

The Enfield Walker 2025

September

(Newssheet 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>



The remaining two 2025 fixtures both of which take place at the QEII Stadium, Donkey Lane, are

Saturday 18th October Open 5km Handicap

Saturday 8th November 98th Enfield Open 7

Both fixtures incorporate races at 2000m, 3000m & 5000m or the equivalent imperial distances

How to Enter Online only for all fixtures **no later than noon two days before** the event at <https://www.fabian4.co.uk>
If you have problems entering online contact traceywilkinson17@aol.co.uk 07532 397 528

Volunteers are sought to assist with lap scoring– If you are able to assist at any of the fixtures kindly let Tracey know.

Virtual versions of both fixtures are held and Performances must be registered with ronc893moulton@gmail.com **before midnight on the day following the actual race** stating name, club, time and Centurion number if applicable.

One Hour Meeting at QEII Stadium on 30th August

Nineteen walkers were in action compared to 21 in 2024 and Melanie Peddle after a quiet start to the year looked good lapping the field to score an easy victory. It says much for the tenacity of Chik Ha Kwok, Miraiker Wallace, Man Biu Lam and John Arthur who thirteen days previously at Lewes, in the “Hundredth 100” had covered 60 miles or more. Judge David Annetts had also clocked up 100km in that promotion. Junior Sophie Blundell set a new pb and newcomer Mark Selby demonstrated a good action averaging 6.40 pkm for his 3000m.

Thanks to the officials and volunteers whose contribution to this and all ERWL fixtures is a crucial element to the League's success

A Race

Permit: RWA 25052-A

		Metres
1. Melanie Peddle	(Loughton AC)	10.027 W45
2. Colin Harle	(Belgrave H)	9.414 M65
3. Chik Ha Kwok	(Metro RC)	9.105 W50
4. Miraiker Wallace	(Barnett DAC)	8.945 M60
5. Man Biu Lam	(Metro RC)	8.886 M65
6. Maureen Noel	(Belgrave H)	8.701 W60
7. John Arthur	(unattached)	8.415 M60
8. Suzanne Bailey	(Newmarket J)	8.071 W60
9. Sue Barnett	(Enfield H AC)	8.068 W75
10. Fiona Bishop	(Enfield H AC)	7.136 W65

2000m	Sophie Blundell	(Newmarket J)	12.27.5 gU13
3000m	Mark Selby	(unattached)	19.59.5 M50
	Lily Ann Cooper	(Newmarket J)	21.34.2 gU15

Judges: Dave Annetts, Peter Cassidy, Phil Blundell, &
George Wilkinson (Chief)

Timekeeper: Phil Welch

Recorders: Pam Ficken ©, Tracey & Tony Wilkinson

Judges Runners: Sharon Harle

Photo courtesy of Andrew Cooper

B Race

Permit: RWA 25052-B

		Metres
1. Ian Richards ©	(Steyning AC)	9.365 M75
2. Diana Braverman	(Enfield H AC)	7.532 W70
3. Dave Hoben	(Surrey WC)	7.237 M70
4. Sheila Leavy	(N.Herts RR)	6.731 W70
5. Shaheda Arthur	(Ilford AC)	5.725 W65

3000m

James Critchley	(unattached)	20.06.9 M60
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Virtual Result

Cath Duhig ©	CA Millennium	1 hr	8.620 W65
Mick Graham	Belgrave H	5km	38.42 M70
Ron Penfold	Steyning AC	5km	39.58 M80
Tony Perkins ©	Ilford AC	5km	60.32 M70

Tables after Seven Fixtures

Sixty-seven athletes representing 22 clubs or organisations and including 10 YAG's have so far participated in the 2025 ERWL.

Individual	Ladies	Men	Juniors		
1. 347/7	Fiona Bishop (60)	1. 336/5	Colin Harle (65)	1. 345/6	Lily-Ann Cooper (u15g)
2. 345/7	Suzanne Bailey (60)	2. 294/5	Gorge Wilkinson (SM)	2. 152/4	Sophie Blundell (u15g)
3. 345/6	Lily-Ann Cooper (u15g)	3. 266/5	Mark Culshaw (55)	3. 121/3	Florence Watson (u17g)
4. 330/5	Jacqui Benson (SW)	4. 261/5	Man Biu Lam (65)	4. 115/3	Marissa Morley (u13g)
5. 294/5	Grazia Manzotti (55)	5. 223/4	Simon Morgan (55)	5. 65/2	Grace Andrews (u15g)
6. 278/5	Chik Ha "Billie" Kwok (50)	6. 214/5	Dave Hoben (70)	6. 61/1	Trejan C-Boamah (u17b)
7. 260/4	Maureen Noel (60)	7. 211/5	Taro Tyson (50)	7. 51/1	Athira Nair (u13g)
8. 257/5	Helen Middleton (60)	8. 151/3	Paul Firmage (65)	8. 51/1	Elijah Barnard (u15b)
9. 237/5	Miraiker Wallace (60)	9. 147/3	Stuart Bennett © (65)	9. 50/1	Mikhail Stakhov (u13b)
10. 236/4	Sue Barnett (75)	10. 123/3	John Borgars © (75)	10. 19/1	Jonny Ellerton (u20)
Team				Virtual	
1. Newmarket J	1152	345 Bailey, 345 Cooper, Wilkinson, & 152 Blundell		1. 262/6	Cath Duhig © (70)
2. Enfield HAC	980	347 Bishop, 257 Middleton, 236 Barnett & 154 Braverman D		2. 253/6	Mick Graham (70)
3. Belgrave H	929	336 Harle, 266 Culshaw, 260 Noel & 67 Zennaro		3. 238/6	Tony Perkins © (70)
4. Cambs/Coleridge	816	237 Wallace, 211 Tyson, 147 Keeley & 51 Nair		4. 202/6	Ron Penfold (80)
5. Ashford AC	624	330 Benson & 294 Manzotti		5. 192/5	Ed Shillabeer © (85)
6. Veterans AC	539	278 Kwok & 261 Lam		6. 173/4	Marco Bernatzki (50)
7. Brentwood B	528	223 Morgan, 147 Bennett, 146 Cordran & 12 Taylor		7. 82/2	Diana Braverman (70)
8. Aldershot F&D	283	115 Morley, 86 Jennings, 65 Andrews & 17 Jennings I.		8. 48/1	Frans Leitiens © (45)

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

The **BMAF 5000m track championships** were staged a Derby on 23rd August and it proved to be a very satisfactory meeting for the five Leaguers who raced there. Grazia Manzotti 27.50.00 and Melanie Peddle 28.01.30 finished winner and runner up in the W55 category, whilst Trevor Jones 29.42.80 and Steve Uttley 31.28.00 replicated the same positions in the M65 race. The indefatigable Fiona Bishop won the W65 in a time of 39.16.60.

The long established **Southend 1 mile** track race within **Southend AC's** traditional August Bank holiday Monday meeting at Garon Park track, attracted an entry of 21 of which seven were Leaguers. Philip Barnard was a comfortable winner in 7.23.87 with Colin Harle occupying second place in 9.04.13 and the others were John Arthur 5th/10.04.69, Steve Allen 8th/10.47.88, Lily Ann Cooper 9th/11.22.31, Shaheda Arthur 21st/15.26.68 and Dave Ainsworth 22nd/15.53.31.

In the Lancashire WC "**Joe Lambert**" Hour race on 6th September, Tony Bell covered 8.918m to win the race.

On 24th September the **Police and Civil Service championships** took place at Evesham, Worcester and incorporated the annual match for the Ryan Cup. Eleven men contested 10km and eight ladies 5km. Jonathan Hobbs (CS) led the men home in 54.25, Colin Harle (Pol) 2nd/62.31, Mark Culshaw (CS) 3rd/68.58, John Hall (CS) 7th/90.06. Competing as a guest Steve Allen 3rd/61.44. Maureen Noel (MOD) was second to finish in the Ladies 5km race in 31.57 and Geraldine Legon (CS) was 7th/42.13. The Civil Service won the match for the Ryan Cup.

The **English schools championships** at Chelmsford on 20th September had 32 starters in the various age group races. The only Leaguer was Lily Ann Cooper, but several other youngsters who have raced in the ERWL were in in action and did quite well. In the mixed 1500m Aritha Nair 1st/8.47.39, Junior 3000m Sophie Blundell 4th/12.09.32 and Lily-Ann 7th/13.44.20 and in the intermediate 3000m Cerys Blithell 1st/17.52.84 and Trejan Checheku-Boama 1st/16.30.59.

Dave Annetts 28.20.8, Trevor Jones 60.25.7, Chik Ha Kwok 63.59.0, Maureen Noel 64.46.6, Man Bui Lam 66.48.0, Mark Culshaw 67.45, John Borgars 71.58.0 and Fiona Bishop 85.03.9 contested the **VAC's Counties 10000m championships** at Bromley on 4th October. Report and full result on the VAC website.

Update on John and Barbara Ralph. Both making good progress; John with knee transplants and Barbara multiple injuries following a fall which included a broken nose. May their progress continue and hopefully be able to get along to a fixture in 2016.

A note for the Diary. The Southern Area Race Walking Association is to hold its Annual General Meeting (AGM) on **Friday 14th November** Commencing at **7pm on "zoom"** which enables attendance without much effort, so (if you are on the internet) please put a note about it in your diary.

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.

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Essex Walker

Lots of local information

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Heel and Toe online

Australian publication out Tuesdays

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