

The Enfield Walker 2022

January



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

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

The 24th Edition of the ERWL gets underway

Fixture 1 – 15th January at King George Playing Fields, Enfield. Cat B (Permit No: RWA22008-1)

The 24th edition of the ERWL got underway in slightly misty, but relatively mild conditions, following a few moments of reverence acknowledging the recent death of Geoff Hunwicks who won this equivalent race on the 15th January 2000.

Olympian and Centurion Dominic King, as he did in the Open Seven last November, soon distanced himself from the rest of the field and won comfortably. Abigail Jennings leading a very promising young AFD team also enjoyed a good winning margin. In the pack there was some furious competition; Walsh, Peddle, Dyos and Chapman and Arthur, Blatchford and Tweed, it was good to watch. Full Fixture results overleaf.



photo by Mark Easton more at markeaston.zenfolio

Naming races after people isn't new. It is usually done to acknowledge sponsorship or as a memorial. In regard to the latter, George Wilkinson posed the question "why wait until they have passed on?" His notion is that races not having a title could be named after someone alive or deceased. A few words about the person in addition to adding a little interest to the event, would also add to the existing richly chronicled history of race walking.

In taking up this idea, it is fitting that the ERWL founder Martin Oliver, who sadly has difficulty getting about these days, will be the first to be acknowledged by the ERWL in this way with the

Martin Oliver 5 miles on Saturday 12th February starting at 11am

(Permit No. RWA2209-1)

at Donkey Lane, EN1 3PL

Advance Entries (£8) can be made online at www.erwl-entries.weebly.com or to Ron Wallwork

On the Day Entries (£10) It is of great help to the race organiser to know in advance how large the field is likely to be.

Walkers not wishing to race the full distance are welcome to do shorter distances in multiples of one mile.

VIRTUAL RACE Distances as the real race performed over the weekend of 12th/13th February, and registered with Richard Emsley r.emsley@btopenworld.com before midnight on 13th February stating name, club, time and Centurion No if applicable

Geoffrey Hunwicks RIP I'm saddened to have to report the death of Geoff Hunwick's. Geoff was a *Leaguer* and took part in the first ERWL in 1998 and I have a result sheet that shows him finishing 72nd of the 135 that raced in the 1967 EO7. His time was 62.21 and the race winner Paul Nihill (Surrey WC) 50.48. A very comprehensive tribute to Geoffrey appears in the latest 29 page edition of the *Essex Walker*.

Steining on 22nd January

A relatively newcomer John Arthur currently unattached won the 15km in 98.37. Trevor Jones who won the ERWL title in 2008 and 2006 was the first home in the 10km clocking 58.50 and of the 13 entries the only other leaguer taking part was Fiona Bishop who recorded 96.01 for 12½ kms.

The weather wasn't too bad and there were favourable comments after the race about the 2.5km circuit now being used.

Introduction to race walking

Sunday 27th February at Battersea Park commencing 11am.

Mark Culshaw is offering a session to any potential athletes who wish to learn about race walking. The only cost is the fee to use the track. More details from mark at markculshaw@yahoo.com

Established walkers and coaches also welcome to a fun 2 hours of drills, technique work, videoing, etc.

Mick Graham Following two operations Endurance Coach, Judge and ERWL supporter Mick Graham is at home recovering from a severe heart attack earlier in January. It came as a shock because he keeps fit and adheres to a healthy lifestyle. In his heyday as a runner Mick was a sub 2.40 marathon runner before turning to race walking with some success. He will have to take things very easily for some time

Enfield & Haringey AC's AGM is scheduled to take place in the Pickering Room, at LVAC on Wednesday 23rd February commencing at 7.30pm. **Athlete's England Athletics Competition Licence** become due on 1st April 2022 and those who register through the club (in the case of 2nd claim members it is usually done by their first claim club) should pay £16 to the Club account at Metrobank Debit Mastercard A/c No 35767738 sort code 23 05 80 R.Gibbins.



What is a Centurion? "A Centurion is one who has walked 100 miles within 24 hours in a competition held under Race Walking Association (RWA) and UKAthletics rules in Great Britain"

We welcome and encourage walkers from all backgrounds and countries. Races are generally held annually at various locations around the country. Most are held on road courses but some are staged on an athletic track.

The record of those who were successful began in 1911 and since then a total of 1209 walkers have qualified.

The next 100 miles 20th – 21st August 2022

We are pleased to announce that the next Centurion-qualifying race will be held on the [Middlesbrough Sports Village Cycle Circuit](#), TS4 3AE. Entries are now open at [Entry Central](#) and further details will follow shortly. We very much look forward to seeing everybody again next year.

Train with us to walk 100 miles

We are planning opportunities to train for the annual 100 mile race. Richard McChesney C1331 is organising the first one on [23 April in Richmond Park, London](#). Starting at 07:30am, walkers can continue for as far, or as long, as they want so it is suitable for existing and aspiring Centurions. Full details can be found in the link above.

VAC Dates for your 2022 Diary

VAC summer series; cat B - road; all at Battersea Park, London SW11 4NJ – Starting at 07:00 pm.

5th April 5k road **10th May 5m road** **12th July 5k road** **2nd August 5m road**

Be sure to check the Vets AC website for exact starting point

The next Three ERWL fixtures

12th February	11.00	1 to 5 mls	Martin Oliver Five	King George PF, Donkey Lane, Enfield
12th March	11.00	1 to 5mls	race 3	King George PF, Donkey Lane, Enfield
16th April	10.30	1/3/5 kms	LICC/ERWL track	Lea Valley Athletic Centre, N9 0AS

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* and *Heel and Toe*.

Race Walking Record

Published promptly at the end of each month.
noel.carmody@outlook.com

Essex Walker

Lots of local information
dave.ainsworth@yahoo.co.uk

Heel and Toe online

Australian publication out every Tuesday
stuwalks@yahoo.com.au

For race walking Photographs markeaston.zenfolio