The Enfield Walker 2026

September

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

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Latest League news at http://enfieldleague.weebly.com



This newsletter gives the briefest information about the ERWL, and detailed results and a broader perspective of the race walking scene is available from sources like the Race Walking Record, Essex Walker, Southern RWA website and the Australian publication Heel and Toe.

ERWL 5km Handicap 5th September *(Permit: RWA/26052 A/B)*

The conditions were near perfect for the second edition of the ERWL 5km Handicap. A slightly reduced field of 16 walkers raced in a spirit of camaraderie and good-natured competition making it an enjoyable event.

The handicap race winner was Mark Selby (Surrey Walking Club) making a return to Enfield League Competition. In the Scratch race the ladies dominated the top three positions with Grazia Manzotti (Tonbridge AC) taking first place in 28.12, Melanie Peddle (Loughton AC) was runner up in 28.40 and Florence Watson (Blackheath & Bromley Harriers AC) also making a return to ERWL was third in 30.03. The current Men's League Leader Colin Harle finished in 4th with a time of 30.45.

The junior walkers all produced good performances with Lily-Ann Cooper and Cerys Fitzpatrick both registering actual time pb's

A Race

	name	age	Club	h'cap/time	allowance	actual time
1.	Mark Selby	*(M50)*	*Surrey WC*	30.55	4.30	35.25
2.	Grazia Manzotti	*(W55)*	*Ashford AC*	37.42	9.30	28.12
3.	Melanie Peddle	*(W55)*	*Enfield HAC*	38.10	9.30	28.40
4.	Cerys Fitzpatrick	*(Gu13)*	*Carmarthen H*	38.16	7.30	30.46
5.	Florence Watson	*(Gu17*	*Blackheath & B*	38.18	8.15	30.03
6.	Colin Harle	*(M65)*	*Belgrave H*	38.30	7.45	30.45
7.	Lily-Ann Cooper	*(Gu16)*	*Newmarket J*	38.36	3.45	34.51
8.	Chik Ha Kwok	*(W60)*	*Belgrave H*	38.54	6.00	32.54
9.	Emma Keeley	*(SW)*	*Cambs/Coleridge*	39.26	5.00	34.26
10.	Maureen Noel	*(W60)*	*Belgrave H*	39.27	5.30	33.37
11.	Man Biu Lam	*(M65)*	*Belgrave H*	39.38	6.00	33.38
12.	Mark Culshaw	*(M60)*	*Belgrave H*	40.00	5.00	35.00

1km Clayton Dickinson *unattached* 8.22 Bu11

2km Gwen Fitzpatrick *Carmarthen H* 18.55GU13

B Races

	h'cap/time	allowance	actual time
James Critchley *(M65) unattached*	36.58	2.30	43.28
Susan Barnett *(W75) Enfield HAC*	37.20	scr	37.20

Thanks to Barry Cook, secretary of Enfield & Haringey AC for supporting the race and to the officials and volunteers for their contribution in making this and all ERWL fixtures a success.

Handicapper and Starter: George Wilkinson **qualified First Aider*

Judges: George Wilkinson* (Chief), Steve Cartwright*, Peter Cassidy, John Hall, Chris Hobbs and Shaun Lightman*.

Timekeeper: Phil Welch - *Recorders*: Tracey Wilkinson*, Pam Ficken. *Judges Runners:* Clayton and Albie Dickinson, Tyler Cooper.

Virtual Result

1 Cath Duhig © W70 *Ryston R* 33.44 2 Diana Braverman W75 *Enfield HAC* 37.40 3 Tony Perkins © M75 *Ilford AC* 60.31

The tables after seven fixtures

Things get interesting from this point. Several walkers have registered their six performances so can only expect a small increase in their points tally if, in the final two fixtures they can produce superior scores to those that they already have.

1	Belgrave H	**1388**	*400 Harle, 332 Lam, 328 Noel & 3286 Kwok*
2.	Enfield HAC	**1143**	*359 Bishop, 339 Peddle, 284 Barnett & 161 Diana Braverman*
3.	Cambs/Coleridge	**1039**	*386 Keeley, 328 Tyson, 258 Wallace & 67 Annetts*
4.	Newmarket J	**898**	*358 Cooper, 219 Blundell, 207 McAndrew & 114 Bailey*
5.	Ashford AC	**787**	*346 Manzotti, 185 Steele, 126 Wilson & 130 Benson*
6.	Surrey WC	**561**	*214 Hoben,192 Selby, & 102 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)

Individual League: to *date 63 walkers have participated in the 2026 series*

Ladies

1.	386/7	Emma Keeley (SW)
2.	359/6	Fiona Bishop (65)
3.	346/5	Grazia Manzotti (55)
4.	339/5	Melanie Peddle (55)
5.	328/5	Maureen Noel (60)
6.	328/5	Chik Ha Kwok (50)
7.	284/5	Susan Barnett (75)
8.	261/5	Sheila Leavy (70)

Men

1.	400/6	Colin Harle (65)
2.	332/5	Man Biu Lam (65)
3.	328/6	Taro Tyson (55)
4.	267/5	David Hoben (70)
5.	249/4	John Arthur (60)
6.	240/4	Mark Culshaw (55)
7.	192/3	Mark Selby (50)
8.	154/3	Paul Firmage (70)

Juniors

1.	358/7	Lily-Ann Cooper (u16g)
2.	278/5	Clayton Dickinson (u12)
3.	219/4	Sophie Blundell (u16g)
4.	207/4	Rio McAndrew (u14b)
5.	185/4	Millicent Steele (u16g)
6.	183/3	Cerys Fitzpatrick (u16g)
7	126/2	Ellin Wilson (u16g
8.	112/2	Gwen Fitzpatrick (u13g)

Entries for the final two ERWL 2026 fixtures, The Hour race on the 3rd October at the Cambridge University track. Start time 1.30pm and the season finale: The 99th Enfield Open 7 miles on 14th November at Donkey Lane
are now open online *at* https://www.fabian4.co.uk
If you have problems entering on line contact traceywilkinson17@aol.co.uk 07532 397 528

Leaguers in Action

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



Conditions for the **World Masters championships** in Daegu, Korea, were very hot and humid which affected times. Leaguers competing there were Steve Allen *(1165)* (M70) and Ian Richards (M75) The only other Briton who made the long journey was Ian Torode (M70). There were three walk races; 10km, 20km and 5000m staged over 10 days and it turned out to be a successful ten days indeed!
Steve notched up a M70 golden hat-trick with times of 66.13, 2.18.57 and 31.27.27. Ian also collected three medals in the M75 category with times of 62.41, 2.16.16 and 32.16.49.
Combined with Ian Tarode's 8th/80.36, 5th/2.39.43 and 7th 37.43.71 GB easily triumphed in the M70 10km and 20km team races.

Tonbridge Bank Holiday Meeting on 31st August. Emily Ghose won the 3000m walk in 16.00.40. Leaguers Grazia Manzotti was 2nd/16.30.31 and Geraldine Legon 4th/23.10.76.

VAC 5km at Battersea Park on 8th September. Twelve walkers took part in the race, and first home was guesting youngster Tregan Checkeku-Boamah in 28.19. Melanie Peddle 2nd/28.59, was the first of seven Leaguers who contested the race. Colin Harle 6th/30.53, Stuart Bennett 7th/31.09, Chik Ha Kwok 8th/31.18, Man Biu Lam 9th/32.56, Maureen Noel 10th/33.58 and Fiona Bishop 11th/36.09, were the others.

David Hoben piles up the Kilometres. At the Nijmegen 4 Day Marches 21-24th July David clocked up 200km and at the EMU Six day ultra event in Balatonfured, Hungary during the first week of September he covered 331km a total of 531kms.

As the picture below illustrates, there was a very good turn out in the **Southend AC's annual athletics meeting one mile walk** staged at Garons Park on Bank Holiday Monday 31st August. Half the field were the following Leaguers: Phil Barnard *(225)* 1st/7.38.78, Rio McAndrew *(127)* 2nd/8.23.91, Melanie Peddle *(186)* 3rd/8.42.10, Emma Dyos *(340)* 4th/8.55.20, Sophie Blundell *(317)* 5th/9.04.05, Colin Harle *(295)* 7th/9.20.04, Stuart Bennett © *(165)* 8th/ 9.53.48, Lily-Ann Cooper *(37)* 9th/9.53.56, Steve Allen *(IIf 6th from right)* 11th/10.30.77, Rachell Lawless (24? *Extreme left)* 14th/10.51.56 and Dave Ainsworth 21st/14.47.80



There was a disappointing entry for the **BMAF Championships** at Derby over the weekend of 11th/13th September. Grazia Manzotti won both 3000m and 5000m races and the W55 categories in 16.01.02 and 27.45.98 with Melanie Peddle not far behind in the 3000m's clocking 16.04.30. Filling category top spots were Dave Annetts (M60), Colin Harle (M65) 17.49.02/30.23.69, Steve Allen (M70) 17.59.42/30.43.80 Ian Richards (M75) 33.44.00 John Borgars (M80) 23.19.76.

Birthday greetings to Adrian James who will be joining the ranks of the Octogenarians on 23rd September. In a relatively short career, he 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.

Anniversary John and Barbara At the World Athletics Ultimate championships in Budapest, Hungary on 13th September, John and Barbara Ralph celebrated their 30th Wedding Anniversary and 40 years together Both are making progress following a catalogue of ailments over the past twelve months. John has undergone two knee replacements and two cataracts. Barbara after recovering from a serious accident two years ago managed the London marathon this year to take her tally for the event to 35, but fears that a hip replacement might be needed.

A note for the Diary. The Southern Area Race Walking Association is to hold its Annual General Meeting (AGM) on **Friday 13th 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.