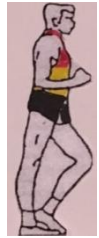


The Enfield Walker 2022

September



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

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who apologises for any errors and who welcomes contributions and comments for future issues

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

Please note fixture change

The 'Johnny Johnson' 5 miles on 17th September
the venue QEII, Donkey Lane and the start time 11.00am
times also recorded for 1, 2, 3, 4 miles

Enfield AC's Johnny Johnson was a top walker in the 1930's and he had the misfortune to be competing at the same time as the legendary "Stiker" Hyde. Johnny won the AAA's seven miles championships in 1933 and 1934 in 53.01 and 52.10 respectively as well as the 1934 Club's Open 7 in 52.45.

Johnny competed far afield and for a long time and after the war he was runner-up in the 1948 Liverpool Open 10 miles clocking 80.43

Entries £8 at <https://erwl-entries.weebly.com> by Thursday 15th September
Entries £10 taken on the day

The Ken Munro Hundred – Middlesbrough, 20th/21st August

Congratulations to Jonathan Hobbs on his 100 mile victory in 18.44.32, the quickest winning time since IoM's Richard Gerrard's 18.29.40 at Douglass, IoM, in 2013. Conditions were horrendous with periods of persistent heavy rain and high winds making Jonathan's performance even more outstanding.

Leaguer interest centred around Helen Middleton making her first attempt to qualify as a Centurion, John Borgars who six years ago at Redcar at the age of 70 became the oldest walker to qualify, Chris Flint with over 20 completions to his credit and Kevin Marshall who qualified at Colchester in 2004 and like Chris is an international at this distance. None of them were able to complete the distance. Nevertheless, as their performances show, they deserve much credit. Chris was on the road for 9.14.36 for 34½ miles, John 10.19.09 for 47+ miles, Helen 14.42.47 for 66 miles and Kevin 19.29.90 for 83 miles

Helen kindly responded to a request for her thoughts on her experience.

Lessons learnt:

Just because the weather had been settled and dry for weeks in Bedfordshire, don't assume that will be the case for the race- take lots of spare clothes and socks and shoes even if it feels over the top

Be sure to get the nutrition right - plan the eating and drinking and stick to the plan

Don't rely on an Apple Watch to clock up the miles

Don't worry about the support crew. Use the hour before the race focusing on self and not the team. They knew exactly what they were doing and had 24 hours to sort it. They didn't need me fussing.

1am onwards is grim - even if it has stopped pouring.

As I was told I would - I do regret throwing in the towel at 64.8 miles but at the time my wet left foot had started to scream, I was leaning to the left and what with an upset tummy, tail end of a migraine and no appetite but knowing that I should eat - my head made its mind up.

But what an amazing experience. The organisers, officials and all supporters were incredible. At least walkers were moving - officials and supporters stood in the wind and then rain for hours. Often the officials were deployed to the extreme parts of the course where they were by themselves- can't have been fun. The supporters continued to cheer, offer support and encouragement.

Do I feel like I achieved anything? - no - it does feel like a failure even though my previous longest walk was 20k - or is a half marathon longer?



Would I do it again: Oh Yes - there's something very special (if a bit bonkers) about this event.

2022 ERWL Fixture 9 (Cat B)

LICC 5km track

StoneX Stadium, 28th August

Perhaps it was unwise to promote this fixture on a bank holiday Sunday with three other walks being contested as well. It therefore isn't surprising that the turnout was low. But, well done to those who did compete and thank you to the officials for their input.

1	Steve Uttley	Ilford AC	M65	30.32.57	1	Amalia da Silva	Belgrave H	W55	3.20.77
2	John Arthur	Ilford AC	M60	30.58.60	2	Fiona Bishop	Enfield H AC	W50	33.31.28
3	Colin Harle	Belgrave H	M60	31.04.32	3	Sandra Campbell	Nuneaton H	SW	43.42.27
4	John Borgars ©	Loughton AC	M75	32.46.74					
5	Paul Firmage	Ryston R	M65	40.41.65	3km	Shaheda Arthur	Ilford AC	W60	30.08.32

Interestingly, there remains a group who find the virtual races offered at the same time as the real fixture an incentive to get out and stay active, so well done to them also.

Virtual Result

1	Mark Williams	Birchfield H	M55	25.17		Cath Duhig ©	CAM Torrevieja	W65	32.13
2	Richard Emsley	Desborough R	M70	32.34					
3	Marco Bernatzki	LA Herton/Ger	M50	33.05	3km	Karen Williams	Nuneaton H	W65	33.39
4	Keith Vallis	Overton H	M55	35.20					
5	Ron Penfold	Steyning AC	M80	35.49					
6	Brian Adams ©	Leicester WC	M70	38.55					
7	Tony Perkins ©	Ilford AC	M70	50.32					

2022 League Tables -Top 5 after 9 fixtures

Ladies

- 429/7 Melanie Peddle (50)
- 331/7 Amalia Christina Da Silva (55)
- 378/6 Emma Dyos (45)
- 360/9 Shaheda Arthur (60)
- 359/7 Fiona Bishop (60)

Men

- 555/9 John Arthur (60)
- 489/7 George Wilkinson (SM)
- 413/6 Dave Annetts (55)
- 383/6 Dave Walsh (60)
- 290/5 Simon Morgan (50)

Virtual Individual mixed

points awarded as if amalgamated with real league

- 604/9 Mark Williams (M55)
- 470/9 Marco Bernatzki (50)
- 462/8 Cath Duhig © (65) 6
- 425/9 Brian Adams © (70)
- 364/9 Tony Perkins © (70)

Team Table

- Ilford AC' **1973** 553 Arthur J, 378 Dyos, 360 ArthurS, 290 Morgan, 239 Bennett, 163 Lawless
- EHAC **1711** 489 Wilkinson, 383 Walsh, 359 Bishop, 225 Barnett, 185 BravermanD, 70 BravermanT
- Belgrave H **1101** 394 Da Silva, 314 Harle, 291 Noel, 52 Culshaw, 50 Hall
- Loughton AC **773** 429 Peddle, 344 Borgars,
- Surrey WC **493** 185 Hoben, 135 Flint, 72 Reis, 68 Crane, 33 Hannell

Remaining 2022 ERWL Fixtures

The 'Norman Easlea' 1 Hour Badge race on 15th October

the venue QEII, Donkey Lane, EN1 3PL and the start time 11.00am

The 'Bernie Hercock' Enfield Open Seven on 12th November

the venue QEII, Donkey Lane, EN1 3PL and the start time 10.30am

times also recorded for 1, 2, 3, 4 miles



Leaguers IN THE MONEY. Among the winners in the latest Race Walking Association 200 Club draw, were Helen Middleton and Arthur Thomson who are now £25 and £15 better off. The third prize winner collecting a tenner was Birchfield's John Constandinou.

The 200 Club raises essential funds for the RWA and costs just £12 per year and payable by standing order. The scheme is run by Mark Easton, who almost everyone one is familiar with by virtue of his excellent photographic record of race walking events.

If you aren't a member of this club, **please contact Mark** to arrange membership at: rwatreasurer@yahoo.co.uk

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

Surrey Walking Club 3km Championships, Tonbridge Track on 17/8/22

Tonbridge's Guy Thomas won the race in a quick 12.27. Leaguers Dave and Stephen Crane 14.25 and 14.32 occupied the minor placings with Geraldine Legon 22.05, Chris Flint © 22.42 and Peter Hannell 23.18 among the 15 competitors.

Jacqueline Benson competing in the **South Yorkshire League 5km** set a pb of 28.25 after a close handicap finish with Lancashire Leaguer Tony Bell whose actual time was 32.19.

There were good turnouts for the two track races promoted on Bank Holiday Monday 29th August.

In the morning at the **Southend City Mile** Daniel King © lapped 16 other competitors to stop the clock at 7.01.4. Setting a track record of 8.47.7 Emma Dyos was third overall and first woman, whilst Colin Harle 3rd/9.15.4 and John Arthur 4th/9.17.0 reversed their positions of the previous day at the StoneX stadium. Leaguers in the field were Rachell Lawless 5th/9.32.6, John Borgars © 7th/10.15 Lesley Morris 8th/10.18.08, Steve Allen © 11th/10.27, Alan O'Rawe © 14th/12.01.9 and Dave Ainsworth © 15th/13.29.4. John Borgars © and Shaheda Arthur 17th/16.15.8 had also competed at the StoneX stadium the previous day.

In the afternoon A field of 19 contested the 3km at the **Tonbridge AC 75th Anniversary Open meeting**. The race brought down the curtain on Tom Bosworth's outstanding race walking career. The race took pride of place at the meeting and created a wonderful atmosphere. As to be expected Tom won in 11.41.18. Leaguers at the meeting were David Crane 14.52.77, Mel Peddle 15.59.59 and Geraldine Legon 21.46.22.

Fiona Bishop 20.31.01 finished runner-up behind Penelope Cummings 18.56.02 in the **Surrey championship 3km** at the David Weir stadium, Carshalton on 3rd September. Ron Penfold 21.01.03 and Chris Flint 22.47.04 also took part and all set a season's best performance.

Twenty-four walkers made up the field for the **Eastern Masters Finals** at Bedford on 4th September. The distance was 2km and Melanie Peddle 10.34.53 won the Women's A race and John Borgars 12.45.99 the Men's B race.

The **European championships** proved to be a disappointing one so far as Callum Wilkinson was concerned. He demonstrated that in terms of fitness and endurance he can hold his own in any top class field. He would be the last to make excuses, but months of missed training followed by a rehab regime following knee surgery must have had some effect.

A really Big Well Done! To the Welsh duo Bethan Davies and Heather Lewis. Bethan made history by becoming the first British woman to compete in a major Games at a distance further than 20km when finishing 11th/2.59.38 in the women's 35km. Her time was a pb and also the highest placing by a British woman in a major international championship since 2010, when Jo Atkinson *nee* Jackson won Gold at the Delhi Commonwealth Games and finished 10th in the European championships. Heather bounced back from a disqualification in the last European championships to finish 13th/95.36.

Veterans Athletic Club

Surrey/Sussex/Herts/Middlesex 10k Track Championships;

Permit No: Applied for

Saturday 1 October; 1 pm at Woodcote High School;

Category A if taking part in Championships, otherwise Category B; Open Event, to age groups U17M or U17W and over

<https://www.trackcoulson.co.uk> Woodcote High School, Meadow Rise, **COULSDON** CR5 2EH – Track entry is in **Meadow Hill** - Changing and toilets.

There is a need to manage the numbers on the track, so you can enter either via [The Veterans Athletic Club \(VAC\) is the oldest, Veterans or Masters only, athletics club in the UK - Home \(vetsac.org.uk\)](http://www.vetsac.org.uk)

And follow links, or click on <https://www.fabian4.co.uk/default.aspx?EventID=3219> (best)

Entry Fees: U20 and over £8, U17M U17W £5 - Entry deadline 30 September 2022

Nearest station; Coulsdon Town; but Coulsdon South, slightly further, is on Thameslink route from Hertfordshire with stops in North London at Finsbury Park and St Pancras. Area of interest in Woodcote village - The Promenade de Verdun is a road on French soil as a World War One memorial; a temperance inn; and more

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.

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Essex Walker

Lots of local information

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Heel and Toe online

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For race walking Photographs markeaston.zenfolio.

Anyone using pictures or articles from these sources should acknowledge their origin