

## **Pickets Lock Initiative**

Following on from talks with Brian Hopkins at the Lee Valley Stadium, consultation with the RWA and input from several ex-walkers, plans are being made to put on a race walk meeting at Pickets Lock in the spring to promote the sport. Raising awareness about the sport of race walking must be a priority if our sport is to survive and Great Britain regain its place as a major walking nation. To succeed, the full support, co-operation and the coming together of both A and B branches of the sport will be vital.

## **Results Round Up**

Highlights of this batch of results are the team successes enjoyed in the Guernsey Churches Walk and the RWA National 10km staged at Earles Colne. The National race also included the SRWA championship and it was Ilford AC, Surrey Walking Club who headed Enfield to produce what looked like an *Enfield League* result so far as the team race went. Congratulations to Diana Braverman 68.30 and second claimer Nick Silvester 49.54 who collected individual bronze medals in the SRWA event and to young Michael Silvester who also collected a bronze medal in the Younger Age Group 5km event.

A performance not reported before is that of Amos Seddon who finished second in the National Police track championship 3km at Blackpool on 18th July in a time of 16.51.

26th August Vets AC track championship – Battersea Park. No club members at this one, but *Leaguers* Trevor Jones won the mens in 14.54 with Anne Belchambers and Heather Fenton with 17.27 and 18.41 filling the minor places in the ladies event

1st September JimSharlott walks – Abbey Park Leicester. International Andy Penn won the main event over 10km in a time of 48.03. Nick Silvester finished a creditable third just over a minute behind in 49.09 and an out of sorts Phil Williams took eighth place in 55.58. There were several *Leaguers* in a field of twenty-four including Trevor Jones and Jon Hall who appear to have had a close battle finishing 5th and 6th respectively with times of 52.42 and 52.55. Twelve walkers contested the ladies event, among them lady *Leaguers* Jill Eve who finished third in 59.40, Anne Belchambers 4th in 60.42 and Maureen Noel in 62.49

In the Younger Age Group events over 3kms *Leaguers* Chelsea O'Rawe-Hobbs 15.53 was second whilst Hamish Hall 15.17 and Michael Silvester 15.37 were the first two past the post in their event.

2nd September Churches 19 plus miles Walk – Guernsey. Skipper Ron Powell shrugged off any lasting effects of his recent foot injury to finish 5th, improving his own over 70's course record in the process, whilst Brian Sturt in 7th and Bernie Hercock in 12th ensured that Enfield collected the runner-up team awards. Their respective times being 3.36.28, 3.41.17 and 3.50.39. Other *Leaguers* who took part were: Lol Dordoy 6th 3.40.05, Micky Barnbrook, 10th 3.48.56 and Dave Hoben 13th 3.56.52. Team: Sarnia 9pts, Enfield & Haringey AC 26pts, Surrey WC 43pts.

Two days prior to this Classic event, Ron and Bernie competed in a Guernsey 3km track walk recording times of 18.29 and 20.30

9th September RWA national/Southern RWA 10km road championships – Earls Colne, Essex. In warm conditions the King twins led home the field, Dan with 44.30 and Dominic with 46.16. Amos Seddon 60.05, Jon May 63.04 and Ron Wallwork 70.52 made up the Enfield team that collected bronze in both races. Well done to the *Leaguers* who scored in the successful Ilford and Surrey squads.

***The next Race is a 5 miler on Saturday 15th September  
start at 2.30pm***

***Everybody will be welcome especially walkers who want to walk a shorter distance***

***Good Luck to those regular Enfield Leaguers  
who will be competing for Masters titles in Italy***

## ***Forthcoming Fixtures***

The WWW/Essex League 5km track race is scheduled for Ashtons Track on **Wednesday 12th September** at 6.30pm

The Essex League and Essex County championships take place on **Saturday 22nd September**. The venue is Colchester Garrison entries will be taken on the day and it starts at 12 noon. The following day at The Dell, Brierley Hill, the British Masters stage their 10km track championship. Eric Horwill at 79 Enville Road, Wall Heath, Kingswinford, DY6 0JX or 01384 273851 is taking entries or supplying further information

Surrey Walking Club hold their Gazette Cup four miles at Monks Hill on **Saturday 6th October** and invites along any walker who would like to join them. Details about venue and how to get to it are available from Peter Selby on 01825 764726.

The Cambridge Harriers Winter League gets underway on **Saturday 20th October**. The venue is the Cambridge Harriers Club House, Glenhurst Avenue, Bexley, Kent. The races are under A conditions and start at 2pm. Entries on the day.

## ***Nostalgic November in Prospect***

Two famous long standing events take place over the coming months, the ***Enfield and Belgrave Sevens***. The Enfield inaugural race was staged in 1920 and the Belgrave earlier than that and over decades most if not all of the nations greatest walkers competed in them. What greater incentive could there be to enter and walk in them this year? The Enfield takes place on Saturday 10th November starting at 2.00pm and the Belgrave on 24th November. Sandwiched between them on 17th November at Lee valley Stadium there is a traditional ***Badge Race*** meeting, providing the opportunity to qualify for YAG standard badges, RWA five, six, seven mile and 10km in the hour badges and plaques for any walker covering more than eight miles. You will note that they all take place on Saturday afternoons, the traditional time for British sport leaving Sunday free to spend with the family, pursuing other interests or getting in some extra miles. Entry details to follow. For those not familiar with the RWA Badge scheme, set out below is an extract from an article in the *Athletics Weekly* edition of 14th January 1961 written by one of race walkings great servants Alf McSweeney.

**THREE THOUSAND BADGE WINNERS!** The success of the Race Walking Association Badge Scheme, brought into being *just after the war, is made clear by the announcement that the number of athletes who have gained the RWA Badge for walking six miles within an Hour in an approved event has reached THREE THOUSAND. There are also an appreciable number who have also completed seven miles within the same period and a select list of nine who have covered more than eight miles within sixty minutes. Prior to the scheme W.J.Sturgess, George Larner, Alf Pope and Fred Redman had also performed the feat making the total number of amateurs in the top bracket thirteen. But the big interest has been centred around the popular 6 mile in the hour award because this performance has proved to be within the compass of most athletes. These awards are not confined to members of affiliated walking clubs and members of any athletic club or even unattached walkers can gain them.*

## ***Enfield League fixtures unless stated otherwise at Queen Elizabeth Stadium, Donkey Lane, Enfield.***

<b>2007</b>	13 <sup>th</sup> October	2.30pm 7.00pm	5km including various Masters/Veteran championships. RWA Centenary Dinner – are we having a table?
	10 <sup>th</sup> November	2.00pm	Enfield Open Seven – Club Championships and double points
	17 <sup>th</sup> 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> )
	16 <sup>th</sup> December	10.30pm(Sun)	10km Chigwell Row in conjunction with Ilford AC Christmas race.
<b>2008</b>	5th January	2.30pm	5miles - <b><i>2008 Opening Fixture</i></b> and Presentation of 2007 League Awards
	16 <sup>th</sup> February	2.00pm	10miles <i>incorporating</i> Middlesex, Essex, Herts & Suffolk County championships
	15 <sup>th</sup> March	2.30pm	5 miles – Pat Furey Open Races
	<i>April &amp; May fixtures to be determined</i>		
	14th June	2.00pm	Moulton Five – Moulton, Suffolk

**Enfield League 2007 – Race Nine 20km**  
and *Intermediate Distances*

**Queen Elizabeth Stadium 25th August**

For the second race in succession the walkers had to contend with a hot sunny day and a temperature in the mid twenties. Although a 20km race, walkers wishing to post times at intermediate distances were welcomed and this swelled the turn out to forty (three more than 2006) and added considerably to the atmosphere.

It was good to see captain Ron Powell and Amos Seddon back in action after absence through injuries and pleasing to welcome novices Sue Barnett and Steve Norris along with Bob Dobson and New Zealander Eric Saxby.

Nick Silvester took control from the start and won comfortably, whilst behind, a number of walkers exercised restraint and walked purposefully to clock times inside two hours. Most were pleased with their performances given the conditions, although there was frustration for Andy Cox whose feet still hadn't recovered from the Battersea Park 50km, Phil Barnard who suffered a ham-string strain and Jon May who because of British Rail delays arrived late. Jo Miles deserves a special mention for her commitment to the sport. Stepping off a plane from New Zealand earlier in the day, she travelled directly to Queen Elizabeth stadium to take part.

Phil Williams retained his club championship with Jon May and Sean Pender filling the minor placings. The ladies title went to Serena Queeney.

		<i>5km</i>	<i>10km</i>	<i>15km</i>	<i>20km</i>
1 Nick Silvester	(AFD)	26.28	52.24	1.19.02	1.47.33
2 Trevor Jones	(Hillingdon AC)	27.17	55.05	1.23.56	1.53.34
3 Stephen Crane	(Surrey WC)	28.55	56.38	1.24.58	1.55.02
4 Phil Williams	(Enfield & HAC)	28.18	56.34	1.26.22	1.57.50
5 John Constandinou	(Birchfield H)	28.13	57.20	1.27.22	1.57.53
6 Dave Kates	(Ilford AC)	28.44	58.13	1.28.23	1.59.28
7 Steve Uttley	(Ilford AC)	30.07	60.30	1.30.58	2.04.00
8 Mark Culshaw	(Belgrave H)	29.32	60.30	1.31.52	2.04.26
9 Steve Allen	(Ilford AC)	30.22	61.07	1.33.34	2.07.11
10 Dave Sharpe	(Ilford AC)	30.21	61.41	1.34.22	2.10.06
11 Paul King	(Belgrave H)	31.59	64.05	1.36.51	2.10.26
12 Bob Dobson	(Ilford AC)	31.54	64.06	1.37.01	2.10.54
13 Maureen Noel	(Belgrave H)	32.05	64.43	1.38.30	2.11.19 L1
14 Anne Belchambers	(Hillingdon AC)	32.15	65.16	1.38.30	2.11.56 L2
15 Sean Pender	(Enfield & HAC)	32.59	65.17	1.39.02	2.13.56
16 Lol Dordoy	(Ilford AC)	31.31	63.35	1.38.24	2.15.58
17 Ron Powell	(Enfield & HAC)	32.59	66.44	1.41.22	2.16.36
18 Brian Sturt	(Enfield & HAC)	33.35	67.42	1.43.17	2.18.44
19 Peter Crane	(Surrey WC)	33.55	68.17	1.44.04	2.20.42
20 Fiona Bishop	(AFD)	33.26	68.43	1.46.43	2.22.29 L3
21 Bernie Hercock	(Enfield & HAC)	34.55	70.39	1.46.44	2.22.33
22 Mick Barnbrook	(Ilford AC)	34.16	68.01	1.46.14	2.27.05
23 Jon May	(Enfield & HAC)	31.56	64.42	1.38.04	2.12.19*
24 Serena Queeney	(Enfield & HAC)	36.43	75.24	1.55.33	2.36.48 L4
25 Ken Livermore	(Enfield & HAC)	40.10	85.55	2.01.53	2.42.25
26 Phil Barnard	(Castle Point)	26.54	55.51	1.28.35	
27 Amos Seddon	(Enfield & HAC)	31.30	63.13	1.24.48 for 13.3km	
28 Carl Lawton	(Belgrave H)	33.27	65.22	76.16 for 11.6km	
29 Jon Hall	(Belgrave H)	26.29	53.42		
30 Chris Cattano	(Castle Point)	25.48	53.42		
31 Andrew Cox	(Hillingdon AC)	30.01	62.53		Spot Prize winners
32 Peter Stapleford	(Leicester WC)	33.34	67.55		Dave Kates, Jon May & Phil Barnard
33 Alan O'Rawe	(Ilford AC)	34.50	69.02		
34 Peter Howard	(Enfield & HAC)	34.17	69.44		
35 Keith Mitchell	(DEFRA)	34.28	69.55		
36 Sue Barnett	(Cambs & Col)	37.01 Novice	73.12		
37 Dave Ainsworth	(Ilford AC)	34.09	80.31		* started 18 minutes late
38 Eric Saxby	(New Zealand)	29.43			
39 Steve Norris	(TVH)	33.13 Novice			
40 Jo Miles	(Hillingdon AC)	36.32			

## Enfield League Tables

With four races left to complete the 2007 programme, things are warming up. Ilford sliced 151 points off Enfield's lead in the team table and a close finish looks in prospect for the title, whilst the tussle for third spot looks even closer. Nick Silvester's win in the 20km shot him up from 9<sup>th</sup> to 5<sup>th</sup> in the individual table and as a result of her performance, Maureen Noel overtook Diana Braverman to take third in the ladies section. Among several others who made significant moves were Steve Uttley, five places and Ken Livermore who moved into the top 20.

To date 134 people, have taken part in this years series and twenty-seven of them still have chance to register nine performances

### Ladies

493/8	1. Fiona Bishop
450/6	2. Anne Belchambers
340/5	3. Maureen Noel
257/4	4. Diana Braverman
239/6	5. Sue Rey
213/5	6. Pam Ficken
212/5	7. Chelsea O'Rawe/Hobbs
160/2	8. Barbara Edlin
138/4	9. Maureen Spelman
137/3	10. Jill Eve

*41 ladies have scored in the league*

### Men

673/9	1. Phil Williams	447/9	11. Bernie Hercock
585/8	2. Stephen Crane	443/7	12. Amos Seddon
582/8	3. David Sharpe	436/7	13. Dave Kates
570/8	4. Lol Dordoy	432/7	14. Ken Ballam
536/7	5. Nick Silvester	410/6	15. Andy Cox
529/9	6. Jon May	409/7	16. Ron Powell
525/9	7. Peter Crane	405/7	17. Mick Barnbrook
514/9	8. Brian Sturt	392/6	18. Arthur Thomson
497/7	9. Phil Barnard	354/4	19. Trevor Jones
454/6	10. Steve Uttley	335/7	20. Ken Livermore

*93 men have scored in the league*

### Team

1. Enfield & H AC	<b>3038</b>	<i>673 Williams, 529 May, 514 Sturt, 447 Hercock, 443 Seddon 432 Ballam</i>
2. Ilford AC	<b>2776</b>	<i>582 Sharpe, 570 Dordoy, 454 Uttley, 436 Kates, 405 Barnbrook, 329 Allen</i>
3. Enfield & H AC"B"	<b>1828</b>	<i>409 Powell, 335 Howard, 335 Livermore, 257 Braverman D, 248 Pender, 244 Oliver</i>
4. Surrey WC	<b>1798</b>	<i>585 Crane S, 525 Crane P, 213 Ficken, 208 Crane D, 174 Hoben, 93 Crane Sh</i>
5. Belgrave Harriers	<b>1591</b>	<i>340 Noel, 316 Culshaw, 286 King, 229 Lawton, 220 Fotheringham, 200 Hall</i>
6. Hillingdon AC	<b>1365</b>	<i>450 Belchambers, 410 Cox, 354 Jones, 151 Miles</i>
7. Aldershot F & D	<b>1336</b>	<i>536 Silvester, 493 Bishop, 138 Spelman, 77 Davies, 47 Richardson, 45 Lewis</i>
8. Castle Point	<b>1090</b>	<i>497 Barnard, 256 Cattano, 212 O'Rawe-Hobbs, 96 Kemp, 29 Bogenpoel</i>
9. Ilford AC"B"	<b>1041</b>	<i>301 O'Rawe, 283 Ainsworth, 120 Davis, 116 Trotter, 112 Ryan, 109 Dobson</i>
10. Leicester WC	<b>1006</b>	<i>290 Wall, 239 Rey, 166 Oldfield, 137 Eve, 121 Stapleford, 53 Dunn</i>

*A further 17 teams have two or more walkers in the complete League Table.*

### Five mile rankings

1. Estle Viljoen ( <i>Belgrave H</i> )	41.11	1. Andrew Cross ( <i>Herts/Phoenix</i> )	36.40
2. Chelsea O'Rawe-Hobbs ( <i>Castle point</i> )	46.18	2. Dominic King ( <i>Colchester H</i> )	37.34
3. Jill Eve ( <i>Leicester WC</i> )	48.05	3. Jim Ball ( <i>Steyning</i> )	37.47
4. Maureen Noel ( <i>Belgrave H</i> )	48.48	4. Scott Davis ( <i>Ilford AC</i> )	38.33
5. Anne Belchambers ( <i>Hillingdon AC</i> )	49.38	5. Nick Silvester ( <i>Aldershot &amp; D</i> )	39.43

*To date five walkers have bettered 40 minutes,  
twenty 45 minutes, forty-six 50 minutes, seventy-one 55 minutes and 88 the hour*

### Ron's Ramblings (now I'm not doing much race walking)

I would like on behalf of the Enfield & Haringey AC Walking section to thank all those who have rallied round to ensure that the Enfield league will continue. I have received a number of telephone calls and letters expressing support and offering help. So much so, that at the recent 20km we had two time keepers, three recorders and people waiting in the wings to step in if needed. Pam and Brian Ficken's sterling efforts at the water station were especially appreciated, particularly as it meant Pam sacrificing the opportunity to score league points for Surrey WC who are pressing hard for third place. I had a wonderful afternoon because with all this help I was able to wander about the course and absorb the atmosphere and offer encouragement. I thought that on the whole the walking was of a reasonable standard, making allowances of course for the newcomers, who once they had controlled their initial surge of adrenalin settled down, a view supported by judges George Brown and Ray Pearce when I spoke with them.

***A number of regular Leaguers will be absent from the 15th September fixture as they compete for international Masters titles in Italy, so whether walker or helper, if you are can get along your participation or assistance will be much appreciated.***