

The Enfield Walker 2025

(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>

October



ERWL Fixture 8: 5km Handicap + 2km & 3km (Permit Nos. RWA25056A/B).

King George Playing Fields, Enfield on 18th October 25

In dry autumnal conditions 16 walkers took part in the penultimate fixture of the 2025 ERWL Series, including newcomers Rio McAndrew and Cerys Fitzpatrick the latter all the way from Carmarthen.

There were only thirteen starters in the 5km Handicap and as is the case in this type of event, the fear of being reeled in by back markers and the gut-busting effort to catch the competitor ahead, resulted in an exciting and highly charged race.

Cerys's long journey was rewarded with the 4th fastest actual time of the day, Rio's debut showed potential, Lily-Ann Cooper cemented her top junior League placing and I understand that Sophie Blundell set a pb

Thanks to the officials and volunteers for their contribution in making this and all ERWL fixtures a success.



Photo courtesy of Andrew Cooper

Handicapper & Starter: George Wilkinson

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

Timekeepers: Phil Welch, Steve Cartwright + Recorders: Tracey Wilkinson & Pam Ficken

Clerk of the Course: Tony Wilkinson + Judges Runners: Sharon Harle & Mike Wallace

A Race

name	age	Club	h'cap/time	allowance	actual time
1. Lily-Ann Cooper	(u15)	Newmarket J	37.33	2.00	35.33
2. Suzanne Bailey	(W60)	Newmarket J	37.11	1.30	36.11
3. Colin Harle	(M65)	Belgrave H	37.53	6.45	31.08
4. Jacqui Benson	(SW)	Ashford AC	38.44	7.15	31.29
5. Miraiker Wallace	(W60)	Cambridge/Col	38.51	6.30	32.21
6. Cerys Fitzpatrick	(u15)	Carmarthen H	39.23	7.45	31.38
7. Man Biu Lam	(M65)	Veterans AC	39.35	7.15	32.20
8. Mark Culshaw	(M55)	Belgrave H	39.37	6.15	33.22
9. Abigail Jennings	(SW)	Aldershot FD	39.44	13.45	25.59
10. Chik Ha Kwok	(W45)	Veterans AC	39.48	8.00	31.48
11. Stuart Bennett	(M65)	Brentwood B	41.12	6.45	34.27
12. Ian Jennings	(M55)	Aldershot FD	42.15	4.15	38.00

2km	Rio McAndrew	Newmarket J	12.28	Bu13
3km	Sophie Blundell	Newmarket J	18.55	GU13

B Races

5km	Dave Hoben	Surrey WC	39.52	M70
3km	Mark Selby	(unattached)	19.56	M60

Virtual Result	Trevor Jones	Steyning AC	30.05	M65	Fiona Bishop	Enfield HAC	36.43	W65
	Frans Leijtens ©	Rotterdamse	31.44	M65	Mick Graham	Belgrave H	38.07	M75
	Michael George	unattached	33.07	M65	Anne Jones	Steyning AC	39.50	W65
	Cath Duhig ©	CA Millennium	33.31	W70	Tony Perkins ©	Ilford AC	50.32	M75
	Richard Emsley	Corby	36.39	M70				

ERWL 2025 Final Fixture is the **Bernie Hercock & 98th Enfield Open 7**

(Permit: RWA????)

u13 1mile, u15 2mile, u17/u20 5mile, Seniors 7 miles

8th November - 10.30am Lee Valley Athletic Centre, EN1 3PL

Time table:	09.45	Registrations	11.42	Cut off point for start of last lap
	10.30	Race Start	12.45	Refreshments & Presentation

Prizes: First 3 Ladies/Men + Spot Prizes + under 13's, u15's, u17's & u20's + Centurion

ENTRY ONLINE ONLY at <https://www.fabian4.co.uk>

If you have problems entering on line contact traceywilkinson17@aol.co.uk 07532 397 528

The Virtual version of the "98th Enfield Open 7" - Performances over the weekend of 8th/9th November to be registered with ronc893moulton@gmail.com before midnight on 9th November stating name, club, time and Centurion No.

Tables after Eight Fixtures

Sixty-eight athletes representing 23 clubs or organisations and including 11 YAG's have so far participated in the 2025 ERWL.

Individual

- Ladies
- 397/6 Jacqui Benson (SW)
 - 354/6 Suzanne Bailey (60)
 - 344/6 Chik Ha Kwok (W50)
 - 301/6 Miraiker Wallace (60)
 - 294/5 Grazia Manzotti (55)
 - 260/4 Maureen Noel (60)
 - 257/5 Helen Middleton (60)
 - 236/4 Sue Barnett (75)
 - 156/3 Abigail Jennings (SW)
 - 151/3 Melanie Peddle (55)

- Men
- 405/6 Colin Harle (65)
 - 329/6 Mark Culshaw (55)
 - 321/6 Man Biu Lam (65)
 - 294/5 George Wilkinson (SM)
 - 272/6 Dave Hoben (70)
 - 223/4 Simon Morgan (55)
 - 211/5 Taro Tyson (50)
 - 209/4 Stuart Bennett © (65)
 - 151/3 Paul Firmage (65)
 - 123/3 John Borgars © (75)

- Juniors
- 356/6 Lily-Ann Cooper (u15g)
 - 209/5 Sophie Blundell (u15g)
 - 121/3 Florence Watson (u17g)
 - 115/3 Marissa Morley (u13g)
 - 65/2 Rio McAndrew (u13b)
 - 65/1 Grace Andrews (u15g)
 - 61/1 Trejan C-Boamah (u17b)
 - 51/1 Athira Nair (u13g)
 - 51/1 Elijah Barnard (u15b)
 - 50/1 Mikhail Stakhov (u13b)

Team

- Newmarket J **1213** 356 Cooper, 354 Bailey, 294 Wilkinson, & 209 Blundell
- Belgrave H **1061** 405 Harle, 329 Culshaw, 260 Noel & 67 Zennaro
- Enfield HAC **980** 347 Bishop, 257 Middleton, 236 Barnett & 154 Braverman D
- Cambs/Coleridge **880** 301 Wallace, 211 Tyson, 147 Keeley & 51 Nair
- Ashford AC **692** 397 Benson & 294 Manzotti
- Veterans AC **665** 344 Kwok & 321 Lam
- Brentwood B **590** 223 Morgan, 209 Bennett, 146 Cordran & 12 Taylor
- Aldershot F&D **283** 156 Jennings A, 118 Jennings I, 115 Morley, & 65 Andrews

Virtual

- 276/6 Cath Duhig © (70)
- 263/6 Mick Graham (70)
- 251/6 Tony Perkins © (70)
- 202/6 Ron Penfold (80)
- 192/5 Ed Shillabeer © (85)
- 173/4 Marco Bernatzki (50)
- 102/2 Frans Leijtens © (45)
- 82/2 Diana Braverman (70)

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

At Tilbury Park on 11th October over distance 5km and 10km walks were staged in memory of **Jack Fitzgerald** by the Vets AC. Anne Jones led the ladies home and husband Trevor the men.

The **Euro Masters Non-Stadia championships** which included 10km and 20km walks took place on the lovely island of Madeira between 8th and 19th October. Ian Richards and Melanie Peddle repeated their gold and bronze performances of 2024 and Maureen Noel collected a brace of bronze medals. Leaguers times and positions: Maureen Noel W60 3rd/66.06 & 3rd/2.17.18, Melanie W55 3rd 58.38 and Fiona Bishop W65 12th 79.02 & 6th 2.17.18. Steve Allen (65) 10th/62.31 & 5th/2.10.17 and Ian Richards M75 1st/62.31 & 5th/2.10.17. In the 20km walk Maureen, Fiona and Susan Payne (AFD) finished 2nd team.

Fiona also contested the 8km X-country finishing 7th and the 10km run where she finished 8th. In the latter she collected a Team Gold medal and within days of returning home won the Surrey Masters W65 cross country championship.

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. Link details to be circulated nearer the time



More
5km Handicap pictures

left
Dave Hoben,
George Wilkinson
Rio, Sophie and
Mark Selby.

right
on extreme right Cerys



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

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)