The Enfield Walker 2026

August

(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



Moulton Walks 4th July *(Permit: RWA25049-A/B)*

This year marked the Silver Jubilee of the Moulton 5 mile walks. Race starter was David Almond Chair of Moulton Parish Council. The hot conditions made the course more of a challenge for 23 walkers competing.
Fiona Bishop and Sue Clements who took part in the inaugural race were among the field and Fiona has the distinction of competing in 20 editions of the Moulton Walks.

Philip Barnard recorded 43.07 to retain his title as the overall race winner and men's champion. Grazia Manzotti was the second walker to cross the line in 45.53 and winning the women's race for the 4th consecutive year

The 3km walk winner was Elijah Barnard in 19.06 and Rio McAndrew took the 1.5km title in 7.37. Newcomers to the event Emma Keeley, Taro Tyson and Susan Payne and Alison Wilson all completed the challenge of walking 5 miles in under the hour. Alison was also awarded the Kingston Cup as the first Moulton resident to finish.

Presentations were made by two former winners of the event; George Wilkinson Chair of the RWA and Suffolk County Athletic Association and double Olympian Callum Wilkinson.

1	Philip Barnard	*Ilford AC*	43.07	M40
2	Colin Harle	*Belgrave H*	51.06	M65
3	Hardeep Minhas ©	*Leicester WC*	52.54	M65
4	John Arthur	*unattached*	56.17	M65
5	Mark Culshaw	*Belgrave H*	57.09	M55
6	Malcolm Smith	*unattached*	58.18	M75
7	Taro Tyson	*Cambs/Colrdge*	58.58	M55
8	Dave Hoben	*Surrey WC*	64.38	M70
9	Colin Vesty	*Leicester WC*	66.10	M75
10	Paul Forshaw	*Moulton W*	67.07	M70
11	Paul Firmage	*Ryston R*	68.39	M70

1	Grazia Manzotti	*Tonbridge AC*	45.53	W55
2	Melanie Peddle	*Loughton AC*	47.23	W55
3	Aleksandra Majewska-Ani	*Charnwood AC*	50.41	W45
4	Susan Payne	*Aldershot FD*	51.06	W65
5	Miraiker Wallace	*Cambs/Col'rdge*	53.26	W60
6	Alison Wilson	*Moulton*	53.35	W60
7	Emma Keeley	*Cambs/Col'rdge*	57.11	SW
8	Fiona Bishop	*Enfield HAC*	60.49	W65
9	Sue Clements ©	*Cambs/Col'rdge*	62.25	W70
10	Sheila Leavy	*N.Herts RR*	63.27	W70
11	Diana Braverman	*Enfield HAC*	64.49	W70
12	Pamela Abbott	*Cambs/Col'rdge*	73.05	W60

1.5km	1	Rio McAndrew *Newmarket J*	7.37	B U14
	2	Joel Barnard *unattached*	11.13	
	3	Clayton Dickinson *unattached*	13.43	BU12
	4	Lydia Barnard *unattached*	14.27	

3km	1	Elijah Barnard *Harwich*	19.06	B U16
	2	Sophie Blundell *Newmarket J*	19.20	G U14
	3	Lily-Ann Cooper *Newmarket J*	20.15	G U16
	4	Caroline McIntosh *Newmarket J*	23.12	W70
	5	David Ainsworth © *Ilford AC*	31.18	M75

Starter: David Almond *(Chair Moulton Parish Council)* + *Presentations: Callum Wilkinson*
Judges: George Wilkinson* *(Chief),* Dave Annetts, Phil Blundell & Mick Graham*
Time keeper: Joe Mower + *Recorders:* Pam Ficken © & Tracey Wilkinson* + *Cars:* Mark Price & Tony Wilkinson*
Marshalls: Janet Aitken, Andy Cooper, John & Christine Grant, Sharon Harle, Viv Houghton, Tony Jones, Alex Nichols, Tony O'Meara, Linda Spinks, Ray Still, Mike Wallace, Linda Warner, Rachel Webb, Simon Wilson & Callum Wilkinson. *Water station:* Moulton Scout Group
Refreshments: Dorothy Bowes, Yvonne Slater & Zyana Price *Organising Committee:* Tracey, Tony, George Wilkinson & Ron Wallwork ©
**qualified First Aider*

Virtual Result

Cath Duhig ©	*Ryston R*	5 miles	54.24 W65	Tony Perkins ©	*Ilford AC*	5 km	50.21M75
Mick Graham	*Belgrave H*	5 km	38.54 M75	Ed Shillabeer ©	*Ilford AC*	3 km	29.20M85

Philip Barnard, Grazia Manzotti, Melanie Peddle, Susan Payne, Aleks Majewska, Colin Harle and Alison Wilson (Kingston Cup Winner) Photos by Viv Houghton











The tables after six fixtures

With three fixtures remaining, the race for the Team Super league title is hotting up with three clubs topping 1000 points. Belgrave holds onto the top spot. However, whilst Ashford seems well off the pace, their walkers do have races in hand so could make substantial headway in the remaining fixtures.

1	Belgrave H	**1132**	*333 Harle, 269 Lam, 266 Noel & 264 Kwok*
2.	Cambs/Coleridge	**1037**	*384 Keeley, 328 Tyson, 258 Wallace & 67 Annetts*
3.	Enfield HAC	**1022**	*359 Bishop, 270 Peddle 232 Barnett & 161 Diana Braverman*
4.	Newmarket J	**881**	*341 Cooper, 219 Blundell, 207 McAndrew & 114 Bailey*
5.	Ashford AC	**717**	*276 Manzotti, 185 Steele, 126 Wilson & 130 Benson*
6.	Surrey WC	**443**	*214 Hoben,127 Selby, & 49 Critchley*
7.	Brentwood B	**344**	*226 Cordran, 66 Bennett & 52 George.*

1.	289/6	Cath Duhig © (70)
2.	240/5	Mick Graham (75)
3.	217/5	Tony Perkins © (75)
4.	123/3	Ron Penfold (85)
5.	98/2	Diana Braverman (70)
6.	43/1	Richard Emsley (70)
7.	42/1	Sue Clements © (70)

Individual League: to *date 62 walkers have participated in the 2026 series*

Congratulations to Emma Keeley and Taro Tyson upon attaining "Leaguer status". Still in with the chance to join them this season are: Celia Cordran, Sophie Blundell, Rio McAndrew and Clayton Dickinson who are two fixtures short and Millicent Steel along with Paul Firmage who need three appearances.

	Ladies	**Men**	**Juniors**
1.	384/6 Emma Keeley (SW)	333/5 Colin Harle (65)	341/6 Lily-Ann Cooper (u16g)
2.	359/6 Fiona Bishop (65)	328/6 Taro Tyson (55)	219/4 Sophie Blundell (u16g)
3.	276/4 Grazia Manzotti (55)	267/4 Man Biu Lam (65)	218/4 Clayton Dickinson (u12)
4.	270/4 Melanie Peddle (55)	267/5 David Hoben (70)	207/4 Rio McAndrew (u14b)
5.	266/4 Maureen Noel (60)	249/4 John Arthur (60)	185/4 Millcent Steele (u16g)
6.	264/4 Chik Ha Kwok (50)	190/3 Mark Culshaw (55)	126/2 Ellin Wilson (u16g)
7.	261/5 Sheila Leavy (70)	154/3 Paul Firmage (70)	116/1 Cerys Fitzpatrick (u16g)
8.	258/4 Miraiker Wallace (60)	127/2 Mark Selby (50)	57/1 Athira Nair (u14g)

Leaguers in Action

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

EMAC 2000m championships at Sandy on 14th June: Melanie Peddle10.34.94, Sue Barnett 14.07.64 and John Borgars 14.42.87.
British 5000m championships at Birmingham on 21st June: Grazia Manzotti 5th/28.47.57 and Melanie Peddle 7th/29.01.61 reported having a great day at the British championships mixing it with much younger athletes.
SWC Johnson Bowl 4 miles at – on 1st July: Grazia Manzotti 2nd/38.21, Dave Hoben 10th/50.57 and Chris Hobbs 11th/53.59.
Lancashire Walking Club's Pearce Relays took place at Simister, Manchester on 25th July. Steve Uttley clocked 31.31, the second quickest 5km leg of the day. The format of the relays was interesting. Teams consisted of three walkers who didn't know who they were paired with further details on lancswalkingclub.com
There were two M70 firsts for Steve Allen at the **Polish Masters championships** staged at Bydgoszcz on 31st July. The distances were 3000m and 5000m and Steve's respective times were 18.48.01 and 32.12.59.
An **English Masters Inter-Area Challenge** was promoted at Yate track on 2nd August. In a mixed race over 2000m Dave Annetts 10.35.73 managed to separate himself from a Grazia 10.38.49 and Melanie 10.39.42 who were having their customary close contest. Other Leaguers in the match were Ian Richards 11.42.90, Colin Harle 11.48.33 and Steve Uttley 11.58.08.

Remaining ERWL 2026 fixtures

5th September 5K handicap and 1, 2 & 3km supporting races. The venue is Donkey Lane, EN1 3PL. The start time is 11am and race details including entries are online at https:/www.fabian4.co.uk. linked from the ERWL Club Website

This year's Hour race will take place on the 3rd October at the Cambridge University track. Start time 1.30pm.

The season finale: The 99th Enfield Open 7 miles will be held on the 14th November. The venue is Donkey Lane, EN1 3PL and the race start time is 10.30am.

The Southend Annual One mile track race takes place as usual at Garon Park on the August Bank Holiday Monday, the 31st. It is a 10am start and although walk entries may be accepted on the day, it would be a tremendous help if walkers could enter in advance on http://www.southend-on-sea-athletic-club.co.uk/annual club-events. A feature of this race is the award of the "George Wood Trophy" for the first Essex Centurion to finish, which was donated by the O'Rawe family.

Leaguer and Centurion Alan O'Rawe is making a good recovery from a severe heart attack in June and will celebrate his 85th Birthday on 21st August and he is aiming to be Garon Park on the 31st to present the trophy that his family donated. I'm sure that walkers at the race will be delighted to see him and like his many friends who can't make it, will be wishing him a full recovery.

RIP Ken Roost c557 It is sad to report the passing of Ken Roost who figured large in the club's 1970's long distances exploits and in later years a regular marshal at ERWL fixtures. Spotlight articles about Ken appear in the January 2011 and the 2025 Enfield Walker issues.

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 Australian publication "Heel and Toe."