

# The Enfield Walker 2020

November Catch-up

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-01638 751869 – ronc893moulton@gmail.com  
who apologises for any errors and who welcomes contributions and comments for future issues

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



The situation has not improved since the last catch-up and All credit is due to Dave Hoben and Glyn Jones along with their teams for putting on two real races, which were both well supported. Both meetings were staged on enclosed cycle circuits where implementing Covid-19 restrictions and protocols are possible to operate. Once again, well done to those whose efforts enabled the events to go ahead.

**RWA SOUTHERN AREA AGM - MONDAY 9 NOVEMBER** – a message from Chris Flint

I have pleasure to invite you to the Annual General Meeting of the RWA (Southern Area) on **Monday 9 November 2020** commencing at 7.15 pm. It is by Zoom and the link is below. It is a unique moment to hold the AGM by this means. The Southern Area committee meeting starts at 6.30 pm and you are invited to attend if you wish and stay for the AGM. The link opens at 6.30 pm

It is asked that all Apologies are forwarded to the Hon. Secretary at [bettychrisrf@hotmail.com](mailto:bettychrisrf@hotmail.com)

We look forward to your attendance at the AGM (and committee meeting). Please note there will be a break between the committee meeting and AGM as Zoom is limited to 40 minutes.

[bettychrisrf@hotmail.com](mailto:bettychrisrf@hotmail.com) is inviting you to a scheduled Zoom meeting.

Topic: [bettychrisrf@hotmail.com](mailto:bettychrisrf@hotmail.com)'s Zoom Meeting

Time: Nov 9, 2020 06:30 PM London

Join Zoom Meeting

<https://us04web.zoom.us/j/77574721055?pwd=NjRQbkNuTkNET1UvbWJJKK2UweXdqQT09>

Meeting ID: 775 7472 1055

Passcode: QfJ6U4

---

## Enfield Open Seven (EO7) Centenary Invitation

Five days after the Southern AGM the 14<sup>th</sup> November should have been the Centenary Celebration Race of the Enfield Open 7 and here is a reminder about how you can mark the occasion. To keep the event alive, anyone who took part in an EO7 be it walker, official or supporter is *Invited to* **Submit a Memory** they have of the Event, **Walk either 7minutes, 7km or 7miles**

or **Drop a line saying** Who you are , What year you were at the race and the Time you did.

*It may not be possible to race this year, but the opportunity to participate and continue the event remains and a record of contributions marking the occasion will included in the*

### *EO7 Centenary Souvenir Booklet*

*Thanks to those who have already contributed a memory*

---

This newsletter gives the briefest information about the ERWL and for more detailed results and a broader perspective of the race walking scene is available from the *Race Walking Record*, the *Essex Walker* and *Heel and Toe*.

#### *keep up to date*

Get detailed results and reports from the

#### **Race Walking Record**

Published promptly at the end of each month.

If you are not on the mailing list contact

[noel.carmody@btopenworld.com](mailto:noel.carmody@btopenworld.com)

and asked to be put on it

**Essex Walker** is also an

Excellent read and

available from

[cper1881@btinternet.com](mailto:cper1881@btinternet.com)

For GB and Worldwide results and reports

#### **Heel and Toe online**

Australian publication out every Tuesday

if you are not on the mailing list contact

[terick@melbpc.org.au](mailto:terick@melbpc.org.au)

and ask to be put on it



### Record for Barbara Ralph

I'm delighted to report that Barbara Ralph who over the years has been an ERWL race supporter, (more often than not as a Judges Runner) this year completed her 30<sup>th</sup> albeit virtual London Marathon, the most by any woman.

She had Her achievement acknowledged in the local and national press and wasn't without support particularly at the finish. She is pictured with her special medal



**“ FLEETHAM CUP ”**  
for **RUNNERS and WALKERS**

a Series of regular **TIME TRIALS** organised on **ROAD** through Autumn / Winter

CHOOSE ANY DISTANCE from 5km / 10km / 15km / 20km / 25km etc

Kirkby Fleetham village - 10 mins from A1(M) - North Yorks DL7 0SA

** NEXT EVENTS **	
No.2	Saturday 7th November 2020
No.3	Saturday 5th December 2020
No.4	Saturday 2nd January 2021
No.5	Saturday 23rd January 2021

Starting at pre-arranged intervals from 8.45am to 12.00 Noon

Quiet and safe country lanes on a UKCM certified 5km lap



**COVID SECURE, RISK ASSESSED and INSURED** (SOCIAL DISTANCING OPERATED for GROUP STARTS)

NO - changing , registration, numbers, toilets, refreshments, awards or facilities

**ZERO points of Hand Contact**

<b>ENTRY IS FREE</b>	Please notify your intended participation in advance with
<b>NAME - CLUB - DoB - Tel No - preferred Starting time -</b> (and any offer to help marshal !)	
Contact - Trevor McDermot	<a href="mailto:yorkshirewrc@outlook.com">yorkshirewrc@outlook.com</a> 07702 890067





There is an excellent interview in the latest *Essex Walker* about Ilford's Centurion and Leaguer **David Kates**.

### Results round-up

Leaguers were in action at the VAC promoted Cecil Gittins Memorial at Graves End Cyclopark. Millie Morris was the first lady home in the 10km followed by Silvana Alves, their respective times being 54.33 and 58.13. Melanie Peddle 61.22 and Noel Blatchford 71.12 were also in action. Jacqueline Benson clocked 90.29 as second lady behind Abigail Jennings 83.36 in the women's 15km.

The men's event was dominated by Dominic and Daniel King who with 76.18 and 76.19 for the 15km event were well clear of the rest who included John Borgars 99.12, Stuart Bennett 103.26 and Chris Flint 114.06.

Two Leaguers were also in action, in Maderia on 29<sup>th</sup> October contesting the Euro Masters non-stadia 10km championship. Francisco Reis M60 55.22 and Chris Hobbs M65 both won medals in their respective age categories, Francisco the gold and Chris the silver.

It might well be too far to travel for many, but Linda and Trevor McDermot are promoting a winter series of time trials see advert above. Contact Trevor on [yorkshirewrc@outlook.com](mailto:yorkshirewrc@outlook.com)

So, back to the virtual world. After a summer drop in participants, numbers in the **RWA Virtual 2 km** races are on the up again and in the races since our last issue twelve Leaguers put in performances. They were Dave Ainsworth 14.16, Silvana Alves, Pamela Abbott 12.52, Tony Bell, Fiona Bishop 12.21, David Crane, Cath Duhig 12.10, Emma Dyos, Rachel Lawless, Helen Middleton 11.23, Simon Morgan and Lesley Morris 11.37. Those with a time by their name registered new pb's for the series

For anyone wishing to add to their virtual racing programme here are options involving longer distances.

**Lancashire Walking Club** have a 3km. Details from Tony Taylor via the [lancswalkingclub.com](http://lancswalkingclub.com)

The **Rotterdam RWV Club** are organising a virtual series to replace their normal Winterserie and welcome overseas entries with a choice of 1, 3, 5 or 10km The Dates are:

1 November 2020 - 15 November 2020 - 6 December 2020 - 3 January 2021 - 7 February 2021 - 7 March 2021

Registration for the 1, 3, 5 or 10 km racewalking is by e-mail from this [link](#).