

The Enfield Walker 2021

(Newsheet 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>

June VERWL Race 6



VERWL Next Fixture:

11th/12th June

Distance choice: **5km, 8km or 10km**

Performance to be registered **by Midnight on 12th June to r.emsley@btopenworld.com**

Name, age category, club and Centurion number if applicable

With lingering uncertainty about Covid-19, there will be VERWL fixtures on 3rd/4th July. It is hoped that real racing will commence with the LICC meetings at StoneX Park, (formerly Coptall/Allianz) on 31st July and 21st August. If for some reason these fixtures are unable to proceed VERWL will be held, meanwhile plans for a Real Moulton Five on 11th September continue to be made.

Race 6 Result - 22nd/23rd May 10km men

1	George Wilkinson	(Enfield H AC)	45.50	U20
2	David Annetts	(North Herts R)	49.48	M55
3	Jonathan Hobbs	(Ashford AC)	54.01	SM
4	David Kemp	(Arena 80)	55.53	M60
5	Mark Williams	(Birchfield H)	56.11	M55
6	David Walsh	(Enfield HAC)	60.25	M60
7	Steve Evans	(Jo'burg Canoe C)	62.26	M60
8	Chris Hobbs	(Ashford AC)	62.50	M65
9	David Kates ©	(Ilford AC)	64.56	M70
10	John Ralph	(Enfield HAC)	67.07	M60
11	Keith Vallis	(Overton H)	67.13	M55
12	Simon Morgan	(Ilford AC)	69.25	M50
13	John Borgars ©	(Loughton C)	70.36	M75
14	Paul Gaston	(Surrey WC)	71.10	M70
15	Marco Bernatzki	(LA Herten/Germany)	71.36	M50
16	Brian Adams ©	(Leicester WC)	77.53	M70
17	Chris Flint ©	(Surrey WC)	90.12	M75

8km

1	Malcolm Martin	(Surrey WC)	49.17	M65
2	Malcolm Blackwood	(Trent Park)	60.15	M70
3	Brian Milsom	(unattached)	61.18	M75
4	Steve Kemp ©	(Eastern MAC)	62.49	M60
5	Bill Sutherland ©	(Highgate H)	72.35	M75
6	Terry Braverman	(Enfield HAC)	74.38	M75

5km men

1	Tony Bell	(Lancs WC)	32.50	M55
2	Greg Smith	(Lancs WC)	33.45	M65
3	Glyn Jones	(Coventry Godiva)	34.25	M75
4	Tom Casserley	(Enfield HAC)	35.45	M80
5	Ron Penfold	(Steyning AC)	36.25	M80
6	Tony Wilkinson	(unattached)	37.27	M55
7	Mick Graham	(Belgrave H)	41.57	M70
8	Tony Cotton	(BRJ Run&Tr)	39.06	M80
9	Ed Shillabeer ©	(Ilford AC)	42.33	M80
10	Tony Perkins ©	(Ilford AC)	49.36	M70

10km women

1	Millie Morris	(Ashford AC)	53.27	U20
2	Jaqueline Benson	(Ashford AC)	55.36	U23
3	Helen Middleton	(Enfield HAC)	67.27	W55
4	Fiona Bishop	(Enfield HAC)	69.10	W60

8km

1	Emma Dyos	(Ilford AC)	46.43	W45
2	Angela Martin	(Surrey WC)	59.30	W55
3	Karen Williams	(Birchfield H)	63.58	W65
4	Diana Braverman	(Enfield HAC)	65.00	W65

5km

1	Sarah Sowerby	(unattached)	31.58	W55
2	Cath Duhig ©	(CA Millennium, Spain)	32.50	W65
3	Amalia Christina Silva	(Barnet DC)	33.07	W55
4	Noel Blatchford	(Abingdon AC)	34.24	W70
5	Tracey Wilkinson	(unattached)	39.38	W55

Sixth Fixture Comments

Diana Braverman *Lovely to see our route changing every month – spring blossom and crops ripening.*

Cath Duhig *Still struggling with adamaged foot and the subsequent inability to train properly, but my time is from a judged event yesterday.*

Mick Graham *This vitrual lark has got me off my backside.*

Jonathan Hobbs *Sadly, only achieved a fraction of my pace compared to previous attempts due to currently being 3/8 through my maths exams for the year.*

Glyn Jones *The only company I had was a cuckoo calling in a nearby wood, but although a spring arrival it didn't make Me go any faster.*

Sixth Fixture Comments

David Kemp *Just windy and not wet this morning on the prom. It lashed down in the afternoon.*

Helen Middleton *That was fun . . . not! Wind, rain, but tomorrow's forecast is even worse.*

Tony Perkins *Head wind on way back on the Seaford Beach park run course.*

Ed Shillabeer *Rainy, windy, knackered after a very busy week's work, but at least not cold (10c)*

Virtual League tables So far 81 walkers from 36 clubs have participated in the series. Thanks to Jon May and his daughter Jenny for compiling the tables.

Ladies	Men	Masters Category leaders	
1. 450/6 Jacqueline Benson <i>u23</i>	1. 473/6 Jonathan Hobbs	35 -----	-----
2. 448/6 Millie Morris <i>u20</i>	2. 444/6 George Wilkinson <i>u20</i>	40 -----	David Crane
3. 368/6 Fiona Bishop	3. 423/6 David Kemp	45 Emma Dyos	-----
4. 365/6 Helen Middleton	4. 422/6 Chris Hobbs	50 Grazia Manzotte	David Walsh
5. 335/6 Cath Duhig ©	5. 415/6 David Kates ©	55 Helen Middleton	Mark Williams
6. 311/5 Grazaia Manzotte	6. 413/6 Mark Williams	60 Fiona Bishop	David Kemp
7. 310/7 Karen Williams	7. 404/6 Dave Annetts	65 Cath Duhig ©	Chris Hobbs
8. 287/6 Diana Braverman	8. 402/6 John Ralph	70 Noel Blatchford	Dave Kates ©
9. 273/4 Diane Bradley	9. 375/6 Paul Gaston	75 -----	Chris Flint ©
10. 260/6 Sarah Sowerby	10. 339/6 Brian Adams ©	80 -----	Tom Casserley

Team Table

1. EHAC	2228	<i>444 Wilkinson, 402 Ralph, 368 Bishop, 365 Middleton, 334 Walsh, 315 Casserley</i>
2. Ashford AC	1825	<i>473 Hobbs J, 450 Benson, 448 Morris, 422 Hobbs C, 32 Harding</i>
3. Surrey WC	1736	<i>375 Gaston, 305 Crane D, 287 Flint, 286 Cox, 253 Martin A, 230 Martin M.</i>
4. Ilford AC'	1493	<i>415 Kates, 289 Morgan, 259 Dyos, 232 Shillabeer, 183 Bennett, 115 Perkins.</i>
5. Birchfield H	963	<i>413 Williams M, 310 Williams K, 217 Fall, 23 Barnett.</i>

Leaguers in Action

The Vets AC got its Summer mid-week series underway on 18th May attracting a reasonable field which had to cope with fickle spring weather, as torrential rain greeted the start. The rain fortunately abated within the first few minutes. The course was 5k, on a new route, and was staged in accordance with the present COVID-19 regulations applying to athletics, race walking, and the local park authorities.

Leaguers in the race were: Dave Annetts 1st/24.07, Stuart Bennett 6th/32.19, Maureen Noel 7th/33.01, Fiona Bishop 8th/33.12, Lesley Morris 9th/34.11 and Chris Flint 10th/38.41. The four other athletes who raced were familiar names from the VERWL; David Kemp 2nd/26.36, Ian Torode 3rd/26.41, Grazia Manzotte 4th/28.44 and Silvana Alves 5th/30.17. *Full report and pictures on the VAC web-site.*

There was a 5km track walk in the **AFD Open Meeting** on Monday 31st May. The race winner in 21.29.21 was the promoting club's Christopher Snook in what looked a close race, ahead of Manx Harrier Tom Partington 21.36.49, whilst in third place slicing half a minute off his pb was George Wilkinson 21.18.54. Five men and six women took part, the leading lady being Abigail Jennings (AFD) in 25.18.27. There were two dq's

After winning the GB Olympic trial at Kew in March, **Callum Wilkinson needed the Olympic qualifying time** to guarantee his place and Join Tom Bosworth in the 20km team for Tokyo. At the International Cantones De A Corunia meeting on 5th June he did just that with a sixth place finish in 80.32. The race was won by Spaniard Diego Garcia Carrera in 79.37. Other Brits in the race were Tom Bosworth 81.37/14th and Cameron Corbishley 86.37/51st. Heather Lewis 95.48/20th and Bethan Davies 99.23/32nd. in the women's 20km

Ultra-Distance exploits *The weekend of 29th/30th May was one for the ultra-distance walkers; It was the LDWA 100 and Leaguer Kevin Marshall and former club member Sue Clements kindly sent in these accounts of their walks.*

Sue c950 wrote: This year the annual LDWA 100 miles was cancelled, and members were invited to take part in a virtual challenge instead. They could walk any route of their choosing provided they could produce evidence of completing 100 miles non-stop. Claire Bass and I walked the LDWA Virtual 100 miles by walking two circuits of a route based on the 50 mile PATHFINDER MARCH, a challenge walk that RAF Wyton have organised in the past. We walked two laps plus of the Pathfinder plus to complete a final distance of 100.11 miles in 34h 52m. Joyce Crawford provided invaluable support and encouragement by walking some of the route with us each day. Claire and Joyce's husbands met us at various locations around the course with a dazzling array of refreshments. A weekend of many lovely memories.

from Kevin c1001: I did 100 miles at the weekend but not on the Pathfinder route. I know Sue chose to do that route. We walked the Millennium Way which runs from Pershore to Meriden and then back down to Middleton Cheney near Banbury. What I have loved about the LDWA 100's is they visit parts of the country I may not know so decided to do the same for our virtual walk. It was a great choice; the trail is just over 100 miles long and therefore fitted perfectly. It is supported by a small enthusiastic group of volunteers who are working tirelessly to develop and promote the trail. They gave us so much support and popped up at times to check we were OK and walked the last 10 miles in with us. We had a GPS tracker with us so they knew where we were and when we were likely to turn up. They even had a welcoming party at the finish to greet us. It was such an amazing experience. That was my 23rd LDWA annual 100 completions (makes me feel old!!)

Woodford Tuesday Walks are Back!

Peter Cassidy has let me know that the first of this year's Woodford Tuesday Walks will be held on the 15th June at 8:30 p.m. at Ashton Playing Fields, Woodford Green. Because of Covid-19, entries are limited and must be made in advance. Anyone wishing to enter should contact Peter at Peter.Cassidy@btinternet.com who will supply further information.