

Sparta Trophy for Enfield & Haringey Walkers

I understand that EHAC has won the Race Walking Association's Sparta Trophy for the most improved club in 2007. This award reflects the tireless work that Martin Oliver has done to transform the ailing walking section of the Enfield Harriers (as it was then) a decade ago, to the vibrant entity that it is now. I sure that all connected with the club and the league share my hope that Martin will be available to receive the award on behalf of the club, when the presentation is eventually made.

Enfield League 2007 – Race Eleven 5 km

Queen Elizabeth Stadium 13th October

Fifty-two walkers including the UK, European and World L70 champion Maureen Spelman with fellow Masters World championship medallists Doug Fotheringham (silver) and Harvey Jaquest (Team bronze), along with John Cannell (1970 IoM Commonwealth Games Representative) plus newcomers Helen Middleton, Kasha Lehmann and Ivor Groves faced the starter in warm sunny weather. The race which incorporated the Southern Vets and Vets AC 5km championships produced some really competitive walking, which is reflected in the result set out below.

1 Phil Barnard	(Castle Point)	24.29	27 Maureen Noel	(Belgrave H)	30.51 L3
2 Trevor Jones	(Hillingdon AC)	24.57	28 Ken Ballam	(Enfield & HAC)	31.05
3 Chris Cattano	(Ilford AC)	24.59	29 Steve Holliday	(Medway)	31.26
4 Phil Williams	(Enfield & HAC)	25.31	30 Fiona Bishop	(Aldershot F & D)	31.35
5 Stephen Crane	(Surrey WC)	25.41	31 Ron Powell	(Enfield & HAC)	31.42
6 Steve Uttley	(Ilford AC)	26.16	32 Helen Middleton	(Bedford & C)	31.49 L4
7 Richard Emsley	(Steyning AC)	26.34	33 Doug Fotheringham	(Belgrave H)	32.34
8 Steve Allen	(Ilford AC)	26.59	34 Ivor Groves	(Kent AC)	32.47
9 Dave Kates	(Ilford AC)	27.05	35 Kasha Lehmann	(Poland)	32.53 L5
10 Rod Dunn	(Leicester WC)	27.15	36 Peter Howard	(Enfield & HAC)	32.55
11 Mark Wall	(Leicester WC)	27.36	37 Maureen Spelman	(Aldershot F & D)	33.05 L6
12 John Hall	(Belgrave H)	28.09	38 Sue Rey	(Leicester WC)	33.27 L7
13 Dave Sharpe	(Ilford AC)	28.16	39 Mick Barnbrook	(Ilford AC)	33.31
14 Andrew Cox	(Hillingdon AC)	28.18	40 Peter Crane	(Surrey WC)	33.40
15 Amos Seddon	(Enfield & HAC)	28.28	41 John Cannell	(Isle of Man)	33.48
16 Chelsea O'Rawe-Hobbs	(Castle Point)	28.30 L1	42 Jo Miles	(Hillingdon AC)	34.00 L8
17 Sean Lightman	(Surrey WC)	28.51	43 Dave Hoben	(Surrey WC)	34.04
18 Ollie Brown	(Ilford AC)	28.53	44 Sue Barnett	(Cambs & Col)	34.23 L9
19 Ron Penfold	(Steyning AC)	28.58	45 Bernie Hercock	(Enfield & HAC)	34.46
20 Alan Ellam	(Enfield & HAC)	29.00	46 Bill Sutherland	(Ilford AC)	36.05
21 M. Harran	(Surrey WC)	29.26	47 Dave Ainsworth	(Ilford AC)	36.42
22 Mark Culshaw	(Belgrave H)	29.35	48 Ken Livermore	(Enfield & HAC)	37.21
23 Anne Belchambers	(Hillingdon AC)	29.37 L2	49 Anne Lewis	(Aldershot F & D)	38.39 L10
24 Mike Hinton	(Ilford AC)	29.58	50 Peter Emery	(Enfield & HAC)	38.49
25 Jon May	(Enfield & HAC)	30.27	51 Harvey Jaquard	(Enfield & HAC)	43.55
26 Chris Flint	(London Vids)	30.33	52 Steve Norris	(Thames VH)	*45.49

* started 11.30 late – therefore actual time 34.19

Thanks to Mike Hinton for his article which appears on the next page and to Ken Easlea and Ray Middleton for their correspondence and support for EHAC and the League. I'll certainly be keeping in touch with them and hope that perhaps we might see them at some time.

THE OPEN SEVEN MILES and some *Debut Memories*

My first experience of taking part in Open 7 miles was the 'Enfield Open' in 1957, 50 years ago, having been introduced to the sport of Race Walking that summer, aged sixteen.

At that time there were five Open 7's, starting with 'Highgate' in October, 'Enfield' and 'Belgrave' both in November, followed by the 'Cambridge' in December and the 'Met.Police' in January. All these events required entries in advance and certainly none were accepted on the day, as fields could number as many as two hundred. The cost of entry was most probably the equivalent of 15p, and a programme listing the entries was given to competitors as they collected their numbers.

When filling in your entry form, your latest time for the distance was required for a handicap mark which appeared next to your name on the programme. In those days it was four to score in a team which had to be declared prior to the start of the race. You could name up to eight walkers and some clubs had as many as four teams taking part, so you can imagine the amount walkers taking part. Invariably there were awards for the scratch team, and also the best handicap team.

Most of the country's leading walkers would take part in these 'Open 7's', as they were very popular and the highlight of the Winter Racing Calendar' The 'Enfield' and 'Met.Police' were reckoned as the fastest, being flat courses. 'Highgate' and 'Belgrave' were considered the toughest, because of the hills, the 'Cambridge' falling somewhere in the middle. The Highgate start was actually up Westgate Hill and the Belgrave course was always considered slightly over-distance.

We suffered some cold winters back then, and I can still recall the smell of wintergreen and other pungent oil's being slapped on in the changing area, amongst the two hundred or so bodies, I encountered at Enfield that November half a century ago.

It's hard to think now, but no women were allowed in these events in those days and although there would have been a few Veterans in the field, nowhere near as many as you find today, but strikingly there were many more juniors.

It's amazing to think that the start was in Enfield High Street, with the traffic, including trolley buses held up while the Walkers lined up across the road. I remember the course went out along the Ridgeway and turned a little way past the water tower, in the middle of the road at the half waypoint, which would be impossible today. Whilst still on the way out most walkers would see the top walkers coming towards them on their way back. Over years the likes of Stan Vickers, Ken Matthews, Don Thompson and all the big names took part and the big name that won it in my 1957 Enfield debut, which had 179 starters was Eric Hall in 51.28. It is great to see that Eric still turns out occasionally in the league.

The 'Highgate' and 'Cambridge' have long gone, and seems that we have seen the last of the 'Met.Police' event, so that just leaves the 'Enfield' and 'Belgrave' sevens, to soldier on. Both have seen changes in their courses over the years due to increased traffic and other problems, but are managing to stick it out.

I have always wondered why 7 miles it's such an odd number, perhaps someone can answer that. **Anyway lets give these two that remain our support to carry the '7' tradition on. ,**

Regards

Mike Hinton

Have I Been Getting It Right? asks *Jon May*. Jon would like to hear from anyone who thinks that they have spotted an error in the statistics he produces. He is eager to ensure accuracy and welcomes any input that assists him achieve this. It would be helpful if such observations could be written down and handed to him at any of the walks he attends.

Oops! Sorry in the Peter Emery "Spotlight" that appeared in the last issue, I reported that Peter qualified as a Centurion in the Leicester Hundred of 1982. This isn't true and I apologize for the error which was entirely my fault. An eagle-eyed reader spotted the error and brought it to my attention. Peter qualified in the Bristol Hundred of 1977.

RWA Centenary Dinner – A few personal thoughts

This historic celebratory event has been well covered in other journals. What I can report is that Enfield & Haringey were well represented. Not only did we have a table, but the principal speaker was our Club President Peter Matthews. The speeches from Peter Cassidy, Peter Markham, Paul Nihill, our President, the introductions by MC Dave Ainsworth and the large helping of nostalgia that this type of event evokes made the £25 cost of a ticket an absolute bargain. It was a really good night out and the organisers deserve great credit for the work they did to bring it about.

Successful as the evening was, on later reflection I couldn't help but think it a little disappointing that there were only fifty-one attendees. I'm sure that the central London venue made it difficult for many to get there and more importantly get home afterwards and then again, many people just don't attend this type of function. Nevertheless, all the areas were represented and I thought that the large southern presence was perhaps appropriate, because it was after all, the Southern Area RWA that was formed in 1907, the national body following later.

There were officials there who have had connections with race walking for most of their lives, which constitutes over half the life of the Association and whilst the past was well represented by a number of ex-national champions and international walkers, the absence of any of today's internationals or staff from UK Athletics, struck me as being a not too promising omen, drawing attention to the gap that I perceive, between those taking part in an *event* called race walking and those involved in a *sport* called race walking. The work of bringing the *event* and the *sport* to interact with each other in more harmony than they presently do, is (again in my opinion) the major task facing the previously mentioned officials, if race walking is to regain its once highly respected image within athletics and equally important, with the public.

On a brighter note, Enfield regulars on our table were delighted that Adrian James was able to make it to the dinner and although his health hasn't been too great over the past year, he still exuded the same enthusiasm about walking that took him to the top bracket of British walking in the late seventies and early eighties. I'll be surprised if we don't see him at QE stadium soon.

Results Round Up

- 15th September English Schools championships – Exeter. Medals here for *Leaguers* Michael Silvester and Chelsea O'Rawe Hobbs. Both contested the 3km distance Michael took gold in the Junior Boys in a time of 15.17 whilst Chelsea collected silver with a time of 16.05 in the Intermediate Girls.
- 18th September PSUK 10km track championship – Birmingham - Won by Dan King in 42.32 and in addition to Amos Seddon who placed 10th in 57.46, the field contained a number of Enfield regulars: Steve Uttley 53.11, John Hall 53.30, Mark Culshaw 58.19 and world masters champion Doug Fotheringham 66.10.
- 22nd September Essex 10km track Championship – Garrison stadium, Colchester. Twelve starters here, most of them well known faces at QE stadium. Congratulations to Phil Barnard upon winning his first county title in 52.39 and placers Stephen Crane 53.52 and Steve Uttley 54.41. Kim Howard had a walk over in the ladies clocking 60.01.
- 23rd September BMAF 10km track championship – Dudley, West Midlands. Thirteen starters in total where Enfield league ever present, Sue Rey recorded 69.08 in taking the ladies title. Dwane Butterley (Spondon) was the mens winner in 51.52 and *EHAC* men Sean Pender was 5th in 63.28 and Bernie Hercock 8th in 72.44. *Leaguer* Peter Stapleford was 8th in 68.05.
- 28th September Serpentine 5km – London. Belgravian and *Leaguer* Mark Culshaw clocked 29.12 in this event.
- 29th September 46th annual Postmans 6 mile Walk – Mount Pleasant, London. Dave Turner (50.49) was first past the post in 50.49 with former winner Steve Allen was second on this occasion, his time in 53.20.
- 6th October SWC Gazette Cup 4 miles – Monks Hill, Surrey. Over the testing four lap course, Mark Easton of the promoting club won with ease in 30.51 ahead of club mate Stephen Crane 34.18. Good to see Enfielders Jon May 7th in 40.33 and Bernie Hercock 16th in 44.03 support the race along with other *Leaguers* Dave Sharpe 37.08, Paul King 39.40, Dave Hoben (of the home club) 44.23 and Dave "the scribe" Ainsworth 50.36.
- 20th October Cambridge Harriers W/League 5km – Bexley Heath. Five ladies and nineteen men competed. Chelsea O'Rawe-Hobbs won her race in 27.23, whilst *EHAC* second claimer Nick Silvester headed the men, crossing the line in 23.04. Ken Livermore recorded 35.24.
- 27th October Steyning 10km – *Leaguer* Trevor Jones got 3rd in 53.08 behind D.Stone 51.56 and Jim Ball 51.34 who both beat the marshals to the turn and consequently walked over distance, whilst Bernie Hercock finished 12th of twelve starters in 69.52 taking his race tally for 2007 up to thirty-seven.

Enfield League Tables

With just two races to go, things continue to hot up, especially in the team table as Ilford close Enfield's lead to 48 points, Surrey draw level with the Enfield "B" squad and Castle point move up again in their bid to make the first three.

On the face of things, the top three ladies look secure, but points gained from Chelsea's last performance puts Sue and Diana under pressure and she does have races in hand on four of the five places above her. Note the cluster of ladies between seventh and eleventh positions, covered by a mere nineteen points.

Phil and Steve, barring mishaps look beyond reach, but the third spot looks tight with just twenty-one points the difference between Steve U in sixth and Dave in third, although Phil Barnard's present form suggests that he is favourite to emerge to complete the frame. Time will tell.

Ladies

537/8	1. Anne Belchambers
524/9	2. Fiona Bishop
415/7	3. Maureen Noel
293/8	4. Sue Rey
257/4	5. Diana Braverman
257/6	6. Chelsea O'Rawe/Hobbs
240/6	7. Pam Ficken
191/4	8. Jill Eve
172/5	9. Jo Miles
154/3	10. Maureen Spelman
160/2	11. Betty Edlin
153/3	12. Sue Clements

43 ladies have scored in the league

Men

702/9	1. Phil Williams	488/6	13. Dave Kates
662/9	2. Stephen Crane	482/9	14. Ron Powell
634/9	3. David Sharpe	472/6	15. Trevor Jones
617/9	4. Phil Barnard	466/9	16. Mick Barnbrook
615/8	5. Lol Dordoy	465/8	17. Ken Ballam
565/8	6. Steve Uttley	459/9	18. Bernie Hercock
542/9	7. Amos Seddon	437/6	19. Steve Allen
539/9	8. Jon May	397/6	20. Mark Culshaw
536/7	9. Nick Silvester	393/9	21. Peter Howard
525/9	10. Peter Crane	392/6/	20. Arthur Thomson
523/9	11. Brian Sturt	348/8	23 Ken Livermore
509/8	12. Andrew Cox	340/6	24 Mark Wall

100 men have scored in the league

Team

1. Enfield & H AC	3253	702 Williams, 542 Seddon, 3935 May, 523 Sturt, 482 Powell, 465 Ballam
2. Ilford AC	3205	634 Sharpe, 615 Dordoy, 565 Uttley, 488 Kates, 466 Barnbrook, 437 Allen
3. Enfield & H AC "B"	1949 eq	459 Hercock, 393 Howard, 348 Livermore, 257 Braverman D, 248 Pender, 244 Oliver
4. Surrey WC	1949 eq	662 Crane S, 525 Crane P, 240 Ficken, 208 Crane D, 192 Hoben, 122 Flint
5. Belgrave Harriers	1872	415 Noel, 397 Culshaw, 334 King, 249 Hall, 248 Fotheringham, 229 Lawton
6. Hillingdon AC	1690	537 Belchambers, 509 Cox, 472 Jones, 172 Miles
7. Aldershot F & D	1447	536 Silvester, 524 Bishop, 162 Spelman, 91 Richardson, 77 Davies, 57 Lewis
8. Castle Point	1313	617 Barnard, 314 Cattano, 257 O'Rawe-Hobbs, 96 Kemp, 29 Bogenpoel
9. Leicester WC	1298	340 Wall, 293 Rey, 202 Oldfield, 191 Eve, 159 Stapleford, 104 Dunn
10. Ilford AC "B"	1070	312 Ainsworth, 301 O'Rawe, 120 Davis, 116 Trotter, 112 Ryan, 109 Dobson

A further 19 teams have two or more walkers in the complete League Table.

Forthcoming Fixtures

2007	3 rd November	SWC 7 miles at Monks Hill, Croydon
	17 th November 2.30pm	One Hour Badge Race for 5, 6 and 7 miles in the hour At the Lee Valley Stadium, Pickets Lock (<i>not a League race</i>)
	18 th November 11.30am	LPR Open Yatch Handicap at Blackheath Park
	26 th November 2.00pm	Belgrave Open Seven at Wimbledon – Information from Carl Lawton on
	1 st December 2.30pm	SWC Christmas race over 5km at Monks Hill, Croydon
	2 nd December	RWA AGM – Birmingham
	8 th December	Cambridge H W/League 5km at Bexley Heath - incl. Essex Lge
	16 th December 10.30pm(Sun)	Ilford AC Xmas 10km at Chigwell Row incorporating Essex & Enfield Leagues
	26 th December 11.00am	EHAC Boxing Day Walkers & Runners 5km.
	31 st December 11.00am	Ely New Years Eve 10km – Walkers welcome – contact Ron W for details
2008	5th January 2.30pm	5miles - 2008 Opening Fixture and Presentation of 2007 League Awards
	16 th February 2.00pm	10miles <i>incorporating</i> Middlesex, Essex, Herts & Suffolk County championships
	15 th March 2.30pm	5 miles – Pat Furey Open Races

You are cordially invited to support the following events, preferably as a participant, but you will be equally welcome as a supporter, spectator or volunteer. The more people attending the better the atmosphere and more memorable the day. So do make it if you can! I'll be glad to hear from you either way.

Ron Wallwork

81st Enfield Open Seven

The chance to take part in history

Saturday 10th November 2007

at Queen Elizabeth Stadium, Donkey Lane, Enfield

start: 2.00pm

Entries in advance: £3.00

Scratch and Spot Prizes

Entries on the day £4.00

Walkers of any age wishing to do distances less than seven miles are welcome!

How to get to Queen Elizabeth Stadium, Enfield:

By road: The stadium is about 1.5 miles from junction 25 of the M25. Follow the A10 through one set of traffic lights and after a mile take up the outside lane in order to turn right at the next lights. The Halfway House public house confirms that you are on course. Turn Right and almost immediately Left into Donkey Lane following it around to the stadium. **From the south** A10 north, turning Left at the Halfway public house and immediately left into Donkey Lane

By rail: London Liverpool Street to Enfield Town. Turn Right on leaving station and walk approximately half a mile to George Spicer School and turn left into Mefeking or Clydach Road and then Right continuing until Park gates on the Left. Turn into park and the Queen Elizabeth Stadium is at the opposite end of the drive about 600 yards.

Badge Races for 5 miles – 6 miles – 10km – 7 miles In the Hour on Saturday 17th November 2007 at the Lee Valley Stadium, Pickets Lock at 2.00 pm

Entries in advance: £3.50

(includes cost of badge if successful)

Entries on the day £4.50

Walkers failing to achieve their target will be awarded the badge recognising the distance covered, provided that a minimum of 5 miles has been covered

How to get to Lee Valley Stadium, Meridian Way, Pickets Lock:

By road: Leave the M25 at junction 25 onto the A10 south and at the first traffic lights Turn Left onto the A105 and continue along this road continuing through a set of traffic lights where the road then becomes the A1055. Continue straight ahead at the next traffic lights and eventually onto Mollinson Avenue and later straight on at a round about onto Meridian Way, passing Ponders End Station on the right. Once past the roundabout onto Meridian Way the stadium entrance is Left at the third set of lights. **From the South:** Take the 1055 exit off the A406 and the entrance to the stadium is Right at the first traffic lights.

By rail: London Liverpool Street to Ponders End (about 20 minutes) Right out of station and 15 minutes walk along A1055 to stadium on opposite side of road.

Entries for either event should include:

name, date of birth, Club, for badge race your target distance, address or email and sent to:

Ron Wallwork 35A Newmarket Road, Moulton, Newmarket, CB8 8QP

Telephone: 01638 751869 – email: randjwallwork@btinternet.com