

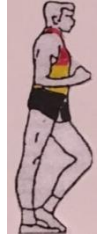
The Enfield Walker 2024

(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>

April



Peter Worth Walks

The Peter Worth Walks were blessed with blustery, but mild weather, a refreshing change following weeks of seemingly non-stop rain.

It was so nice to welcome back after a lengthy illness, one of race walking's stalwarts Pauline Wilson, pictured with another stalwart Peter Cassidy. Centurion Pauline who along with Peter and sister Centurion Pam Ficken, has probably officiated at more ERWL fixtures than anyone else, so it was particularly pleasing to see her in attendance.

There was a welcome back too for another Centurion, Ilford's Steve Allen. In addition to Steve's return there was also welcomes for newcomers Celia Cordran and Emma Keeley.

Although Melanie Peddle looked in control from the start, there was some keen racing involving Jones, Benson and Harle before the field broke up and Maureen Noel kept very close tabs on Stuart Bennett throughout the race. However, the feature contest of the day was the Youngster's 3km whereas the photo shows, it was impossible to separate Grace Andrews nearest the camera and Sophie Blundell. *Result overleaf.*



ERWL Tables after 3 Fixtures

After three fixtures of the 2024 series 20 women and 19 men including 6 YAGS, representing 16 clubs have registered performances. The absence of Enfield HAC, Ilford AC and Surrey WC from the top five places in the Team table, gives it an unusual look. A change of clubs by some walkers is partly responsible, but the absence of participants from the usual "big three" is the major factor. It is, however still early days and much can change over the coming months. Nevertheless, it is a good start by the leading clubs and a welcome challenge to "the old brigade". Six more fixtures remain, so ample opportunity for everyone to register enough performances to improve their own and their team's chances of a top finish.

Individual Tables	Ladies	Men	points awarded as if amalgamated with real league
1.	197/3 Maureen Noel (60)	1. 192/3 John Arthur (60)	1. 145/3 Mark Williams (M55)
2.	164/3 Sheila Leavy (70)	2. 184/3 John Borgars © (75)	2. 138/3 Marco Bernatzki (50)
3.	158/3 Shaheda Arthur (60)	3. 137/2 Colin Harle (65)	3. 130/3 Ron Penfold (80)
4.	151/3 Lily Ann Cooper (u15)	4. 133/2 Stuart Bennett © (65)	4. 127/3 Mick Graham (70)
5.	140/2 Abigail Jennings (SW)	5. 131/2 Michael George (55)	5. 121/3 Tony Perkins © (70)
6.	138/2 Melanie Peddle (55)	6. 128/2 Trevor Jones (65)	6. 93/2 Cath Duhig © (65)
Team Table			
1.	Aldershot F&D 369	140 Jennings, 100 Anderson, 65 Payne & 64 Smith.	
2.	Veterans AC 350	192 ArthurJ & 158 ArthurS.	
3.	Belgrave H 334	197 Noel & 137 Harley.	
4.	Loughton AC 322	184 Borgars & 138 Peddle	
5.	Newmarket J 317	151 Cooper, 113 Bailey & 53 Blundell.	
6.	Ilford AC AC 295	126 Morgan, 107 Ainsworth & 62 Allen	

Entries Now Open for the next 2024 ERWL Fixture which is the

Cecil Gittins Memorial Walks

on Monday 27th May.

Start: 2.30pm at The Cyclo Park, Graves End.

Distances: 2.5km to 15km. Full details on VETS AC website walks@vetsac.org.uk or Dave Hoben 07507158605



Photos by Dave Annetts

**Newcomers**

Emma Keeley (36)
Celia Cordram (31)
with Dave Annetts their coach
and Sheila Leavy.

They Make it Happen

John Hall one of the many
volunteers who make the
ERWL possible. In addition to
Officiating he is the League's
link-Man at the Donkey Lane
venue, seen here complete with
the brush he uses for sweeping
the course on race days.

**10km**

1	Melanie Peddle	Loughton AC	59.33	W55
2	Jacqui Benson	Ashford AC	62.13	SW
3	Colin Harle	Belgrave H	62.35	M65
4	Stuart Bennett ©	Brentford Beagles	65.09	M65
5	Maureen Noel	Belgrave H	65.11	W60

8km

1	Fiona Bishop	Enfield HAC	68.46	W60
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5km

1	Suzanne Bailey	Nkt Joggers	40.02	W60
2	Celia Cordram	unattached	40.39	W45
3	Emma Keeley	Cambs & Col'dge	41.06	SW

3km

1	Grace Andrews	Aldershot FD	21.18	U13G
eq	Sophie Blundell	Nkt Joggers	21.18	U13G
3	Lily Ann Cooper	Nkt Joggers	23.21	U13G

B Race Results**10km**

1	Trevor Jones	Steyning AC	60.56	M65
2	Simon Morgan	Ilford AC	69.47	M55
3	John Borgars ©	Loughton AC	70.24	M75
4	Steve Allen ©	Ilford AC	71.20	M65
5	John Arthur	Vets AC	73.38	M60

8km

1	Jon May	Enfield HAC	66.52	M70
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5km

1	Sheila Leavy	North Herts	42.50	W70
2	Shaheda Arthur	Vets AC	54.59	W60

Timekeeper/Recorders: Phil Welch, Pam Ficken © & John Hall

Judges: Elizabeth & Simon Benson, Steve Cartwright, Peter Cassidy, Mick Graham & Shaun Lightman

Race Organiser: Tracey Wilkinson J/Runner: D.Annetts.

Virtual Result**10km**

1	Mark Williams	Birchfield H	55.48	M55
2	Phil Barnard	Ilford AC	56.17	M40
3	Ken Connor	Lancashire WC	58.55	M55
4	Marco Bernatzki	La Herten/Ger	72.46	M50

5km

1	Ron Penfold	Steyning AC	38.13	M80
2	Mick Graham	Belgrave H	38.43	M70
3	Tony Perkins ©	Ilford AC	50.53	M70

Two of the Virtual regulars; Cath Duhig and Karen Williams are currently out of action with injuries. A speedy recovery is wished for both of them.



About Peter Worth c491

Peter Worth qualified as a Centurion in 1972 just ten days before his forty-third birthday and went on to complete seven British 100 mile/24 hour events over the ensuing 14 years. Peter won the 1985 British Telecom 24 hour race staged at Colchester and the following year in the Woodford 24 hour track race he bettered 20 hours for the hundred and surpassed 120 miles in the 24 hour race.

Peter's prolific ultra distance performances earned him a GB international vest and he did well in several of the continental classic Roubaix twenty-eight hour races. He also contributed to the administrative side of race walking, holding several offices including that of RWA President, RWA Hon. Treasurer and Centurion President.

1972 – Leicester-Skegness	20.36.17	10 th	1981 - Brighton 24 hour	115m 1257y	6 th	20.32.45	5 th
1973 - Bristol 100	20.11.17	12 th	1985 – Colchester 24 hour track	116m 0061y	1 st	20.39.51	3 rd
1975 - Ewhurst	20.29.28	13 th	1986 - Woodford 24 hour track	120m 1454y	3 rd	19.22.10	3 rd
1979 - Ewhurst	20.20.44	15 th					

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

The **EA Winter 10,000m championships** were staged at Northampton on 9th March where Abigail Cummings added to her large collection of national championship medals.

A **Tri Counties Indoor 2,000m championships** (Herts, Kent & Middlesex) at LVAC on 16th March attracted an entry of sixteen. Luke Legon 8.53.45 and Hannah Hopper 9.46.6 were the race winners whilst Leaguers Melanie Peddle 3rd/10.50.0, Grazina Manzotti 4th/10.55.2, Maureen Noel 7th/12.22.7 finished the women's race and Colin Harle 3rd/11.37.31 the men's'.

Grazia Manzotti 6th/16.24.27 and Colin Harle 8th/17.37.55 were the only two Leaguers to finish in the **Tonbridge Easter T & F 3000m** at Tonbridge School on 1st April. Fifteen started the race which was won by Luc Legon.

In persistent light rain the opening fixture of the VAC's Summer Series got underway at Battersea Park on Tuesday 2nd April. The distance was 5km and the twelve strong field was led home by Melanie Peddle 28.46 and Stuart Bennett 31.12. Other Leaguers taking part were David Walsh 4th/31.53, Fiona Bishop 8th/33.48 and Dave Hoben 10th/37.47.

Melanie Peddle and Grazia Manzotti were the only Leaguers in action at the RWA National 10km championships at the Leicester New College Cycle Circuit on 20th April. In a race won by IOM's Erika Kelley in 48.25, Grazia finished 4th/55.43 and Melanie 8th/59.23.

Leaguers in Action Abroad

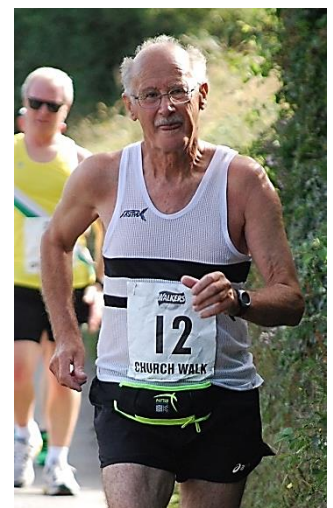
Torun, Poland was the venue for the **Euro Master Indoor championships** between 17th/23rd March. There were two walks; 3000m indoors and 5000m on a road course. It was a successful week for Ian Richards who lifted gold medals at both distances, his times being 17.52.5 and 29.37.

Congratulations to Abigail Jennings on her new 20km pb of 1.42.55 set at the famous **Podebrady International** meeting on 6th April. Also at the meeting were Callum and George Wilkinson, both using the event to ease back into competition after a lengthy absence from the racing scene because of injury. Callum clocked 84.57 and George 10km in 50.39 at 10km indicating that they are on the way back.

David Delaney RIP It is sad to report the passing of David Delaney on 23rd March. He was a member of London Vidarians and Surrey Walking Club and qualified as a Leaguer in the Surrey team that finished fourth in the 2013 ERWL series.

I first met David in 1960 at the AAA Junior championships at Hurlingham where he finished fifth in 7.44. It was a brief meeting because I was a northerner in those days and had to dash away to catch my train home. He was unfortunate in some ways to be around when the standard of the juniors at that time was extremely high with the likes of Peter Marlow, Shaun Lightman and John Paddick, who all went on to become Olympians.

Our trails didn't cross much over the years, but in his late 60's early 70's he became an Enfield regular between 2010 and 2013 completing at least two EO7's, a Moulton 5 and the "Friendship Walk" that celebrated the Olympic Games held in London. I found him a quiet unassuming man and very supportive when he found out that I had been diagnosed with Atrial Fibrillation, a condition he also had. Most of David's performances at the time, with the exception of the 19+ miles Guernsey Church's Walk, were up to 10km and averaging 7 min kms (11 min miles), which aptly demonstrated the reason why I should not to be too downbeat about my situation.



Ron Wallwork

Picture by Rob Elliott. 2013 Guernsey Churches Walk

The Ken Livermore 10km Olympic Year Relay

KEN LIVERMORE
Race Walk relay

(Permit Applied for)

11am at QEII Stadium, Enfield, EN1 3PL on 8th June

LIVERMORE

2-people per team each walking 1 x 1000m + 5 x 800m

(5000m each walker – Total time allowance 75 minutes)

Open to walkers over 13 who have a pb quicker than 39.00

2024 Year of the
XXXIII Olympiad

Entry fee £10 per walker - Under 17's £5 per walker.

ONLINE ENTRY NOW OPEN at <https://www.fabian4.co.uk> **By 12 NOON on Saturday 1st June**

If you have problems entering on line contact traceywilkinson17@aol.co.uk or 07532 397 528

This is a **FUN EVENT** and not part of the League,

Ideal for training

Personalised Number as an Olympic Year memento to all participants

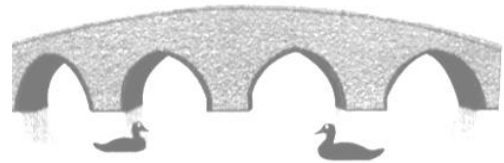
Advance Notice

2024 Moulton Village Fun Day

Incorporating the

Annual Moulton Five + u13 2km, u15 3km

12.30pm - Saturday 6th July



5 in the Hour Badge Awards + Memento's to all participants

Entry fees: Under 17's Free – Under 20 £5 – Seniors £10.

ENTRY ONLINE ONLY NOW OPEN at <https://www.fabian4.co.uk> **Before NOON on Thursday 4th July**

If you have problems entering on line contact traceywilkinson17@aol.co.uk or 07532 397 528

The Virtual version of the "Moulton Five" - Performances over the weekend of 6th/7th July to be registered with Richard Emsley raemsley@gmail.com **before midnight on 7th July** stating name, club, time and if applicable Centurion No.

Herts & North Middlesex Masters League

Teams	Barnet & District Stevenage & N.Herts	Dacorum & Tring London Heathside	Enfield & H AC Harrow	Herts Phoenix St.Albans	Ilford AC
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There is a 2km walk in the first of this year's fixtures on Monday 13th May at Lee Valley Athletic Centre start time 6.30pm

If you are able to support this race, PLEASE DO!

So far as Enfield Walkers are concerned please let Ray Gibbins know if you are able to compete for the club in these events. His phone number is 07818 148 748

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 Tuesdays

stuwalks@yahoo.com.au