

# 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>

October



Two races in quick succession since the last issue, both of which despite a fuel shortage and adverse conditions didn't stop pb's being set and the appearance of several newcomers. Pick of the performances was George Wilkinson's new ERWL One hour record of 13.198km or 8 miles 356 yards. Results appear on pages 2 and three

The virtual section of the League continues to be a focal point for walkers who can't make the real races, but wouldn't it be great if all could come together for one real race. The historic Enfield Open 7 on 13<sup>th</sup> November provides the perfect opportunity for a symbolic get together, making a statement that whilst Covid isn't yet beaten we are on top of it. Details below.

**Virtual League tables after 13 fixtures** First of all an apology for the mis-leading information I gave in the last issue regarding the league tables. The points totals I produced were without the deduction of the two poorest performances that athletes with more than nine races had to their credit. The tables below are the current standings. Although the number of races in some cases exceeds nine, the points total only reflects the best nine races.

Thirty-seven women are among the 119 people who have participated so far in 2021. They represent 42 clubs and have between them registered 602 performances. Thanks again to Jon May and daughter Jenny for compiling the stats.

Ladies	Men	Masters Category leaders	
1 687/13 Jacqueline Benson <i>u23</i>	1 719/12 George Wilkinson <i>u20</i>	35 Elini Panayiotou	-----
2 675/09 Millie Morris	2 696/13 Mark Williams	40 Kate James	David Crane
3 611/13 Helen Middleton	3 695/12 Dave Annetts	45 Emma Dyos	Nico Strydom
4 601/9 Diane Bradley	4 664/11 Dave Walsh	50 Grazia Manzotte	Simon Morgan
5 580/10 Cath Duhig ©	5 640/12 Chris Hobbs	55 Helen Middleton	Mark Williams
6 572/12 Fiona Bishop	6 640/12 David Kates ©	60 Fiona Bishop	Dave Walsh
7 536.08 Grazia Manzotti	7. 633/8 Jonathan Hobbs	65 Cath Duhig ©	Chris Hobbs
8 503/13 Karen Williams	8 608/10 John Ralph	70 Noel Blatchford	Dave Kates ©
9 477/11 Diana Braverman	9 606/11 Richard Emsley	75 -----	P.Gaston
10 454/7 Emma Dyos	10. 600/12 Keith Vallis	80 -----	Tom Casserley

## Team Table

1. Enfield HAC	<b>3661</b>	719 Wilkinson, 611 Middleton, 664 Walsh, 608 Ralph, 572 Bishop, 487 Casserley
2. Ashford AC	<b>3090</b>	687 Benson, 675 Morris, 640 Hobbs C, 633 Hobbs J, 345 Harding, 110 Wilton
3. Surrey WC	<b>2681</b>	569 Gaston, 511 Cox, 477 Martin A, 446 Flint, 403 Martin M, 305 Crane D
4. Ilford AC'	<b>2487</b>	640 Kates, 544 Morgan, 407 Dyos, 308 Bennett, 276 Shillabeer, 265 Perkins.
5. Birchfield H	<b>1530</b>	696 Williams M, 503 Williams K, 263 Fall, 45 Constandinou, 23 Barnett.

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## Enfield Open Seven (permit No. RWA 21064 – 2)

Will be staged for the 94<sup>th</sup> time in 102 years

**Saturday 13<sup>th</sup> November** at the **King George's Playing Fields**, Enfield, EN1 3PL the **start time 11am**.

Advance Entries (£8) can be made online at <https://moultonssuffolkracewalk.weebly.com> or to Ron Wallwork

On the Day Entries (£10) It is of great help to the race organiser to know in advance how large the field is likely to be.

*There will be no prizes on this occasion, but all competitors who enter in advance will receive a memento in the form of a Souvenir Booklet commemorating the event's centenary last year.*

**Because of venue restraints a time standard of 85 minutes will apply and in keeping with ERWL policy, walkers not wishing to contest the full distance are welcome to test themselves over shorter ones in multiples of one mile.**

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**RWA SOUTHERN AREA AGM** It's hoped many will attend the Southern Area AGM on **Monday 8 November** with the gavel coming down to commence business at 7.15pm. For over 2 decades attenders have been invited to view the Committee meeting (from 6.30pm) which is held beforehand. This is again the case. It's on "Zoom" and access details will be distributed to your Clubs' Walking Secretaries, who'll be asked to forward such information to all members. There are important issues facing Southern walking and vital positions are to be filled. So please attend and vote on such matters and elect those you believe are best to take our athletics discipline forward. Your President and Hon Secretary Chris Flint writes, "Let's hope we can encourage some outsiders to join the Committee."

**6th Cecil Gittins Memorial Walks**, incorporating ERWL  
Cyclopark, Gravesend on 2nd October 2021

Veterans AC were pleased to host the sixth running of this event on a dedicated cycle circuit with its many gradients and bends. In all there were 26 entries with 19 on the line, a decrease from 2020. The weather was inhospitable from the start and throughout, and we are as always very grateful to our officials and judges, perhaps even more so on this occasion and in particular to Tracey Wilkinson who stepped in to act as recorder at very short notice. Then there was always the fuel crisis to contend with, which accounted for some of the absences. *Full report on Vets AC website.*

Men 10km			Women			© = Centurion
1. David Annetts	(N.Herts RR)	50.45 M55	1. Abigail Jennings	(Aldershot FD)	53.35	Wu23
2. George Wilkinson	(Enfield HAC)	51.15 U20	2. Jaqueline Benson	(Ashford AC)	56.59	Wu23
3. David Walsh	(Enfield HAC)	58.36 M60	3. Grazia Manzotti	(Tonbridge AC)	58.23	W50
4. Trevor Jones	(Steyning AC)	59.18 M60	4. Melanie Peddle	(Loughton AC)	59.26	W50
5. John Arthur	(unattached)	68.04 M60	5. Diane Bradley	(Tonbridge AC)	63.14	W60
6. John Borgars ©	(Loughton AC)	68.39 M75	6. Noel Blatchford	(Abingdon AC)	70.28	W70
7. George Wallace	(Aldershot FD)	73.14 M65	7. Katherine Smith	(Aldershot FD)	75.04	W55
8. Chris Flint ©	(Surrey WC)	78.13 M75	8. Rachel Harding	(Ashford AC)	76.40	Wu20
5km	1. Tony Wilkinson (unattached)	35.05 M55	1. Shaheda Arthur	(unattached)	54.34	W60
	2. David Hoben (Surrey WC)	37.59 M65				

Judges: Peter Cassidy, Andrew Garner, Shaun Lightman, Pauline Wilson ©  
Timekeepers/ Recorders: David Harris, Pam Ficken, Tracey Wilkinson  
Hospitality: Cyclopark, Gravesend - First Aid: Medical Dispatch

**One Hour Badge Race** QEII Stadium, Enfield on 16<sup>th</sup> October 2021

A huge vote of thanks to Tracey Wilkinson, John Hall and all the other people who pitched in when I was unable to be at the race. There were seven new badge winners: 8 miles George Wilkinson, 6 miles David Walsh, 5 miles John Arthur, Jonathan Ellerton, Nico Strydom, Francesca Dell'Oro and Amalia Christina Silva.

1. George Wilkinson	(EHAC)	13.198 U20	1. Jaqueline Benson	(Ashford AC)	10.548 U23
2. David Annetts	(North Herts R)	12.022 M55	2. Melanie Peddle	(Loughton AC)	10.146 W50
3. David Walsh	(EHAC)	10.348 M60	3. Helen Middleton	(EHAC)	9.563 W55
4. Francisco Reis	(Surrey WC)	9.877 M60	4. Maureen Noel	(Belgrave H)	9.462 W55
5. Steve Uttley	(Ilford AC)	9.873 M65	5. Silvana Alves	(Barnet & D)	9.372 W45
6. Chris Hobbs	(Ashford AC)	9.732 M65	6. Francesca Dell'Oro	(Belgrave H)	8.794 SW
7. John Arthur	(unattached)	9.133 M60	7. Amalia Christina Silva	(Barnet & D)	8.559 W55
8. Jonathan Ellerton	(Black/Bromley)	9.113 U17	8. Elini Panayiotou	(Belgrave H)	7.597 W35
9. Stuart Bennett ©	(Ilford AC)	9.087 M60	9. Ann Marie Strydom	(Loughton AC)	6.772 W70
10. John Ralph	(EHAC)	9.039 M60	10. Shaheda Arthur	(unattached)	5.339 W60
11. Nico Strydom	(Loughton AC)	9.028 M45			© = Centurion
12. John Borgars ©	(Loughton AC)	8.967 M75			
13. Tony Wilkinson	(unattached)	8.111 M55			
14. David Hoben	(Surrey WC)	7.623 M65			

10km times: George Wilkinson 45.14 Dave Annetts 49.45 Jacqueline Benson 57.03  
David Walsh 57.58 Melanie Peddle 59.03

Judges: Peter Cassidy, Mark Culshaw, Shaun Lightman, Pauline Wilson ©

Timekeeper: Phil Welch - Recorders: Elizabeth & Simon Benson, Pam Ficken ©, John Hall, Carl Lawton ©, Tracey Wilkinson

Mile/Km conversions: 1mile/1,609 - 2miles/3,218 - 3miles/4,828 - 4miles/6,477 - 5miles/8,047 - 6miles/9,656 - 7miles/11,265 - 8miles/12,872

**Virtual Results Fixture Results**

Fixture 12 – 5km - 2<sup>nd</sup>/3<sup>rd</sup> October

1. Mark Williams	(Birchfield H)	24.39 M55	1. Helen Middleton	(Enfield H AC)	31.59 W55
2. Chris Hobbs	(Ashford AC)	29.43 M65	2. Diana Braverman	(Enfield H AC)	36.37 W70
3. Richard Emsley	(Desborough R)	30.24 M65	3. Karen Williams	(Birchfield H)	40.13 W65
4. Keith Vallis	(Overton H)	33.36 M55			
5. Stephen Evans	(Jo'burgh Canoe Club)	33.36 M55			
6. Ron Penfold	(Steyning AC)	36.08 M75			
7. Brian Adams	(Leicester WC)	36.16 M70			
8. Andrew Cox	(Surrey WC)	36.49 M65			

## Fixture 12 – 5km/10km - 15<sup>th</sup>/16<sup>th</sup> October

### 5km

1. Emma Dyos (Ilford AC)	28.43	W45
2. Diana Bradley (Tonbridge AC)	31.05	W60
3. John Constandinou (Birchfield H)	31.58	M45
4. Sara Sowerby (unattached)	33.17	W55
5. Jessica Wilton (Ashford AC)	33.50	Wu17
6. Keith Vallis (Overton H)	34.06	M55
7. Tony Bell (Lancs WC)	35.20	M55
8. Tom Casserley (EHAC)	35.47	M80
9. Malcom Blackwood (Trent Park)	35.47	M70
10. Ron Penfold (Steyning AC)	35.49	M80
11. Rachel Harding (Ashford AC)	36.14	Wu20
12. Steve Cartwright (Bentley RC)	38.38	M60
13. Chris Flint © (Surrey WC)	38.49	M75
14. Tony Perkins © (Ilford AC)	49.23	M70

### 10km

1. Ian Tolchard (SW Vets)	53.47	M50
2. Mark Williams (Birchfield H)	54.19	M55
3. David Kates © (Ilford AC)	63.08	M70
4. Richard Emsley (Desborough R)	64.16	M65
5. Cath Duhig (CA Millennium Tor)	66.01	W65
6. Andrew Cox (Surrey WC)	73.08	M65
7. Brian Adams (Leicester WC)	73.31	M70
8. Fiona Bishop (EHAC)	78.33	W60
9. Karen Williams (Birchfield H)	82.17	W65

© = Centurion

## Heel & Toe

Honorary Leaguer Tim Ericson has stepped down from editing what I consider the world's most comprehensive race walking weekly journal, 'Heel and Toe'. Over the twenty years, what Tim started off as a simple information sheet for the Victorian Race Walking Club of Australia has grown to become the 'go to' publication for what's happening in the race walking world.

Tim had a distinguished competitive career which included a Commonwealth Games bronze medal. He spent some time racing in England and from an ERWL perspective at Moulton in 1983, the 2012 Olympic Friendship Walk and the 2017 World Championship friendship walks. At the latter he was awarded Hon. Leaguer status.

Best wishes for the future Tim and many, many thanks for the massive contribution you have made to race walking.

Welcome Stuart Cooper who urges all of Tim's regular contributors – local, interstate and overseas – to continue sending in their reports, photos, race results and other items of interest to the race walking fraternity. Send your contributions to [stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au) or to [stukcooper@gmail.com](mailto:stukcooper@gmail.com). Preferably the first address.



Picture of Stuart Cooper with Ron Wallwork at the Lancs WC 'Dick & Zena Smith' 20km in September 2009

## Leaguers in Action

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

Steve Uttley 61.47 representing was first to cross the finishing line in the **Police and Civil Service 10km championships** staged at Cannon hill Birmingham on 29<sup>th</sup> September. Other Leaguers in the men's race were John Hall (DEFRA) 73.11 and Centurion Chris Flint (Met Police) 77.38. A fourth Leaguer was Maureen Noel (MOD) 31.10, who won the Women's 5km. The Police championship was won by Belgravian newcomer Colin Harle (Met Police) 63.28 who competed in the LICC/ERWL race in July. The annual match between the Civil Service and the Police held in conjunction with this event was won by the former.

## London Marathon – 3<sup>rd</sup> October

Barbara Ralph maintained her wonderful LM record, in spite of serious injuries from a nasty fall in the summer that prevented her from training in the six weeks leading up to the event. Barbara's time of 4.36.58 was by far her slowest but extended her continuous run in the event to 31.

Pamela Abbott also ran in this iconic event clocking 6.33.20

At the **British Grand Prix** of Race walking staged at The Brownlee Centre, Leeds on 23<sup>rd</sup> October, the League's leading ladies, Jacqueline Benson and Millie Morris put in solid performances. Making her 20km debut Jaqueline clocked 2.01.22 and in the 10km Millie stopped the clock at 54.03.

I was sorry to learn that Fiona Bishop recently experienced a heavy fall receiving facial injuries and a cracked rib, so well done to her, for picking herself up and gamely putting in a performance in the virtual 10km. Fiona is the ERWL's most prolific medal gatherer (12 in 21 years) and probably the most prolific injury sustainer, with a broken arm in 2015 and a broken wrist in 2019, but she always bounces back.

Another to experience a nasty fall was Sue Bennett who slipped on a wet surface and has experienced some mobility difficulties since and is awaiting x-ray results. It didn't stop her from turning up at Moulton with Peter Howard to give support.

VERWL results gatherer Richard Emsley along with his wife Pauline contracted Covid-19, and the latest news is that they are over the worst and feeling much better.

## A meet up with an EO7 winner

An often overlooked EO7 winner was John Northcott (Highgate H) who triumphed in 1959. He was in the Newmarket vicinity recently and we shared a sandwich lunch at Moulton Village shop. Our competitive walking careers overlapped by two or three years, before he turned to officiating. We covered a great deal of history including my first DQ in the 1959 AAA championship at Hurlingham. Whilst Ken Matthews and Stan Vickers were duelling way out in front of the field John and I were doing the same towards the back. We had dogged each other for 27½ laps and a sub 56\* minutes was on the cards and so it proved for John, but not me as the dreaded shout signalled the end of my race. I was distraught having travelled to London and failed so close to the finish. I was comforted by the famous "you're a real race walker now, because you were going fast enough to come off the ground". It didn't make the long journey home any easier.



In the ensuing years John was always at the major internationals, sometimes as an official, but sometimes just a supporter. For the inaugural Empire & Commonwealth Games Walk in Jamaica in 1966, John turned up and presented Don Thompson, Ray Middleton and myself with a special embroidered tie and I think that the walk officials were also presented with one.



John (No.72) pictured at the start of the 1959 race. Number 11 is George Williams who two years later would be a member of the GB team that won the inaugural Lugano Cup

Twelve years after our first meeting at Hurlingham, John was the GB team manager for the Berlin May Day walks. Phil Embleton finish a brilliant 20km 3<sup>rd</sup> in 84.05 behind Peter Frenkel 82.48, who would, the following year become Olympic champion at the distance. I was well off the pace in 9<sup>th</sup>, 88.20 on what is generally considered a short course. Ray Middleton participated in the 50km clocking 4.16.36. \* sub 8 minute miles in those days was considered good.

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## Forthcoming Events

**Masters County Track championships on 30<sup>th</sup> October** at Coulson Track, Surrey. Incorporating Veterans AC, Surrey, Herts & Sussex 10km track championships. (Categories A & B). **Entries on Vets AC website or David Hoben david.hoben@mottmac.com**

**Steyning 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 Steyning. Changing, Showers and Refreshments still at the Steyning AC Clubhouse, Charlton Street, Steyning. BN44 3LE . **Details from Ron Penfold: [ron.penfold@btinternet.com](mailto:ron.penfold@btinternet.com)**

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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](mailto:noel.carmody@outlook.com)

### Essex Walker

Lots of local information  
[dave\\_ainsworth@yahoo.co.uk](mailto:dave_ainsworth@yahoo.co.uk)

### Heel and Toe online

Australian publication out every Tuesday  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

For race walking Photographs [markeaston.zenfolio](http://markeaston.zenfolio)

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**Stop press** Paul Nihill inducted into the England Athletics Hall of fame joining Harold Whitlock, Don Thompson and Ken Matthews

On Saturday evening 23<sup>rd</sup> October in a ceremony at the National Exhibition Centre, **Paul Nihill MBE** was posthumously inducted into the **England Athletics Hall-of-Fame**.

Never one to blow his own trumpet, I will for Dave Ainsworth C000. This long overdue recognition of Paul's achievements is down largely to Dave's persistent and tireless efforts. In his role as RWA Southern Area Press & Publicity Officer, he nominated Paul years' ago, but got nowhere. Last year, in the wake of his death, he re-ignited by submitting a nomination. This year he further stirred them up and submitted a podcast of the tribute he made to Paul on BBC's Radio 4 "Last Word" programme (which attracted 9 million listeners on Britain's 2nd most listened station, after Radio 2). Dave also credits Paul's family for pressing the powers that be to make this award.