11. David Walsh	(Enfield H AC)	47.53	M60
12. Steve Uttley	(Ilford AC)	48.52	M60
13. David Kates ©	(Ilford AC)	50.54	M70
14. Martin Fisher ©	(Redcar RWC)	51.01	M55
15. Helen Middleton	(Enfield H AC)	51.43	W55
16. Cath Duhig	(Enfield H AC)	51.55	W65
17. Simon Morgan	(Ilford AC)	52.51	M50
18. Steve Allen	(Barnet D AC)	53.19	M65
19. John Arthur	(unattached)	53.25	M60
20. Diane Bradley	(Tonbridge AC)	53.40	W55
21. George Nibre	(Ilford AC)	53.45	M60
22. Stuart Edgar	(Dudley/Stour)	54.03	M50
23. Richard Emsley	(Desborough AC)	54.21	M65
24. Steve Allen ©	(Ilford AC)	55.50	M60
25. Keith Vallis	(Overton H)	55.51	M60
26. Joyce Crawford ©	(Enfield H AC)	55.57	W50
27. Noel Blatchford	(Abingdon AC)	56.34	W70
28. Fiona Bishop	(Enfield H AC)	56.40	W60
29. Rachel Harding	(Ashford AC)	56.50	Wu20
30. Brian Armstrong	(Ilford AC)	57.08	M70
31. Tony Wilkinson	(unattached)	57.41	M55
32. Tom Casserley	(Enfield H AC)	58.16	M80
33. Kate James	(Moulton)	60.15	W40
34. Brian Adams ©	(Leicester WC)	60.50	M70
35. Andrew Cox	(Surrey WC)	63.23	M70
36. Sue Clements ©	(Cambs/Col)	62.37	W65
37. Paul Firmage	(Ryston R)	64.16	M65
38. Andrew Wilmot ©	(Halstead RR)	64.16	M75
39. Anna Allen	(unattached)	64.28	W65
40. Karen Williams	(Birchfield H)	70.05	W65
41. Viv Houghton	(Moulton)	72.02	W70
42. Sue Mills	(Moulton)	73.11	W50
43. Malcolm Brown	(unattached)	75.35	M70
44. Dave Ainsworth ©	(Ilford AC)	78.44	M70
45. Shaheeda Arthur	(unattached)	90.57	W60
46. Ava Chappell	(Ashord AC)	5km 35.38	Wu13
47. Bill Sutherland ©	(Highgate H)	44.45	M75



Ray has been a long-time supporter of the Moulton walks and over the years donated several personal items as awards for outstanding young athletes. In the 2013 edition of the race he identified Callum as 'one to watch'. Pictured here eight years on with the badge that Callum had framed.



Emma Dyos, Melanie Peddle and Helen Middleton

11th Fixture Comments

Cath Duhig ©

Having completely omitted to participate in the last two ERWL 5kms, I did manage to write the Moulton fixture in my diary so went out this morning just before the temperature hit the 30's.

David Walsh

Did my virtual this time before and during the Poolsbrook parkrun (near Chesterfield. Sorry I couldn't make it to Moulton.

from the Race Walking Record, the Essex Walker.. **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

Race walk photographs visit
[markeaston.zenfolio](http://markeaston.zenfolio.com)

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

Surrey Walking Club had an excellent turnout of 16 for its 3km championship promoted at Tonbridge School on 11th August. Half of the competitors were Leaguers; David 14.58 and Steven Crane 15.18 headed the field, the others were Paul Gaston 20.00, Dave Hoben 21.50, Chris Flint 22.01, Angela Martin 22.31, Peter Crane 22.35 and Peter Hannell 23.12.

Congratulations to Melanie Peddle W50 on the master's national record of 15.47.82 that she set at the **BMAC T & F championships** at Derby on 21st August. Other leaguers at the meeting were Noel Blatchford winner of the W70 category and John Borgars the M75, their respective times being 20.12 and 21.45.

Personal Bests at 5km were recorded by Ashford's Millie Morris 26.48 and Jacqueline Benson 27.56 at Kingston on 22nd August in the **South of England championships**. Penelope Cummings clocked 31.54.

Iford's and former Lancs WC member Steve Uttley journeyed north to compete in his old Club's **Lambert One hour race**. There were 10 entries and Steve was an easy winner with 9766m from another Leaguer Tony Bell who covered 9250m.

Surrey & Sussex combined championships at Carshalton on 11th September. In a field of eight, M60 Trevor Jones 16.53 was the race winner, and the other Leaguers in action were W45 Penelope Cummings 18.37 and M75 Ron Penfold 21.11.

In the **Challenge Facoetti-Dahm Meeting** at the Stade Jean Delbert, Montreuil, on 19th September, George Wilkinson won the Junior 10km in 46.46. Also at the meeting was Bethan Davies (both pictured) who won the women's 20km in 98.56, a meeting record.



Looking Back

George Brown OBE,(69) a useful performer in the 1950's and after hanging up his shoes, a judge for 36 years during which time he was SARWA President.

Pat Furey (4) who joined the octogenarian ranks in August, pictured here with other Enfield stalwarts of the late 1970's Ron Powell (8) and Bill Fenlon.



Looking Ahead

The **ERWL One Hour Badge race on 16th October** at QEII Stadium, Donkey Lane, Enfield, EN1 3PL because of track availability will be limited to 25 and places will be allocated on a first come first served basis. **The start time is 11.00**, the fee is £8 and entries can be made online at <https://moultonsuffolkracewalk.weebly.com> or to Ron Wallwork (details at the top of front page). **ENTRIES WILL NOT BE TAKEN on THE DAY**

The ERWL presents Badge awards to walkers who attain **5, 6, and 7 miles in an hour** and plaques for **8 miles** (12872m) covered in that time.

The ERWL record is 12860m and was set in 2014 by Callum Wilkinson



Steying Open 10Kms on 6th November at 2pm. Still on part of the old course, but starting at the beginning of Spithandle Lane, Horsebridge Common, Ashurst. BN44 3AL, approximately 3 Miles from Steying. Changing, Showers and Refreshments still at the Steying AC Clubhouse, Charlton Street, Steying. BN44 3LE . Details from Ron Penfold: ron.penfold@btinternet.com

94th Enfield Open 7 on 13th November at 11am. QEII Stadium, Donkey Lane, Enfield