

The Enfield Walker 2025

(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>

April



Inaugural Cambridge Race Walk Meeting

The inaugural Cambridge Race Walking Meeting on 5th April was well supported and included seven younger age group walkers and returning Leaguers Sue Barnett, Diana Braverman, Steve Uttley and Graham Chapman.

Thanks, as always to all the officials, Sue Clements for suggesting the course and George for the majority of the event planning and organisation.

The afternoon sunshine and the picturesque new venue and course were well received by the walkers and contributed to the success of the event!

The individual 10km winners were Colin Harle and Grazia Manzotti and Blackheath and Bromley Walkers Trejan Checheku-Boamah and Florence Watson took the individual titles in the 5km Walks.



10km

1	Grazia Manzotti	Ashford AC	58.29	W55
2	Jacqui Benson	Ashford AC	64.18	SW
3	Colin Harle	Belgrave H	64.32	M65
4	Stuart Bennett ©	Brentwood B	66.52	M65
5	Helen Middleton	Enfield HAC	67.19	W60
6	Steve Uttley	Ilford AC	68.08	M65
7	Graham Chapman	Headington RR	69.08	M70
8	Fiona Bishop	Enfield HAC	75.33	W65

5km

1	Trejan Checheku-Boamah	B'heath/Bromley AC	29.32	u17B
2	Florence Watson	B'heath/Bromley AC	31.35	u17G
3	Emma Keeley	Cambs/Coleridge AC	34.34	SW
4	Lily Ann Cooper	Nkt Joggers	37.25	u15G
5	Celia Cordran	Brentwood Beagles	40.36	SW

3km

1	Jane Mansley	Cambs/Coleridge AC	26.40	u15G
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2km

1	Sophie Blundell	Nkt Joggers	12.30	u15G
2	Marissa Morley	Aldershot F&D	12.33	u13G
3	Athira Nair	Cambs/Coleridge AC	12.59	u13G
4	Mikhail Stakhov	Cambs/Coleridge AC	13.01	u13B

B Race Results

10km

1	Simon Morgan	Brentwood B	68.53	M55
2	John Borgars ©	Loughton AC	70.39	M75
3	Susan Barnett	Enfield HAC	73.21	W75
4	Suzanne Bailey	Newmarket J	77.09	W60

9km Dave Hoben Surrey WC 73.57 M70

8km Diana Braverman Enfield HAC 62.04 W70

5km

1	Taro Tyson	Cambs/Col AC	37.45	M50
2	Sheila Leavy	North Herts RR	40.48	W70
1	Paul Forshaw	Fetch Everyone	48.18	M70

3km Terry Braverman Enfield HAC 31.28 M80

Starter: George Wilkinson

Timekeeper/Recorders: Phil Welch, Steve Cartwright, Pam Ficken © & Tracey Wilkinson

Judges: George Wilkinson (Chief), Shaun Lightman, Elizabeth & Simon Benson,
Peter Cassidy, Dave Annetts, Phil Blundell

Judges Runner: Callum Wilkinson + Marshals: Sue Clements, Tony Wilkinson.

Race Organisers: George & Tracey Wilkinson.

Virtual Result

10km

1	Cath Duhig ©	CA Millennium	68.21	W70
2	Marco Bernatzki	SuS Schalke 96	71.06	M55
3	Mick Graham	Belgrave H	80.41	M70

5km

1	Ron Penfold	Steyning AC	39.15	W70
2	Tony Perkins ©	Ilford AC	50.21	M70
3	Ed Shillabeer ©	Ilford AC	50.35	M80

The Next Fixture is the **Sean Pender Race Walk Meeting**
u13 2km, u15 3km, u20/Seniors 5/10km

3rd May - 11.00am King George Playing Fields, Donkey Lane, EN1 3PL

ENTRY ONLINE ONLY Now OPEN at <https://www.fabian4.co.uk> Before 12 Noon on Thursday 1st May

If you have problems entering online contact traceywilkinson17@aol.co.uk or 07532 397 528

The Virtual version of the "Sean Pender races" - Performances over the weekend of 3rd/4th May to be registered with ronc893moulton@gmail.com before midnight on 4th May stating name, club, time and Centurion No.

Sean Pender c1067

Sean Pender is a tireless worker for Enfield & Haringey AC, and up until recent times a regular member of the Club's race walking squad. In his racing days he was renowned along with Bernie Hercock for being a prolific event supporter averaging annually on occasion more races than there are weeks in the year. In Sean's case many of the races he competed in were in his native Ireland where he won national age group championships and senior place awards. In this country with the likes of Arthur Thomson and Ron Powell he won Middlesex and National team medals and in recognition of his service to that county as an official, he was elevated to a term as its President.

Sean achieved a long-held ambition when in August 2008, at Milton Keynes he qualified as a Centurion. Passing through 50 miles in 11.21.01 he went on to clock 23.56.11 to become Enfield's twelfth walker to be admitted to the Brother/Sisterhood. Two years later at Colchester he improved his time with a 23.39.50 performance.

Picture: Sean, Arthur Thomson, Bernie Hercock bronze team medals at the 2009 National 10, along with Helen Middleton who finished 4th in the ladies championship



News of Leaguers

Barbara Ralph - In the War's again

Whilst out running on Sunday 23rd March Barbara had a nasty fall. She sustained a broken nose, broken finger and a break in her wrist, along with multiple wounds on her face, hands and knees.

Meanwhile John, now the chief cook and bottle-washer awaits a cardiology appointment.

Dave Walsh

Dave, has had three separate operations in the past year for heart, prostate and, since February 2025, a brain tumour. Dave is now receiving treatment for the brain. As ever, he is upbeat and I'm sure that everyone connected with the ERWL and race walking in general will wish him a swift and successful recovery.

Dave made his ERWL debut in the 94th EO7 finishing in a creditable 5th place in 65.12. The following year, he was the second highest points scorer for the Team that won the title

Arthur and Bon Thomson It is a couple of years now since Arthur and Bon Thomson moved to 51 Horsham Road, Cranleigh, GU6 8DT. Walkers in the area are very welcome to call in, it'll be good for Arthur's memory! But please check before hand to ensure that they will be in. email: bonitathomson1@gmail.com telephone 07850 424

The Ken Livermore 10km Race Walk Relay

(Permit Applied for)

11am at QEII Stadium, Enfield, EN1 3PL on 31st May

2-people per team each walking 1 x 1000m + 5 x 800m

(5000m each walker – Total time allowance 75 minutes)

Open to walkers over 13 who have a pb quicker than 39.00

Entry fee £10 per walker - Under 17's £5 per walker.

ONLINE ENTRY NOW OPEN at <https://www.fabian4.co.uk> By 12 NOON on Thursday 29th May

If you have problems entering online contact traceywilkinson17@aol.co.uk or 07532 397 528



This is a FUN EVENT * Ideal for training

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

Two Leaguers; Tony Bell 2nd/113.27 and Dave Hoben 5th/135.22 participated in the Lancashire WC 10 miles on 29th March, for the **Macclesfield Shield**. The race winner was Nigel Shaw 106.31.

On eighth April nine walkers toed the line for the first of the summer's **VAC weekday races** at Battersea Park. The distance contested was 5km and the overall race winner was Stefano Zennaro in 27.45. The Leaguers in action at this event were: Melanie Peddle 3rd/29.10, Chik Ha Kwok 5th/31.01, Man Biu Lam 32.46, Fiona Bishop 7th/35.22 and Dave Hoben 8th/37.32

Callum Wilkinson 84.08, finished third in the 20km race in the World Athletics Gold Meeting at **Rio Maior**, Portugal on 12th April. The race winner was Brazilian Caio Bonfim in 80.47. It was Callum's first top three finish in a WA Walking Tour Gold meeting, after a sprint finish to get the better of Portugal's legendary Joao Vieira, who has been prominent on the international scene since 2004.

Virtual ERWL News - They Just keep Going!

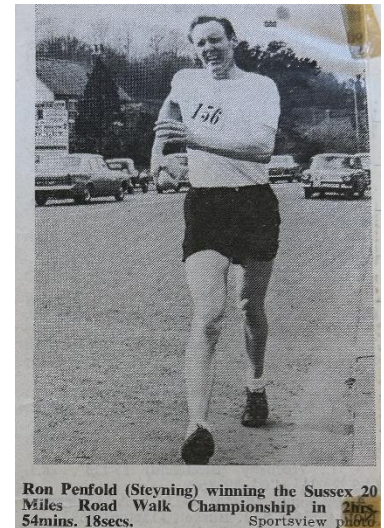
A couple of pen portraits of the ERWL Virtual competitors. Neither are Leaguers, but I have no doubt had they lived nearer north London they would have been. Both have been competing for over 50 years appearing in many Enfield events in the process.

Ron Penfold M80

I came across this picture in *Athletics Weekly* of Ron Penfold winning the Sussex 20 miles championship in 1965 and although not a Leaguer, he has supported Enfield promotions since 1960, when as a junior in the Enfield Open 7 of that year he finished 46th/155, just 12 seconds short of beating the hour.

I had come across Ron a month earlier in the RWA National Junior 5 at Wembley where he helped his club Steyning AC win the team title finishing 7th/47 clocking 42.59 in the process. My lasting memory of the occasion was that Tom Misson, twice the Italian 100km winner and fifth just a few weeks earlier at the Rome Olympics presented the awards.

Ron tells me that the Sussex championship was held totally on the A23 starting at Withdean stadium out to Bolney, where they turned in the middle of the road and retraced their steps – Can you believe it! Dennis Read, whose brother Norman won the 1956 Olympic 50km, tagged Ron for most of the way and as the finish neared Ron was experiencing severe cramp in his thighs, hence the pained expression on his face.



Ron Penfold (Steyning) winning the Sussex 20 Miles Road Walk Championship in 1965. 54mins. 18secs. Sportsview photo

Ed Shillabeer M85



Ed sent the following message when registering his virtual performance: 5 km. 50:35. 5,888 steps! Average speed 10:07 per kilometre. Sunny and warm down on the cycle path course (up and back plus around car park to complete exact distance as recorded by Strava. I am a Happy bunny as I am managing my efforts to take account of my aortic stenosis, due for scan on April 10. Yours in sport -Edbanger!

Ed started his athletic career as a runner before concentrating on race walking via evening track meetings in his local Vets League. In recent times he has raced in Ilford AC colours and he's also appeared for other Clubs including London Vidarians, Dawlish & South Devon and Plymouth City Walkers.

Attaining Centurion status in the 1976 Leicester – Skegness taking number 590 in 21.45.19. In atrocious conditions he won the 1989 Eddlestone 100 at Hendon in a time of clocked 18.11.08.

His racing career now stretching over five decades is littered with outstanding endurance performances; Guernsey Churches, Isle of Man Churches, the still standing 9.41.54 100km national record set in 1985. Two years earlier he came 3rd (from 64 finishers) in the "Fosters Quadrathon" (2 miles swim/50K walk/100 miles' Marathon run) commencing in Brighton/ending at Gravesend.

As recently as the 2023 TCS London Marathon he was one of only 12 over 80 finishers. He has completed more Plymouth marathons than anyone else. The list goes on. See the *Essex Walker* 389 August/September 2019 edition for Dave Ainsworth's comprehensive feature to celebrate Ed's 80th birthday.

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* the *Southern RWA website* 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 Up to date information www.facebook.com>SouthernRWA](https://www.facebook.com/SouthernRWA)

Action from the Cambridge Race Walk Meeting caught by Andy Cooper



2km start



5km start

10k start



Overall Winner Grazia Manzotti



Tables after Three Fixtures (provisional)

Individual

Ladies

Men

Juniors

1. 204/3 Jacqui Benson (SW)
2. 192/3 Helen Middleton (60)
3. 185/3 Fiona Bishop (60)
4. 173/3 Lily Ann Cooper (u15)
5. 168/3 Suzanne Bailey (60)
6. 147/3 Emma Keeley (SW)
7. 138/2 Grazia Manzotti (55)
8. 130/2 Billie Kwok (50)

1. 169/3 Simon Morgan (55)
2. 152/3 Taro Tyson (50)
3. 140/2 George Wilkinson (SM)
4. 134/2 Colin Harle (65)
5. 129/2 Mark Culshaw (55)
6. 117/2 Bill Lam (65)
7. 109/3 David Hoben (70)
8. 67/1 Stefano Zennaro (50)

1. 173/3 Lily Ann Cooper (u15g)
2. 104/2 Marissa Morley (u13g)
3. 103/2 Florence Watson (u17g)
4. 61/1 Trejan C-Boamah (u17b)
5. 54/1 Grace Andrews (u15g)
6. 53/1 Sophie Blundell (u15g)
7. 51/1 Athira Nair (u13g)
8. 50/1 Mikhail Stakhov (u13b)

Team

1. Newmarket J **534** 173 Cooper, 168 Bailey, 140 Wilkinson & 53 Blundell
2. Enfield HAC **482** 192 Middleton, 185 Bishop, 55 Barnett & 50 May
3. Belgrave H **459** 134 Harle 129 Culshaw, 129 Noel, & 67 Zennaro
4. Ashford AC **442** 204 Benson & 138 Manzotti
5. Cambs/Colrdge **390** 152 Tyson, 147 Keeley, 48 Wallace & 43 Mansley
6. Brentwood B **330** 169 Morgan, 67 Bennett & 94 Cordran
7. Veterans AC **247** 130 Kwok & 117 Lam
8. Aldershot F&D **227** 69 Jennings, 54 Andrews & 104 Morley.

Virtual

1. 127/3 Cath Duhig © (70)
2. 123/3 Mick Graham (70)
3. 115/3 Tony Perkins ©
4. 114/3 Ed Shillabeer ©
5. 86/1 Marco Bernatzki
6. 82/1 Cath Duhig ©
7. 76/2 Ron Penfold



Centurions Spring Walk starting at Winchelsea on Sunday 8th June. The distance is approximately 6.5 miles and Details from Steve Kemp on 07860 617899 and a warm welcome is extended to walkers whether Centurions or not.
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