

The Enfield Walker 2022

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

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

June



Platinum & 21st Anniversary Moulton Five



This event has a reputation for being staged in sunny hot conditions and this year was no exception.

Mick Graham UKA Coach and long standing ERWL supporter sending off the main field and demonstrating that he is well on his way back from the heart attack he suffered back in January.

George Wilkinson was an unchallenged winner of the race and Melanie Peddle continued her present run of fine to form to retain the Ladies trophy after early pressure from the improving Jacqueline Benson.

Novice Alison Wilson surprised everyone including herself clocking 55.20 which eclipsed the Moulton village ladies record set by Linda Spink's in 2013. She is the 13th villager to walk the course in under an hour and it secured for her the Suffolk championship.

Villager Phylis Pope (74.31) and Fiona Bishop (48.18) walked in the inaugural race in 2002 as did Pam Ficken (56.09), Mick Graham (47.10), Jon May (51.19) and the men's winner John Hall (39.12), all now contributing to the event as officials, along side Peter Cassidy and Pauline Wilson who judged the first race. Also in attendance was Ian Garmston c899, one of the Event founders. Thanks to all of them them for their long service and to the officials and volunteers who made this years race possible.

Congratulations to Leaguers Noel Blatchford W70 (Abingdon AC) 20.59.38 and Dave Annetts M55) 14.28.28 upon their category victories at the BMAF 3km championships staged at Derby on the same day as the Moulton Walks.

A Well Done! Again to Dave Annetts on setting an M55 national 10km record of 48.39.85 at the championships back in May and also to Fiona Bishop who in the Kent championships in mid-May won the 1500m, the 5000m and the 3km walk.

2022 ERWL Seventh Fixture

LICC 1km, 3km & 5km

Note: 5km time limit of 38 minutes

Saturday 25th June starting at 12 Noon

StoneX Stadium,

ONLINE ENTRIES ONLY by 19th June to: entry4sports.co.uk

VIRTUAL RACE Distances as the real race performed over the weekend of 25th/26th June and registered with Richard Emsley r.emsley@btopenworld.com before midnight on 26th June stating name, club, time and Centurion No if applicable

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

stuwalks@yahoo.com.au

For race walking Photographs markeaston.zenfolio

21st Anniversary Moulton Five

11th June

© = Centurion

(Permit: RWA22048-1 Cat B)

1	George Wilkinson	Enfield H AC	Mu23	36.55	1	Melanie Peddle	Loughton AC	W50	45.32
2	Steve Uttley	Ilford AC	M65	48.34	2	Jacqueline Benson	Ashford AC	Wu23	46.37
3	Dave Walsh	Enfield H AC	M60	49.00	3	Emma Dyos	Ilford AC	W45	47.42
4	Mike George	Vets AC	M50	50.45	4	Maureen Noel	Belgrave H	W55	52.54
5	John Arthur	Ilford AC	M60	52.01	5	Fiona Bishop	Enfield H AC	W60	54.11
6	Simon Morgan	Ilford AC	M50	53.26	6	Sue Barnett	Enfield H AC	W70	54.35
7	John Borgars ©	Loughton AC	M75	53.44	7	Alison Wilson	unattached	W55	55.20
8	Mark Culshaw	Belgrave H	M55	56.22	8	Diana Braverman	Enfield H AC	W70	61.22
9	Tony Wilkinson	unattached	M60	59.48	9	Phylis Pope	unattached	SW	65.33
10	Dave Hoben	Surrey WC	M65	61.30	10	Elizabeth Edgell	unattached	SW	72.45
11	Chris Flint ©	Surrey WC	M75	61.34	11	Viv Houghton	unattached	W70	72.45
12	Paul Firmage	Ryston R	M65	64.00	12	Shaeda Arthur	Ilford AC	W60	86.51
13	Paul Forshaw	F.E.Runners	M65	71.52					
14	Chris Warner	unattached	M65	72.45		1 mile			
15	David Ainsworth ©	Ilford AC	M70	78.44		Terry Braverman	Enfield H AC		

Virtual Result

1	Mark Williams	Birchfield H	M55	41.22	1	Cath Duhig ©	CAM Torrevieja	W65	51.40
2	Dave Annetts	North Herts	M55	43.00	2	Karen Williams	Birchfield H	W65	73.39
3	Marco Bernatzki	LA Herton/Ger	M50	56.11					
4	Brian Adams	Leicester WC	M70	62.18	5km	Tony Perkins ©	Ilford AC	M75	49.11

Suffolk Championship:	1.	Alison Wilson	55.20	George Wilkinson	36.55
	2.	Phylis Pope	65.33	Tony Wilkinson	59.48
	3.	Elizabeth Edgell	72.45	Paul Forshaw	71.52
	eq	Viv Houghton	72.45		

Starter: Mick Graham - Timekeeper/Recorders: Phil Welch, Pam Ficken ©, Tracey Wilkinson

Judges: Stephen Cartwright, Peter Cassidy, Mick Graham, Pauline Wilson©

Marshalls:

Barbara Divito, June & Geoff Dobson, Anthony Esler, John Grant, John Hall, J.May, Mark Price, Ellaine & Colin Richmond, Roger Saych, Ray Still, Ann Stranaghan, Linda Warner, Roy Williams

First Aid: Becky Spinks, Tracey Wilkinson - Refreshments: Mavis Hall, Becky Spinks, Joan Wallwork - Organiser/Referee: Ron Wallwork©

2022 League Tables

To date 65 walkers representing 30 clubs have competed live and 21 virtually.

Top 5 after 6 fixtures

Ladies

- 316/5 Emma Dyos (45)
- 298/6 Fiona Bishop (60)
- 295/5 Melanie Peddle (50)
- 230/5 Amalia Christina Da Silva (55)
- 180/5 Shaheda Arthur (50)

Men

- 383/6 David Walsh (M60)
- 359/6 John Arthur (60)
- 349/5 George Wilkinson (u23)
- 275/4 Dave Annetts (55)
- 239/4 Stuart Bennett ©

Virtual Individual mixed

points awarded as if amalgamated with real league

- 403/6 Mark Williams (M55)
- 296/6 Marco Bernatzki (50)
- 288/5 Cath Duhig © (65)
- 273/6 Brian Adams © (70)
- 242/6 Karen Williams (W65)

Team Table

1.	Ilford AC'	1467	359 Arthur J, 316 Dyos, 239 Bennett, 218 Arthur S, 172 Morgan, 163 Lawless
2.	EHAC	1395	383 Walsh, 349 Wilkinson, 298 Bishop, 185 BravermanD, 110 Barnet, 70 BravermanT
3.	Belgrave H	685	232 Noel, 230 Da Silva, 173 Noel, 121 Harle, 52 Culshaw, 50 Hall
4.	Loughton AC	517	295 Peddle, 222 Borgars,
5.	Surrey WC	493	185 Hoben, 135 Flint, 72 Reis, 68 Crane, 33 Hannell

Thanks to Jon May who is happy to send by email a detailed spreadsheet upon request