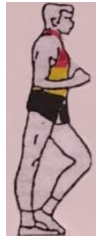


The Enfield Walker 2022

November



(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>

Next Fixture is the

Bernie Hercock & 95th Enfield Open Seven

(Permit: RWA22065-1 Category B)

12th November - 10.30am QEII, Donkey Lane, EN1 3PL

Entry is FREE!

and will be taken on the day. However an advance indication would be appreciated
email ronc893moulton@gmail.com or call Ron Wallwork 07460 041 643

Time table: 09.45 Registrations
10.30 Race Start by Daniel Saunders (Bernie's Grandson)
11.42 Cut off point for start of 7th lap
12.45 Presentations

Prizes: First 5 ladies/Men + First 4 Teams (mixed 4 to score)

First Novice + First under 17 + First Centurion + Spot Prizes + Bob Clark Award

Virtual Race Distances up to 7 miles performed over the weekend of 12th/13th November and registered with Richard Emsley r.emsley@btopenworld.com before midnight on 13th November stating name, club, time and Centurion No if applicable

2022 League Tables Leading positions with one fixture remaining

Melanie Peddle is assured her first ERWL victory whilst George Wilkinson equals John Hall's hat-trick of men's victories set in 2001/02/03. The only difference in the achievements is that George's treble because of Covid-19 took four years. "The find of the season" Amalia DaSilva looks certain to finish in the first three, but Emma Dyos is close enough to deprive her of second place and it is a similar situation in the men's table.

The team competition is really interesting with Ilford AC looking the favourites. However, it isn't a done deal because both teams have four walkers with races in hand, so everything rests on how many of those walkers turn-out in the final fixture.

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

Ladies	Men	Virtual Individual mixed points awarded as if amalgamated with real league
1. 564/ 9 Melanie Peddle (50)	1. 629/ 9 George Wilkinson (SM)	1. 608/11 Mark Williams (M55)
2. 475/10 Amalia Christina Da Silva (55)	2. 566/11 John Arthur (60)	2. 534/10 Cath Duhig © (W65)
3. 444/ 7 Emma Dyos (45)	3. 551/ 8 Dave Annetts (55)	3. 483/11 Marco Bernatzki (50)
4. 409/ 8 Fiona Bishop (60)	4. 448/ 7 Dave Walsh (60)	4. 444/11 Brian Adams © (70)
5. 389/11 Shaheda Arthur (60)	5. 414/ 7 Simon Morgan (50)	5. 441/ 9 Ron Penfold (80)
6. 357/ 6 Maureen Noel 55)	6. 351/ 6 Simon Morgan (50)	6. 391/11 Tony Perkins © (70)
7. 330/ 5 Jacqueline Benson (SW)	7. 344/ 6 John Borgars © (75)	7. 378/10 Karen Williams (W65)
8. 328/ 6 Sue Barnett (70)	8. 290/ 6 Tony Wilkinson (60)	8. 373/ 7 Keith Vallis (55)
9. 307/ 6 Noel Blatchford (70)	9. 239/ 4 Stuart Bennett © (65)	9. 238/ 4 Richard Emsley (70)
10. 258/ 4 Grazia Manzotti (50)	10. 234/ 5 Dave Hoben (65)	10. 206/ 4 Paul Gaston (70)
11. 234/ 5 Diana Braverman (60)	11. 188/ 4 Paul Firmage (65)	206/ 5 Bill Sutherland © (75)
12. 207/ 4 Rachel Lawless (60)	12. 185/ 3 Jonathan Ellerton (u170)	12. 156/ 3 Helen Middleton (55)

Team Table

1. Ilford AC'	2259	566 Arthur J, 444 Dyos, 414 Morgan, 389 ArthurS, 239 Bennett, 207 Lawless
2. EHAC	2158	629 Wilkinson, 448 Walsh, 409 Bishop, 328 Barnett, 234 BravermanD, 110 BravermanT
3. Belgrave H	1366	452 Da Silva, 378 Harle, 357 Noel, 52 Culshaw, 104 Hall
4. Loughton AC	908	564 Peddle, 344 Borgars,
5. Ilford AC"B"	552	160 Ainsworth, 174 Kates, 166 Morris, 103 Uttley, 40 Shillabeer
6. Surrey WC	493	234 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.*

On 24th September, Dave Walsh currently lying 4th in the League took on the **Loch Ness marathon** and finished 3rd in his M60 age group in a time of 3.41.27. He reports that he did more running than walking, especially over the really steep parts and although he considers his time as “not stunning” he was happy with it.

The entry of 18 for the **Vets AC 10km track race Inc. Sussex, Surrey, Middlesex & Herts County Championships** at Woodcote High School, Purley on 1st October was the highest since 2011. Influenced no doubt by the rail strike there were four absentees on the day. Melanie Peddle led a Leaguer 1,2,3 in the women’s race and newcomer Wai Tak Cheung (Stubbington Green R) with a very promising performance prevented the same in the men’s race.

1	Melanie Peddle	58.01.8	1	Dave Annetts	49.12.9	<i>1st Herts</i>
2	Penelope Cummings	67.20.5	<i>1st Surrey</i>	2	Wai Tak Cheung	50.23.6
3	Fiona Bishop	70.25.7	<i>2nd Surrey</i>	3	John Arthur	66.35.2

Jacqueline Benson clocked 29.30 behind Fiona Oakes (*Leic.WC*) 28.59 at Stourport on 9th October in the **Midland League 5km**.

Recently qualified Leaguers John and Shaheda Arthur travelled to **Steyning** on 29th October for the Sussex **Club’s open 10km** and supporting races. The home Club’s international Masters champion Ian Richards 56.57 was the race winner comfortably ahead of Trevor Jones 60.30 and John Arthur 64.50. Shaheda did 53.51 in the 5km event.

An interesting development is the club’s Walkfit sessions and in the 5km event to cater for them, was Trevor’s wife Anne who won the 2007 ERWL.

Good News about Pauline Pauline has been released from Basildon Hospital with her syndrome cured. However, it has left her with residual nerve and muscle problems and she is now in a Rehabilitation Centre in Westcliff-on-Sea. She is making slow but steady progress in regaining muscular control and is able to stand for short periods and walk a few steps with support. There is talk - if all continues well - of sending her home by Christmas. She has asked me, through you, to thank all her friends in Race Walking who have so kindly sent her messages of support and good wishes. *Best wishes, Peter Cassidy*

News about Noel Blatchford *from Andrew Garner.* Sadly Noel had a stroke a couple of weeks ago. so we can’t make it to the EO7. Having spent six days in hospital, she’s now home, but has lost the ability to speak and understand things as well as she would like. Physically she’s fine albeit very tired. The good news is that this should be temporary and hopefully in time should make a good recovery. Not sure how long though. It was rather a shock, as Noel is one of the fittest and healthy people I know.

I’m sure everyone connected with the ERWL and Race walking will wish them both all the best on their way to recovery.

2023 Enfield Race Walking League Opening Fixtures

14th January + 11th February + 18th March
All at QEII, Donkey Lane, Enfield EN1 3PL all starting at 11am

Concern from some walkers has been expressed about the League’s adoption of the A rule. The B rule which doesn’t exist in any other country was introduced by the RWA in 1996 for a transitional period to allow time for the walkers to adjust to the then new IAAF Definition.

The ERWL is proud of its “welcome to all regardless of age or standard” record and this policy will continue!

Races will be judged under both rules with the opportunity for walkers to select under which category they wish to be judged. The camaraderie, physical effort, keen rivalry and a distance and time recorded, which have been features of the League shouldn’t be affected. The production of two results will be the only change.

Over recent months the system has been trialling and the judges are to be thanked for co-operating because it makes their task more complicated. Interestingly, the outcome has been that of the 20 or so regulars only four have major technique problems. They are aware of this and it doesn’t seem to dull their enthusiasm or eagerness to turn up and race. **So don’t let the changes put you off**

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

dave.ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out Tuesdays

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For race walking Photographs markeaston.zenfolio.

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