

Leaguers Triumph in World Masters

A number of *Leaguers* travelled to Riccione, Italy to compete in the World Masters championships, where Maureen Spelman and Arthur Thomson both pulled off a golden treble at 5km, 10km and 20km in the 70's section, thus adding to the golds they won at the European Masters championships earlier in the year. Their times were 33.08, 66.55 and 2.18.39 for Maureen and for Arthur 27.10, 55.23 and 1.53.26. Doug Fotheringham also made the podium taking silver in M75 5km and bronze in the 10km clocking 29.40 and 66.33 respectively. Jon Hall went close when finishing 4th in his M55 category 10km in a time of 53.18 following his 25.58 in the 5km and finished the meeting with a 1.52.20 20km. Club members Ken Livermore M70 recorded 36.30 for his 5km, 75.58 for 10km and 2.34.38 for 20km, whilst Harvey Jaquest in the M80 registered 90.16 for his 10km. Other *League* regulars posting times were: W45 Fiona Bishop with 31.48, 64.29 and 2.14.46 for the three distances, M55 Dave Kates 58.51 for 10km and 1.59.54 over 20km and Mick Graham better known and noted for his coaching and judging contribution to the sport, discarded his judges armband and walked the M55 5km and 20km posting times of 33.46 and 2.21.50 respectively.

Pickets Lock Initiative

This initiative to put on a race walk meeting at Lee Valley Stadium, Pickets Lock, with the express aim of raising awareness about our event has now officially become part of a joint development project involving the RWA and the Eastern Region of England Athletics. The track walk meeting has been fixed for Saturday 12th April and will be the finale to a series of presentations and demonstrations about race walking in Bedfordshire, Cambridgeshire, Essex, Hertfordshire, Norfolk and Suffolk. I have agreed to co-ordinate the scheme, the success of which will depend on input from the A and B sections of the sport, along with that from a number former internationals and leading figures of the seventies and eighties, who have recently expressed concern about race walking's future. Further information as and when available will be reported. In the meantime, don't hesitate to contact me if you are interested in becoming involved.

www. Series at Ashtons Track

The final race in the 2007 www. Series at Ashtons track, Woodford over 5km and billed as a birthday celebration walk to co-incide with the RWA Centenary, attracted twenty-two walkers. Sadly, because of travel difficulties two would be competitors didn't arrive in time to make the start line. Nevertheless, the twenty that did, constituted the best turn out of the season and the walk looked to be the best supported event of the meeting. I'm sure that the imaginative billing had something to do with it, but I wonder if the distance had too. Are the problems of tea-time travelling worth it to do 5km, which is a reasonable work out, whereas 3km, the distance raced in the earlier meetings of the season aren't? Chris Cattano got the better of an exciting duel with Phil Barnard who nevertheless set a pb. In third place Stephen Crane posted his fastest 5km since his comeback.

***The next Race is over 5km on Saturday 13th October
at the revised start time of 2.00pm***

Everybody will be welcome

Conditions for the tenth race in the series were much cooler and in pleasant autumn conditions fifteen of the thirty-six starters set seasonal or personal bests, whilst three walkers bettered the hour for the first time. Phil Barnard, Trevor Jones, Phil Williams passed the mile together in 8.06 with Steve Uttley ten seconds in arrears and Stephen Crane a further twenty seconds behind with Amos Seddon just behind him. By two miles (16.02) Barnard had opened up a twenty second lead over the battling Jones and Williams, whilst Crane had moved considerably closer to Uttley as they passed the marker just over fifty seconds adrift of the leader. During the third mile (24.13) the leader consolidated his lead, Jones was just beginning to get away from Williams and Crane passing Uttley, was honing in on the second and third placers. Barnard won easily in the end, Jones was second and Crane got the better of Williams, in what was an exciting battle for the minor placings with Uttley not that far behind. Jill Eve sliced a huge two and a half minutes off her previous best on this course to win the ladies race from Anne Belchambers and national 50km champion Maureen Noel. Novices Geoff Richardson, Steve Norris and Sue Barnett all qualified for their *Five in the Hour* badges.

1 Phil Barnard	(Castle Point)	40.44	19 Mark Culshaw	(Belgrave H)	51.40
2 Trevor Jones	(Hillingdon AC)	41.31	20 Maureen Noel	(Belgrave H)	51.40
3 Stephen Crane	(Surrey WC)	41.58	21 Brian Sturt	(Enfield & HAC)	52.25
4 Phil Williams	(Enfield & HAC)	42.16	22 Mick Barnbrook	(Ilford AC)	52.53
5 Steve Uttley	(Ilford AC)	42.58	23 Peter Stapleford	(Leicester WC)	53.09
6 Steve Allen	(Ilford AC)	44.22	24 John Whyte	(Vets AC)	53.31
7 Jill Eve	(Leicester WC)	45.34	25 Martin Oldfield	(Leicester WC)	54.32
8 Amos Seddon	(Enfield & HAC)	46.23	26 Steve Norris	(TVH)	54.54
9 Andrew Cox	(Hillingdon AC)	46.36	27 Bernie Hercock	(Enfield & HAC)	55.11
10 Dave Sharpe	(Ilford AC)	47.21	28 Peter Howard	(Enfield & HAC)	55.27
11 Ollie Brown	(Ilford AC)	48.05	29 Jon May	(Enfield & HAC)	55.53
12 Anne Belchambers	(Hillingdon AC)	49.15	30 Sue Rey	(Leicester WC)	55.56
13 Paul King	(Belgrave H)	49.16	31 Sue Barnett	(Cambs & Col)	58.19
14 Mike Hinton	(Ilford AC)	49.25	32 Dave Ainsworth	(Ilford AC)	59.49
15 Alan Ellam	(Enfield & HAC)	49.45	33 Sue Clements	(Enfield & HAC)	61.11
16 Lol Dordoy	(Ilford AC)	49.58	34 Pam Ficken	(Surrey WC)	62.08
17 Geoff Richardson	(AFD)	50.07	35 Peter Emery	(Enfield & HAC)	64.58
18 Ron Powell	(Enfield & HAC)	51.08		36 started	
<i>Team:</i> 1 Ilford AC	<i>Uttley, Allen, Sharpe</i>	15	4 Belgrave Harriers	<i>King, Noel, Culshaw</i>	42
2 Hillingdon AC	<i>Jones, Cox, Belchambers</i>	18	5 Leicester WC	<i>Eve, Stapleford, Rey</i>	42
3 Enfield & HAC	<i>Williams, Seddon, Ellam</i>	21	6 Enfield & HAC "B"	<i>Powell, Sturt, Hercock</i>	51

Handicap: The winners on this occasion all registered huge improvements on their previous form this season to better the 36 minute standard on which the handicap is framed, but just to underline what a good job Jon May is doing with his handicapping, the next eight finished within a minute of the standard. The winners were:

Stephen Crane (8.30) 33.38 Dave Ainsworth (25.00) 34.49 Micky Barnbrook (17.30) 35.23

Ollie's Walk for Good Causes

Eleventh placer Ollie Browne is fund raising for ten charities by walking from Southend to Valentines Park, Ilford on September 30th this year. I know that many *Leaguers* have contributed to his fund and wish him well. He is repeating a feat he did some years ago, so lets hope that the amount he raises this time has more than kept up with inflation!

RWA Centenary Dinner

So far as I know, the only Enfield & Haringey walkers who have booked tickets for this function are Margaret and Ken Livermore, Bernie Hercock, Joan and myself. Tickets for the function being held at the RAF Club, Piccadilly, are £25. I know these types of event don't suit everyone, but this one does provide an opportunity to have a night out in the friendly atmosphere that race walkers tend to create when they gather together. I will be out of circulation over the next three weeks, so please contact Ken Livermore if you would like to join the presently small Enfield Table. His telephone number is: 01442 259 103.

Enfield League Tables

Following race ten, there have been significant changes in the League tables. With Fiona Bishop away competing in Italy, Anne Belchambers took the opportunity to leap frog her into the ladies top spot, but only by six points, whilst in the men's table Stephen Crane's third place has narrowed the gap between himself and the leader Phil Williams. However, solid performances by Dave Sharpe and Lol Dordoy keep the pressure on Stephen. Phil Barnard's victory shot him up from ninth to fifth, just in front of absentee Nick Silvester. Further down the field clusters of walkers within a few points of each other gives the promise of some intense competition in the remaining fixtures. To date 134 people, have taken part in this years series and twenty-four of them still have chance to register nine performances

Ladies

499/7	1. Anne Belchambers
493/8	2. Fiona Bishop
381/6	3. Maureen Noel
270/7	4. Sue Rey
239/6	5. Diana Braverman
240/6	6. Pam Ficken
212/5	7. Chelsea O'Rawe/Hobbs
194/4	8. Jill Eve
160/2	9. Barbara Edlin
154/3	10. Sue Clements
151/3	11. Jo Miles
138/4	12. Maureen Spelman

Men

702/9	1. Phil Williams	459/9	13. Bernie Hercock
643/9	2. Stephen Crane	452/8	14. Ron Powell
633/9	3. David Sharpe	444/8	15. Mick Barnbrook
615/9	4. Lol Dordoy	436/7	16. Dave Kates
557/8	5. Phil Barnard	432/7	17. Ken Ballam
536/7	6. Nick Silvester	413/5	18. Trevor Jones
535/9	7. Jon May	392/6	19. Arthur Thomson
525/9	8. P. Crane	384/5	20. Steve Allen
523/9	9. Brian Sturt	368/8	21. Peter Howard
510/7	10. Steve Uttley	358/5	22. Mark Culshaw
496/8	11. Amos Seddon	335/7	23. Ken Livermore
462/7	12. Andrew Cox	334/6	24. Paul King

41 ladies have scored in the league

93 men have scored in the league

Team

1. Enfield & H AC	3167	702 Williams, 535 May, 523 Sturt, 496, Seddon, 459 Hercock, 452 Powell
2. Ilford AC	3022	633 Sharpe, 615 Dordoy, 510 Uttley, 444 Barnbrook, 436 Kates, 384 Allen
3. Enfield & H AC "B"	1884	432 Ballam, 368 Howard, 335 Livermore, 257 Braverman D, 248 Pender, 244 Oliver
4. Surrey WC	1883	643 Crane S, 525 Crane P, 240 Ficken, 208 Crane D, 174 Hoben, 93 Crane Sh
5. Belgrave Harriers	1722	381 Noel, 358 Culshaw, 334 King, 229 Lawton, 220 Fotheringham, 200 Hall
6. Hillingdon AC	1525	499 Belchambers, 462 Cox, 413 Jones, 151 Miles
7. Aldershot F & D	1380	536 Silvester, 493 Bishop, 138 Spelman, 91 Richardson, 71 Davies, 45 Lewis
8. Leicester WC	1165	290 Wall, 270 Rey, 202 Oldfield, 191 Eve, 159 Stapleford, 53 Dunn
9. Castle Point	1150	557 Barnard, 256 Cattano, 212 O'Rawe-Hobbs, 96 Kemp, 29 Bogenpoel
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.

Five Mile Rankings

65 minutes or two League appearances required to register in this list

A complete list is posted at each League fixture

Although not a league race, times posted at five miles by Leaguers in the **Badge Race** meeting at Pickets Lock on 17th November will qualify for inclusion in this table.

1. Estle Viljoen (Belgrave H)	41.11	1. Andrew Cross (Herts/Phoenix)	36.40
2. Jill Eve (Leicester WC)	45.34	2. Dominic King (Colchester H)	37.34
3. Chelsea O'Rawe-Hobbs (Castle point)	46.18	3. Jim Ball (Steyning)	37.47
4. Maureen Noel (Belgrave H)	48.48	4. Scott Davis (Ilford AC)	38.33
5. Anne Belchambers (Hillingdon AC)	49.15	5. Nick Silvester (Aldershot & D)	39.43
6. Sue Davies (Hillingdon AC)	50.02	6. Phil Barnard (Castle Point)	40.44

To date five walkers have bettered 40 minutes,
twenty 45 minutes, forty-seven 50 minutes, seventy-two 55 minutes and ninety-one the hour

Still on Statistics

At the last race there was considerable interest in Jon May's National 50km and Surrey Hundred splits and breakdowns. Some walkers who took part in those events were grateful for the opportunity to note their personal statistics. The sheets will be available at future races for reference should anyone else like to see them.

Spotlight on Peter Emery c625

Peter started running when he was 16 with Finchley Harriers which through amalgamations over the years is now Hillingdon AC and he competed in cross country, road relays, track and road events. He confesses to never getting beyond the “C” or “D” teams, but did run the mile under five minutes a couple of times and recorded 28.44 for five miles, 64.56 for ten, 2h.17 for twenty, 3h.25 for the marathon and 5h.19 for the Woodford to Southend.

Peter’s running career spanned the sixties and seventies and it was when he took up employment at Vauxhall Motors in the mid seventies that he really discovered race walking when he joined six or seven colleagues in lunch-time training sessions. Everyone in the group was faster than he and it included the late George Coleman, one of the most respected walkers of his era and from whom Peter learned much.

Looking back to 1979, he recalls bettering ten hours (9.55.56) in his first London to Brighton as a particularly thrilling and satisfying moment and feeling the same warm glow of satisfaction three years later when qualifying as a *Centurion (No 625)* with 23.06.34 in the 1982 Leicester hundred. Many athletes will relate to his recurring “*I think I’m going to die*” feeling and the elation that follows when you have seen a race through.

For the most part, the whole of his athletic experience has been enjoyable and he is convinced that a major contributing factor to this and the reason he gets along to races whenever he can, is the friendly accommodating people that race walking seems to attract. There are not he says, many sports where people are as genuinely interested in your performance as they are their own.

Always a solid club man Peter’s best times are: 3km 15.25, 7 miles (road) 60.12, 10 miles 86.20, 20 miles 3h 08, 50km 5h 14 and 100km 11h 53.

Forthcoming Fixtures

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.

81st Enfield Open Seven

The chance to take part in history – see last edition of Enfield walker

Saturday 10th November 2007

at Queen Elizabeth Stadium, Donkey Lane, Enfield

start: 2.00pm

Entries in advance: £3.00

Entries on the day £4.00

Scratch and Spot Prizes

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

Entries should include: name, date of birth, Club, address or email and sent or given to Ron Wallwork

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.

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.