

The Enfield Walker 2022

September (2)

(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>



Leaguers at the Faceotti-Dahm Challenge

see page 3

Next Fixture

The "Easlea" 1 Hour Badge race

15th October - 11.00am QEII, Donkey Lane, EN1 3PL

Entries strictly limited and close on Tuesday 11th October

at <https://erwl-entries.weebly.com>

or Ron Wallwork 07460 041 643

Sorry no entries on the day at this race

Volunteers to assist with lap scoring would be most welcome



The Easleas: Norman who walked in the first Open Seven in 1920 and who went on to be a leading athletics official and his son Ken a prolific competitor for the club over three decades.

Ken's versatility was demonstrated when he won the club's shortest (2 miles) and longest (54 miles) championships within a period of six weeks. He also gained first class standards for all distances from 2 miles up to the Brighton. However, most of his successes were on the track. He won the Middlesex 2 miles in 1950 and then again in 1965/66/67. High placings in the Inter-Counties 2 and 7 miles championships along with representative honours for Southern AAA in 1963 and the AAA in 1968.



Virtual Race Distances 3 to 5 miles performed over the weekend of 15th/16th October and registered with Richard Emsley r.emsley@bopenworld.com before midnight on 16th October stating name, club, time and Centurion No if applicable

Fixture 10 "Johnny Johnson" 5 Miles (Permit: RWA22064-1 B Cat) at Donkey lane, Enfield on 17th September

1 George Wilkinson (Enfield H AC)	37.45r SM	1 Melanie Peddle (Loughton AC)	46.35 W50
2 Dave Annetts (North Herts R)	39.17 M55	2 Emma Dyos (Ilford AC)	48.23 W45
3 Dave Walsh (Enfield H AC)	48.48 M60	3 Helen Middleton (Enfield H AC)	52.36 W60
4 Colin Harle (Belgrave H)	50.25 M50	4 Amalia DaSilva (Belgrave H)	55.18 W55
5 John Arthur (Ilford AC)	51.06 M60	5 Leslie Morris (Ilford AC)	56.10 W55
6 Simon Morgan (Ilford AC)	52.29 M50	6 Noel Blatchford (Abingdon AC)	56.24 W70
7 David Kates © (Ilford AC)	55.19 M70	7 Diana Braverman (Enfield HAC)	61.57 W60
8 John Hall (Belgrave H)	55.37 M65		
9 Paul Firmage (Ryston R)	67.06 M65		
3m Dave Ainsworth © (Ilford AC)	55.19 M70	4m Shaheda Arthur (Ilford AC)	66.05 W60
2m Terry Braverman (Enfield HAC)	35.52 M75	3m Sue Barnett (Enfield H AC)	33.23 W70

Virtual Result

1 Mark Williams (Birchfield H)	43.08 M55	1 Jacqueline Benson (Ashford AC)	48.12 W65
2 Keith Vallis (Overton H)	51.42 M55	2 Cath Duhig © (LA Torrevieja)	52.58 W65
3 Richard Emsley (Corby AC)	55.26 M70	3 Fiona Bishop (Enfield H AC)	55.24 W60
4 Ron Penfold (Steyning AC)	58.42 M80		
5 Marco Bernatzki (LA Herten/Germany)	60.16 M50	3m Karen Williams (Birchfield H)	46.25 W65
6 Brian Adams © (Leicester WC)	63.55 M70	Bill Sutherland © (Highgate H)	51.09 M80
7 Tony Perkins © (Ilford AC)	70.75 M70		

Spare a thought this weekend for Barbara Ralph. In 2020 Barbara received an award recognising her 30th completion of the London Marathon. Training and preparation was going well for this year's race, until two weeks ago when she was hit by a vehicle whilst out training. She remained hopeful that her injuries would not prevent her toeing the line on 1st October.

Alas, it isn't to be and she reached the point where she has to accept that her 32nd run in the great event will have to wait until 2023. I know that everyone who knows Barbara will commiserate with her about the Marathon at the same time as wishing her a full recovery.

2022 League Tables *Leading positions after 10 fixtures*

Virtual Individual mixed

Individual tables (Although the number of races in some cases exceeds nine, the points total only reflects the person's best nine races)

Ladies

1. 496/ 8 Melanie Peddle (50)
2. 452/ 9 Amalia Christina Da Silva (55)
3. 444/ 7 Emma Dyos (45)
4. 378/10 Shaheda Arthur (60)
5. 359/ 7 Fiona Bishop (60)
6. 291/ 5 Maureen Noel
7. 269/ 5 Sue Barnett (70)
8. 264/ 5 Noel Blatchford (70)
9. 263/ 4 Jacqueline Benson (SW)
10. 258/ 4 Grazia Manzotti (50)

Men

1. 562/10 John Arthur (60)
2. 559/ 8 George Wilkinson (SM)
3. 482/ 7 Dave Annetts (55)
4. 448/ 7 Dave Walsh (60)
5. 351/ 6 Simon Morgan (50)
6. 344/ 6 John Borgars © (75)
7. 239/ 4 Stuart Bennett ©
8. 232/ 5 Tony Wilkinson (60)
9. 188/ 4 Paul Firmage (65)
10. 185/ 4 Dave Hoben

points awarded as if amalgamated with real league

1. 608/10 Mark Williams (M55)
2. 521/ 9 Cath Duhig © (W65)
3. 477/ 9 Marco Bernatzki (50)
4. 433/10 Brian Adams © (70)
5. 388/ 9 Karen Williams (W65)
- 388/ 8 Ron Penfold (80)
7. 378/10 Tony Perkins © (70)
8. 373/ 7 Keith Vallis
9. 238/ 4 Richard Emsley
10. 206/ 4 Paul Gaston

Team Table

1. Ilford AC' **2137** 562 Arthur J, 444 Dyos, 378 ArthurS, 351 Morgan, 239 Bennett, 163 Lawless
2. EHAC **1979** 599 Wilkinson, 448 Walsh, 359 Bishop, 269 Barnett, 234 BravermanD, 110 BravermanT
3. Belgrave H **1277** 452 Da Silva, 378 Harle, 291 Noel, 52 Culshaw, 104 Hall
4. Loughton AC **840** 496 Peddle, 344 Borgars,
5. Ilford AC"B" **552** 160 Ainsworth, 113 Kates, 106 Morris, 103 Uttley, 40 Shillabeer
6. Surrey WC **493** 185 Hoben, 135 Flint, 72 Reis, 68 Crane, 33 Hannell

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

Fiona Bishop finished 11,180th out of 60,000 in the **Great North Run** on 11th September clocking 2.00.42 for the half marathon.

Leaguers made up a more than a third of the field at the **Police & Civil Services championships** staged at Cannon Hall Park, Birmingham on 28th September. The women race over 5km and the men 10km. Maureen Noel 30.55 and Steve Uttley 61.46 added to their respective collections of CS titles. Geraldine Legon CS5th/37.17, Colin Harle P2nd/63.04, Stuart Bennett P3rd/67.40, Dan Maskell P4th/69.55, John Hall CS8th/72.02 and Chris Flint P6th/76.46 were the other Leaguers at the championships.

The Civil Service was victorious in the annual match with the Police for the *Ryan Cup*.

VETERANS ATHLETIC CLUB

present

THE 8TH JACK FITZGERALD MEMORIAL WALKS

(open event in aid of Blind Veterans UK)

SATURDAY 8 OCTOBER 2022 TILGATE PARK, CRAWLEY

Approx. **3 MILES** and **6 MILES**

Registration: Tilgate Forest Golf Centre Titmus Drive Crawley RH10 5EU from 12:00

Judging based on no loss of contact with ground (Category 'B') No pets, MP3 players or similar, walking aids such as sticks etc
RWA PERMIT APPLIED FOR

Entry fees Seniors/juniors/vets 3 miles £8 U15M/W or under £4 Seniors/juniors/vets 6 miles £8 U17M/W or under £4
Parents/Guardians regarding Juniors. I give permission for my son/daughter to take part in this event, and will not hold the organisers responsible for any unforeseen circumstances that arise from the event and cause loss or injury

Further details from VAC website

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 Tuesdays
stuwalks@yahoo.com.au

For race walking Photographs markeaston.zenfolio.

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



The Bernie Hercock Award

The first Bernie Hercock Project was the part financing of four athletes to the 63rd Edition of the Faceotti-Dahm international race walk meeting in Montreuil, Paris, on 24th September.

Montreuil here we come!

Dave Annetts, George Wilkinson, Melanie Peddle and Jacqueline Benson aboard Eurostar.

The first recipients of the Bernie Hercock Award

It was an early start so ideal cool conditions prevailed for the 27 men and 17 women who faced the starter in the 20km and a 1km loop made up of half-track and half local roads, with lots of turns and some kerbs made for a tricky course. The respective individual winners were: Hagen Pohle (Germany) 82.45 and Viktoria Madarasz (Hungary) 94.48.

Members of the inaugural "Bernie Hercock Squad" acquitted themselves very well with two pb's.

George Wilkinson 12th/98.35 reducing his previous best by just over a minute.

Dave Annetts 17th/105.42 wasn't far in arrears behind the time he set at the World Masters in Finland in July.

Jacqueline Benson 9th/119.47 like Dave wasn't that far off her pb set earlier this year.

Melanie Peddle 10th/120.11 sliced a huge 9 minutes off her previous best at this distance and was agonizingly close to going sub two hours.

The team was managed by Tracey and Tony Wilkinson and Elizabeth and Simon Benson travelled independently to support the team.



Melanie



Pictures courtesy of Photos par Guy Destre



Jacqueline



George



Elizabeth and Tracey



Dave