

# The Enfield Walker 2023

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 07460 041 643 – 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>

January



## Wind and Rain Heralds a New Series

ERWL 2023 Fixture 1 – 14<sup>th</sup> January at King George Playing Fields, Enfield. Cat A (Permit No: RWA23006-1)

The opening race of the season was staged on 14<sup>th</sup> January in appalling conditions and attracted 24 competitors representing eleven clubs. Standing water on parts of the course and debris scattered about around one of the turns must have affected the times.

Nevertheless, Abigail Jennings following her 3km victory at the England Athletics Indoor championships at Sheffield six days previously, seemed undeterred by the wind and rain to score an impressive win. Turning the clock back, in second place was the 2006/08 League champion Trevor Jones and behind him an excellent ERWL debut by Matt Ellerton. Thirteen year old Trejan Checkiko-Boamoh caught the eye and showed potential.



Enfield H AC Chair Emily MacMahan not only Presented the 2022 Awards, but played an active part as a judges runner, whilst Hon.Secretary Barry Cook undertook the starter's duty.

The A rule has been adopted for the 2023 series and a reduction to four to score in the mixed team competition are major changes to previous editions of the ERWL. On page 3 the full results including the Virtual race and how the ERWL points were allocated.

Men	* = pb	© Centurions	Women			
1 Trevor Jones	Steyning AC	48.30 M65	1 Abigail Jennings	Aldershot FD	43.08	u23
2 Ian Richards ©	Steyning AC	43.00 M70	2 Melanie Peddle	Loughton AC	48.57	W50
3 Matt Ellerton	Blackheath/Brom	51.50 M45	3 Emma Dyos	Ilford AC	49.30	W45
4 John Arthur	Ilford AC	51.54 M60	4 Penelope Cummings	Herne H H	52.57	W45
5 Dave Walsh	Enfield HAC	52.33 M60	5 Maureen Noel	Belgrave H	53.44	W55
6 Stuart Bennett ©	Ilford AC	52.53 M60	6 Fiona Bishop	Enfield HAC	56.18	W60
7 Simon Morgan	Ilford AC	55.48 M55	7 Sue Barnett	Enfield HAC	57.01	W70
8 John Borgars ©	Loughton AC	56.15 M75	8 Lesley Morris	Ilford AC	57.03	W60
9 Glen Keegan	Herne Hill H	62.20 M55	9 Amalia daSilva	Belgrave H	57.29	W55
10 Paul Firmage	Ryston R	63.28 M65				
11 Chris Flint ©	Surrey WC	68.25 M75	3mIs Trejan	Blackheath &		M
			Checkiko-Boamoh	Bromley	33.02	u15
2mIs Chris Hobbs	Ashford AC	22.30 M60	Shadede Arthur	Ilford AC	51.54	W60
			Ita Smith	unattached	63.23	W65

Starter: Barry Cook (Hon. Sec. EHAC).Recorders: Phil Welch, Pam Ficken ©, Carl Lawton ©

Judges: Peter Cassidy, Steve Cartwright, Mark Culshaw, Mick Graham, Shaun Lightman.

Judges:Runners: John Hall, Emily McMahon, (Chair EHAC) - Race Organiser: Ron Wallwork ©

## Bernie Hercock Race Walk Taster Session

In the two hours before the start of the fixture two Race Walking Taster Sessions led by Chris Hobbs assisted by Michael Lawson took place for youngsters who live close.





## Some of the 2022 Trophy Winners



"Pam Phillips trophy" winner  
Melanie Peddle with Emily McMahon



ERWL Official of the Year  
Tracey Wilkinson



"Ken Easlea Cup"  
Jon May



The victorious 2022 Ilford AC team with the "Pam Phillips Troph  
Emma Dyos with the trophy and behind her Emily McMahon,  
Shaheda Arthur, Lesley Morris, Stuart Bennett, John Arthur  
and at the back Simon Morgan

John Arthur leads Dave Walsh, Stuart Bennett and newcomer  
Matt Ellerton



Next Fixture

### The "Adrian James" 5miles

(Permit RWA23007-1)

11th February - 11.00am QEII, Donkey Lane, EN1 3PL

Entries on the Day

Walkers wishing to do shorter distances are welcome

In a relatively short career Adrian was a force to be reckoned with, particularly over the longer distances. He was placed in the national 20km, 35km and won the national 50km. He was part of a strong Enfield squad that won the National 10 in 1976 and his performances gained him GB selection on four occasions.

### Ray Middleton RIP

Belgrave Harrier and Olympian Ray Middleton passed away on Sunday 8<sup>th</sup> January. He was a dominant figure in British walking for two decades over a range of distances. However his forte was the longer stuff; National titles, records and a remarkable international career. He placed several times in the E07. A salute to Ray was made prior to the start of the 2023 opening fixture. *Comprehensive tributes are available from the publications below and the Lancashire WC 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](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 Tuesdays  
[stuwalks@yahoo.com.au](mailto:stuwalks@yahoo.com.au)

Dear Walkers Officials and Volunteers,

Apologies for the delay in getting this result out. Sodden recorders sheets and judges slips were the cause.

Under the new format of the ERWL the first table shows the official result, the second the finishing position and time of every walker along with the League points they scored. The judges summary sheet is available on request.

Men				Women			
	<i>Men</i>	<i>* = pb</i>	<i>© Centurions</i>		<i>Women</i>		
1	Trevor Jones	Steyning AC	48.30 M65	1	Abigail Jennings	Aldershot FD	43.08 u23
2	Matt Ellerton	Blackheath/Brom	51.50 M45	2	Melanie Peddle	Loughton AC	48.57 W50
3	John Arthur	Ilford AC	51.54 M60	3	Emma Dyos	Ilford AC	49.30 W45
4	Dave Walsh	Enfield HAC	52.33 M60	4	Penelope Cummings	Herne H H	52.57 W45
5	Stuart Bennett ©	Ilford AC	52.53 M60	5	Maureen Noel	Belgrave H	53.44 W55
6	John Borgars ©	Loughton AC	56.15 M75	6	Fiona Bishop	Enfield HAC	56.18 W60
7	Glen Keegan	Herne Hill H	62.20 M55	7	Sue Barnett	Enfield HAC	57.01 W70
8	Ian Richards ©	Steyning AC	Dqd M70	8	Lesley Morris	Ilford AC	57.03 W60
9	Simon Morgan	Ilford AC	Dqd M55	9	Amalia daSilva	Belgrave H	57.29 W55
10	Paul Firmage	Ryston R	Dqd M65				
				<b>3mIs</b>	Tresen	Blackheath &	M
<b>2mIs</b>	Chris Hobbs	Ashford AC	22.30 M60		Checkiko-Boamoh	Bromley	33.02 u15
					Shadede Arthur	Ilford AC	Dqd W60

### ERWL 2023 Fixture 1 finishing List and Points Allocation

	<i>Finish position/name</i>	<i>age</i>	<i>club</i>	<i>cat</i>	<i>time</i>	<i>Lge points</i>
1	Abigail Jennings	SW	Aldershot FD	A	43:08:00	5m 70
2	Trevor Jones	M65	Steyning AC	A	43:30:00	5m 69
3	Melanie Peddle	W50	Loughton AC	A	48:57:00	5m 68
4	Emma Dyos	W45	Ilford AC	A	49:30:00	5m 67
6	Mattew Ellerton	M45	B&Bromley AC	A	51:50:00	5m 66
7	John Arthur	M60	Ilford AC	A	51:54:00	5m 65
8	David Walsh	M60	Enfield HAC	A	52:33:00	5m 64
9	Stuart Bennett ©	M60	Ilford AC	A	52:53:00	5m 63
10	Penelope Cummings	W45	Herne Hill H	A	52:57:00	5m 62
11	Maureen Noel	W55	Belgrave H	A	53:54:00	5m 61
14	Fiona Bishop	W60	Enfield HAC	A	56:18:00	5m 60
15	Sue Barnett	W70	Enfield HAC	A	57:01:00	5m 59
16	Lesley Morris	W60	Ilford AC	A	57:05:00	5m 58
17	Amalia daSilva	W55	Belgrave H	A	57:29:00	5m 57
18	Glen Keegan	M55	Herne Hill H	A	62:20:00	5m 56
22	Tresen C-Boamoh	Mu15	B&Bromley AC	A	33:02:00	3m 48
24	Chris Hobbs	M60	Ashford AC	A	22:30:00	2m 55
5	Ian Richards ©	M70	Steyning AC	B	49:56:00	5m 54
12	Simon Morgan	M55	Ilford AC	B	55:48:00	5m 53
13	John Borgars ©	M75	Loughton AC	B	56:15:00	5m 52
19	Ita Smith	W65	Unattached	B	63:28:00	5m 51
20	Chris Flint ©	M75	Surrey WC	B	66:31:00	5m 50
21	Paul Firmage	M65	Ryston R	B	68:26:00	5m 49
23	Shaheda	W60	Ilford AC	B	51:54:00	3m 47

### Virtual Result

Mark Williams	Birchfield H	44.36 M55	3mIs	Ron Penfold	Steyning AC	37.59 M75
Dave Annetts	N.Herts RR	48.48 M55		Terry Braverman	Enfield HAC	47.25 M75
Cath Duhig ©	CA Millennium	52.23 W65				
Mark Bernatzki	LA/Herten Ger	57.13 M50	3km	Tony Wilkinson	Unattached	40.13 M60
Keith Vallis	Overton H	58.56 M55		Tony Perkins ©	Ilford AC	50.12 M70
Di Braverman	Enfield HAC	64.17 W65				