

The Enfield Walker 2024

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-07460 041 643 – 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>

March



ERWL 2024
Fixture 2 gets underway

Full result overleaf

Moulton Five - Good News!

Following fears that the event might not be viable this year, the good news that it will indeed remain on the calendar. Currently it is penciled in for 8th June, but there is now the possibility that it may become a feature of The Moulton Village Fete which is being planned for 6th July. Confirmation of this is expected within the next three weeks, so please keep both dates free for what promises to be a great event.

ERWL Tables after 2 Fixtures

Not since 2003 and 2004 when the redoubtable Anne Lewis was stringing together four consecutive individual ERWL titles, have Aldershot Farnham & District AC appeared in the team top three and then it was in third place. Can they do it again and can they improve on a bronze award? Meanwhile, things haven't got off to such a good start for the promoting club which in the 26 years that the League has been operating, has never finished out of the top three, and is currently languishing down in 7th place.

There are seven more fixtures, so ample opportunity for everyone to register six 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. 140/2 Abigail Jennings (SW)	1. 131/2 John Arthur (60)	1. 95/2 Mark Williams (M55)
2. 131/2 Maureen Noel (60)	2. 131/2 Mike George (55)	2. 93/2 Cath Duhig © (W65)
3. 119/2 Sue Barnett (70)	3. 121/2 John Borgars © (75)	3. 91/2 Marco Bernatzki (50)
4. 109/2 Sheila Reavyt (70)	4. 115/2 Chris Flint © (75)	4. 84/2 Ron Penfold (80)
5. 104/2 Shaheda Arthur (60)	5. 107/2 Dave Ainsworth© (75)	5. 82/2 Mick Graham (70)
6. 102/2 Lily Ann Cooper ((u13)	6. 102/2 Tegan Checheku-Boarmah (U15)	6. 79/2 Karen Williams (70)

Team Table

1. Ilford AC'	408	131 ArthurJ, 107 Ainsworth, 104 ArthurS & 66 Bennett.
2. Aldershot F&D	317	140 Jennings, 65 Payne, 64 Smith & Anderson.
3. Surrey WC	232	115 Flint, 59 Hoben, & 58 Crilley.

2024 Next Fixture is the

Peter Worth Walks

(Permit RWA 24020-1/2)

u13 2km, u15 3km, u20/Senior 5, 8 or 10km

6th April - 11am QEII, Donkey Lane, EN1 3PL

ENTRY ONLINE ONLY NOW OPEN at <https://www.fabian4.co.uk> Before midnight on Wednesday 3rd April

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

The Virtual version of the "Peter Worth Walks" - Performances over the weekend of 6th/7th April to be registered with Richard Emsley raemsley@gmail.com before midnight on 7th April stating name, club, time and Centurion No

It was a crisp, dry and sunny morning for the second race of the year and the turnout of 25 the best for some time. Some familiar faces were missing, but six newcomers to the League received a warm welcome and seemed to enjoy the experience. Prior to the start there was warm applause in memory of Ken Livermore, Mick Barnbrook and Bob Watts, who all passed away recently.

For Abigail Jennings fresh from yet another national title success indoors the previous week, it was more of a time trial than a race, but nevertheless a good workout. It was good to see Carl Lawton back on the roadside and Gary Smith back in action.

10km

1 Abigail Jennings	Aldershot FD	51.27 SW
2 Colin Harle	Belgrave H	62.23 M65
3 Maureen Noel	Belgrave H	64.39 W60
4 Mike George	unattached	66.52 M55
5 John Arthur	Ilford AC	67.46 M60
6 Susan Payne	Aldershot FD	71.53 W60
7 Katherine Smith	Aldershot FD	74.03 W60

3km

1 Tregan Checheku-Boarmah	B & Brom HAC	18.17 u15B
2 Lily Ann Cooper	Nkt Joggers	22.46 u13G

Trejan went on to complete 4km in 23.28

2km

1 Grace Andrews	Aldershot FD	13.19 u13G
2 Luke Eperon	B & Brom HAC	13.21 u13B
3 Tafara Nyoni	Aldershot FD	15.02 u13G

5km

1 Chik Ha Kwok	Metros RC	31.53 W45
2 Man Biu Lam	Metros RC	32.46 M65
3 Suzanne Bailey	Nkt Joggers	37.27 W60
4 Sheila Leavy	North Herts	40.10 W70
5 David Ainsworth ©	Ilford AC	47.21 M75

B Race Results**10km**

1 Trevor Jones	Steyning AC	60.52 M65
2 Ian Richards	Steyning AC	62.00 M75
3 John Borgars ©	Loughton AC	71.31 M75
4 Sue Barnett	Enfield HAC	72.09 W70

8km

1 David Hoben	Surrey WC	64.16 M70
2 Chris Flint ©	Surrey WC	65.04 M75

5km

1 Gary Smith ©	Enfield HAC	41.11 M65
2 Shaheda Arthur	Ilford AC	52.27 W60

Timekeeper/Recorders: P.Welch, G.Wilkinson, T. Wilkinson

Judges: E. & S.Benson, P.Cassidy & S.Lightman

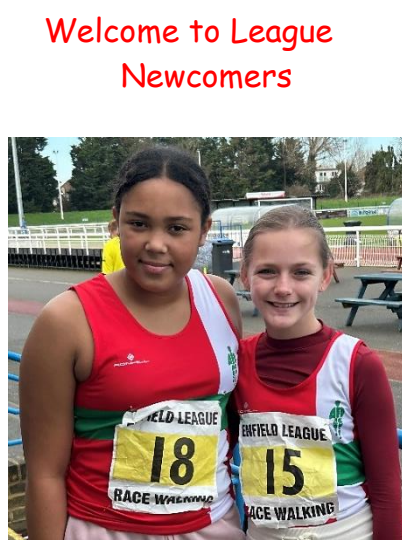
Race Organiser: Tracey Wilkinson J/Runner: D.Annetts. Volunteers: John Hall



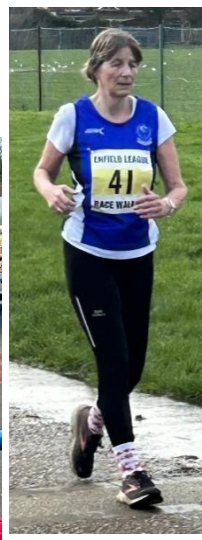
Man Biu Lam



Chik Ha Kwok



Tafara Nyoni & Grace Andrews



Suzanne Bailey



Susan Payne & Luke Eperon

Welcome to League
Newcomers

Virtual Result**10km**

1 Mark Williams	Birchfield H	57.32 M55
2 Cath Duhig ©	CA Millennium	69.37 W65
3 Marco Bernatzki	SuS Schalke 96	71.57 M50
4 Ken Connor	Lancashire WC	72.33 M55
5 Paul Gaston	Surrey WC	73.00 M75

5km

1 Jessica Wilton	Ashford AC	28.38 U20W
2 Chris Hobbs	Ashford AC	32.35 M65
3 Ron Penfold	Steyning AC	38.18 M80
4 Mick Graham	Belgrave H	39.00 M70
5 Karen Williams	Birchfield H	40.38 W70
6 Tony Perkins ©	Ilford AC	50.14 M70

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

The inaugural **Ray Hall Memorial Winter Track League** came to a successful conclusion at Aldershot on 28th January. Luc Legon 23.07.51 and Abigail Jennings 24.26.80 were the 5km race winners, the former being the male Series victor. Leaguers in the race were Grazia Manzotti 27.20.05 and Melanie Peddle 27.6.21.

Leaguers put on a good show at the **BMAF Indoor 3000m championships** staged at LVAC on 17th February. There were firsts for Melanie Peddle M55/16.08.71, a national age record, Grazia Manzotti M50/16.22.44, Colin Harle M65/18.03.76, Fiona Bishop M60/22.17.95, Sue Barnett M70/22.18.43 along with Penelope Cummings W45/18.38.42 who finished second in her category.

The day after the Ron Powell Walks there was an **England Masters Inter-Area match** over 2km indoors at LVAC. Six Leaguers were among the 24 walkers who took part. In time order they were W55 Melanie Peddle (EMAC) 10.40.49, M60 Colin Harle (EMAC), 11.54.26, W45 Penelope Cummings (VAC) 12.05.57, W60 Maureen Noel (VAC)12.20.00, W60 Fiona Bishop (VAC) 14.04.97 and M75 John Borgars (EMAC) 14.48.93. It was a good weekend's workout for Colin, Maureen and John who had been in action 24 hours earlier. EMAC won the match which involved nine areas and VAC third

Centurions Spring Social Walk on Saturday 4th May

Steve Kemp has been in touch to report that the walk (at an ordinary pace) around interesting places in the Brentwood area will be a little over six miles.

These well-established walks are open to all (whether or not Centurion members) and their families and friends. It's worth knowing that the Elizabeth Line serves Brentwood - and beyond and Greater London residents are reminded "Freedom Passes" are valid for free travel throughout weekends - all the way from Reading-to-Shenfield (east of Brentwood). More details at <https://centurions1911.org.uk/next-events/social-walk/>

The VERWL Collator – Richard Emsley

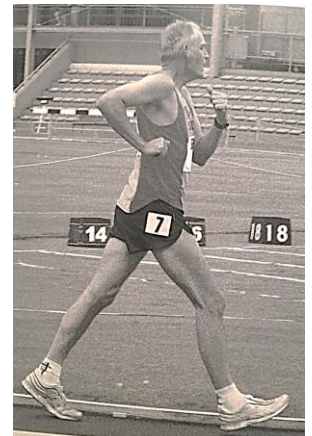
I came across this photograph of Richard Emsley the ERWL Virtual results collator taken almost 20 years ago and quizzed him about it. Wearing his Southern Counties vest leads him to think that it was taken at an inter-area match.

One of his most satisfying walks was a 10k at Victoria Park in the London Open walks 2004. He was 1st in 50.01 aged 52, but his most memorable walk was the 1976 National 10 miles at York. Richard finished 22nd in 76.22 and he recalls that the RWA had reserved for southern walkers two whole coaches from Kings Cross.

I have looked up the result; There were a staggering 198 starters, 24 teams and the race was won in 69.59 by Oliver Flynn by a single second from Brian Adams who was only 9 seconds ahead of Roger Mills. Amos Seddon 5th/72.18 led Enfield to the team championship.

The course was several laps on the roads around the Nestle chocolate factory. I also took part in that race finishing 28th in 38 seconds behind Richard and my recollection of the occasion is of the very strong smell of chocolate that pervaded the atmosphere.

Richards' twin brother Kevin was also a top line walker racing for Corby AC until the mid-eighties. His most notable race was the 100 miles at Ewhurst in 1983 where he clocked 21.26.36 to become Centurion 761.



Paddles

Whilst all walkers understand that if a **red paddle** is shown to them, they are **disqualified** and that it can only be shown to them by the Chief Judge. However it is surprising how many don't understand the relevance of the yellow paddle.

The **yellow paddle** is waived by a judge to a walker as a **CAUTION** if he feels that the walker is in danger of transgressing the definition of race walking.

The Judge isn't bound to issue a caution. If He/She is of the opinion that a walker is clearly not complying with the definition then they complete a Disqualification Slip which is forwarded to the Chief Judge.

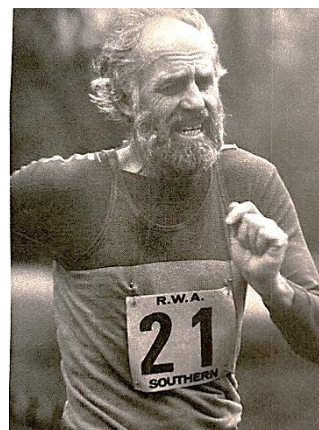
The Chief Judge upon receiving such a slip for the walker, posts his/her number on the Board along with the reason for its submission: > for a bent knee or ~ for contact.

Upon receipt of **THREE Disqualification Slips from Three different Judges**, the Chief Judge shows the Red Paddle to the walker at the earliest opportunity.

Yellow paddle cautions are **NOT** registered on the Posting Board. They are recorded on the Chief Judge's Summary Sheet after the race, but no further action is taken. The Posting Board is there for the benefit of the walkers forewarning them of any problems with their mode of progression.

Tributes to KEN LIVERMORE 1932-2024

Ken was Centurion 386 - he completed the 1966 Leicester-to-Skegness 100 miles' walk in 21:07.41 in a race which saw 84 start/47 finish (27 new Centurions). That day he wore the colours of Woodford Green AC, before moving to the Borough of Enfield Harriers (as then called) before they became Enfield & Haringey AC. Ken was a former long serving Hertfordshire County Athletic Association Walking Secretary



Barry Cook *Hon. Secretary Enfield & Haringey AC*

Ken was a wonderful character and has had an amazing career across the sport that he loved and cherished. He has done it all as an athlete, coach, official and a great organiser.

Ken was a real stalwart in race walking. He always gave a lot of his time to help so many in the sport. He will be deeply missed by all of us, and all his friends and colleagues right across the world of race walking.

We send all our love and prayers to his Family, his beloved wife Margaret, his daughter Coral and his three sons and grandchildren. **Rest in Peace Ken**

Such very sad news. Whenever I was present in his company he was such a gentleman. **Glyn Jones**

So sad to hear about Ken. Please pass on condolences from us both. We are currently in Madeira, where we spent some time with Ken and Margaret whilst on a previous cruise. **Barbara and John Ralph**

I am very sorry to hear the sad news about Ken. To my knowledge he was an orienteer, runner, race walker, Centurion and had achieved a lot in his life. **Dave Hoben**

He was a great chap. **John Eddershaw.**

I was very sad to learn of the passing of Ken Livermore (C386). He was the ultimate clubman and racer (from 3k to 100 miles) ... what an example to the younger generation ... he adored his sport and regularly raced. Thankfully some of what he achieved is recorded. A member of Enfield Harriers he will be missed. **Adrian James**

Very sad news! Ken was a top race walking coach in the early 60's. I vividly remember him at Eton Manor on the first occasion I went on a coaching weekend with many stars including Olympic Gold Medallist from Rome Don Thompson and the likes of G B's Late Robbie Brightwell and the Late John Cooper were there. He will be so missed by the Race Walking Fraternity as he gave so much in so many ways during his lifetime. May He Rest in Peace. Sincere condolences to Margaret, Coral and his Family. **Bill and Kath Sutherland**

Very sad. Ken was ever-present, part of the racewalking furniture and a proper grafter. **Cath Duhig**

So sorry to hear this sad news. Ken was such a lovely man and a good racewalker. Condolence to Margaret and all their family. **Kathy Crilley**

Sad news indeed. Condolences to Margaret and all their family. **Bob Dobson**

Another one passes away. **Richard Cole**

Such sad news and it's especially sad we've lost three Centurions in the last few days, Bob Watts C838, Basil Gale and now Ken C386. **Chris Flint c849**

We are very sorry to hear to hear this sad news. We remember Ken as both athlete and a dedicated official over many years of great service. **Sandra and Richard Brown**

Sincere condolences to Ken's family. The Leicester to Skegness was the one I competed in with Ken. I fondly recall a conversation with Ken and admired his quiet determination to become a Centurion. I regret to this day that I never stayed with him to finish the course. May he rest in peace having finished the course of life and rise in glory. **Roy Lodge.**

Living in Lancashire until 1973, I'd seen Ken's name in the RWR results, but never met him to talk too. That changed when I began to turn out in the newly launched ERWL in 1998. He and Margaret became very good friends and as well as mixing with them at the races, Joan and I used to meet up from time to time for lunch at the King George public house at Baldock. He talked so much sense, his range of knowledge was exceptional and his counselling was of great value to me.

Much is owed to Martin Oliver for the formation of the ERWL, but I'm sure he would agree that when he did launch it, the first volunteers to assist with it were Margaret and Ken and they remained king-pins to the continuance of it, until the advent of Covid. **Joan and Ron Wallwork**



ERWL Connections with Ken's wife Margaret at Ken's funeral

*front:
Fiona Bishop and Margaret Livermore.*

*middle row:
Dave Ainsworth ©, Barbara and John Ralph,
Eric Horwill ©*

*Back row:
Chris Flint ©, Ron © and Joan Wallwork,
Gary Smith ©, Dave Hoben, Dave Annetts and
Pam Ficken ©.*



Mick Barnbrook RIP

Leaguer and Centurion Mick Barnbrook after a long illness passed away on 14th February. He was 80 years old. I found him to be a colourful character and to anyone who didn't know him, could come across as cantankerous. Mick was also a dogged and determined customer as his performance in the 2001 "Hedgethorne 100" his second Hundred 22 years after his first. He once told me that he only entered the race because I did. I had deigned to do 20 miles in respect of John and he was flabbergasted when I walked off the course at 20 miles. Mick hadn't trained for the full trip and suffered badly in the second half of the race stubbornly ignoring the people urging him to call it a day. I'll forever remember the sight of him as the race progressed soaking his feet in a bucket of water for a couple of minutes at the end of each two mile lap and the agonising look on his face when he stood up to get going again.

For all his ability to ruffle feathers, Mick was ever reliable and the first to announce that he would support Geoff Hunwick's charity for children in the Gambia, by donating the money he would otherwise spend on Christmas cards and postage. An example we and several others followed for many years.

Condolences to Sharron and his family. **Joan and Ron Wallwork**

Bob Watts RIP The funeral service of Bob Watts RIP (London Vidarians, Loughton AC, The Centurions and Long Distance Walkers Assn) to be held on Friday 15 March at 1pm at Honor Oak Crematorium, Brockley Way, SE4 2LJ. 020-7525-5600. There's an on-site car park. Nearest stations (both a short walk away) are: Honor Oak Park (Southern and London Overground) and Crofton Park (Thameslink). Bus routes 122, 171 and 172 stop at Crofton Park Station. Bus routes P4 and P12 stop at Honor Oak Park Station. These routes serve a number of areas from Central London and across South East London. Afterwards is to be a gathering at East Dulwich Branch of the Royal British Legion at No 97 Barry Road, SE22 0HR (1.8 miles' away - nothing for race walkers). Ken Watts, Centurion No 859, is arranging a post-service function and requests you advise your likely attendance for catering purposes. Ken's on: 020-8693-2997. Please pass around to your Club colleagues and

Roy Stratton RIP

Long serving Enfield HAC and Middlesex AA official Roy Stratton passed away recently. Roy's passion was running, but he did try race walking just once and with little training almost bettered the hour in the 1966 EO7. There were 147 starters in the race and Roy's 60.47 in 57th place was good enough to make him the 4th scorer in the team that finished in fourth place.

Roy along with his wife Beryl went on to become highly respected athletic officials and were always strong supporters of the race walking discipline as witnessed by their attendance at the 2016 EO7 Reunion.

Condolence to Beryl and all other family members.

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