



The Open Seven The heavy rain stopped just before the meeting started at Lee Valley Stadium with the under fifteen's events at 1.30pm. They were in effect a beginner's trial and Sarah Driver and her Newmarket clubmates showed distinct promise. In the under seventeen three miles held in conjunction with the main race, Kelsey Howard once again mixed it with the seniors, but all the girls looked good and Aldershot, in Felicity Deamer have a walker with potential. Katie Gibbons was involved in a tremendous family finish, just getting the better of her father Paul who won the Novice three miles.

Dianne Bradley got caught up in some very competitive racing with the men, which took her well clear of her main rival Helen Middleton and Steve Allen had to pull out all the stops to prevent her finishing in the top dozen overall. Third place went to seventeen year old Becky Collins, who walked at six mph pace only a year after collecting her five miles in the hour on the track at this venue.

In the men's senior race, Darrell Stone, just as he did on his previous visit to Lee Valley for the national ten miles in February, completely dominated the race. Scot Davis made a determined effort to stay with him and was rewarded with a personal best. Carl Thomson (*right*) was third, and young Tom Bosworth (*nearest camera*) who must have set a huge pb finished fourth. In fifth place all the way from York was Paul Evennett who suffered a dq on his last visit to LVS. He had obviously been working hard at his technique and in my opinion looked a much improved walker.



A special award in memory of **Bob Clark**, for the *Outstanding Youngster* presented the organisers with a difficult choice. Kelsey Howard got the verdict over the outstanding Tom Bosworth and as the result on page two shows, there were other promising youngsters on show. Bob was a member of great Britain's winning team in the inaugural Lugano Cup competition (now the World Cup) in 1961 and was twice an Enfield Open winner.

It was an easy team triumph for Steyning with Ilford second and the promoting club third. Enfield & H AC won the mixed team competition from Hillingdon AC and their ladies were the only team to close-in in that section

In all seventy-two walkers representing sixteen clubs took part and I am indebted to all of them, along with the officials, helpers and supporters for a wonderful, old fashioned, enjoyable Saturday afternoon's sport.

Changes to the League The organisers, ever mindful of the need to improve and progress the *League*, have drawn up a provisional fixture list for next year's series. The number of fixtures have been reduced and replaced by Training Days and the thought process behind the change is two fold: Reduce fixture clashes and provide much needed breathing space and opportunities for walkers to improve fitness and technique. The first three months of the calendar are printed on the back page. *Comments are welcome!*

Guernsey Record for Carl Thomson Second claimer Carl Thomson set a new All-comers Record for the 5000 metres track when finishing seventh in the Sarnia Walking Club Handicap Series. He stopped the clock at 23.02.7 to remove half a minute from the time set in 1977 by a young Rob Elliott. Len Duquemin's M40 Guernsey best time of 23.28 set in England in 1971 was also surpassed. Carl has walked faster on the road, clocking 22.42 nineteen years ago and hopes to improve on that in due course.

The Final 2008 fixture is a 5 miler and Newcomer's Mile

Saturday 29th November

2pm at Queen Elizabeth Stadium, Donkey Lane, Enfield

*You will be welcome even if you don't intend to do the full distance
and if you are not walking, those that are will appreciate your support*

82nd Enfield Open Seven Meeting**u13's Half Mile**

Jessica Podd	9	Newmarket	5.58
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u15's Mile

1 Sarah Driver	14	Newmarket	9.58
2 Chloe Beeton	14	Newmarket	10.45
3 Sophie Moss	14	Newmarket	11.18
4 Jodi Podd	12	Newmarket	11.25
5 Becca Shinedine	13	Newmarket	11.30
6 Charlotte Jones	13	Newmarket	11.31

U17's Three Miles

1 Kelsey Howard	14	Ashford AC	25.41
2 Felicity Deamer		Aldershot FD	30.38
3 Louise Bradley	16	Tonbridge	31.51
4 Kate Gibbons	14	Aldershot FD	35.06
5 Rosie Gibbons	14	Aldershot FD	36.00

Beginners Mile

1 Jenny Grimwood		Newmarket	13.06
2 Joanne Podd		Newmarket	13.06

Novice Three Miles

1 Paul Gibbons		Aldershot	35.06
2 Eddie Trotter		Ilford AC	36.25

Ladies Open Seven

1 Dianne Bradley	49	Tonbridge	61.32
2 Helen Middleton	45	Enfield HAC	65.58
3 Becky Collins	17	Medway	70.04
4 Ann Belchambers	54	Hillingdon AC	70.14
5 Fiona Bishop	49	Aldershot FD	71.07
6 Diana Braverman	57	Enfield HAC	75.59
7 Norma Grimsey	51	Enfield HAC	78.44
8 Francois Fernandez	58	Loughton AC	83.43
9 Jo Miles	53	Hillingdon AC	88.15
10 Ann Lewis Ret 3miles	60	Aldershot FD	32.52

Teams

Ladies: Enfield HAC 2, 7 +8 = 17

Men: Steyning AC 1, 8 + 9 = 18

Ilford AC 1, 12 + 15 = 29

Enfield H AC 3, 14 + 22 = 39

Mixed: Enfield H AC Hillingdon AC

Mens Open Seven

1 Darrell Stone	40	Steyning AC	51.22
2 Scot Davis	33	Ilford AC	51.45
3 Carl Thomson	42	Enfield HAC	53.38
4 Tom Bosworth	18	Tonbridge	54.33
5 Paul Evennett	40	York CIU	54.59
6 Nick Silvester	53	Aldershot AFD	55.38
7 Trevor Jones	52	Hillingdon AC	56.46
8 Jim Ball	45	Steyning AC	56.57
9 Ian Richards	60	Steyning AC	57.38
10 Jonathan Hobbs	15	Ashford AC	58.29
11 Steve Crane	28	Surrey WC	60.17
12 Steve Allen	50	Ilford AC	61.26
13 Andrew Cox	56	Hillingdon AC	61.50
14 Arthur Thomson	72	Enfield HAC	62.51
15 Dave Kates	60	Ilford AC	62.56
16 Mark Byrne	47	York CIU	63.18
17 Steve Uttley	51	Ilford AC	63.21
18 Martin Fisher	46	Redcar RWC	64.55
19 Shaun Lightman	65	Surrey WC	65.50
20 Rod Dunn	56	Leicester WC	65.55
21 Chris Hobbs	53	Ashford AC	66.22
22 Alan Ellam	52	Enfield HAC	66.39
23 Mick Harran	70	Surrey WC	66.47
24 Amos Seddon	67	Enfield HAC	66.59
25 David Sharpe	55	Ilford AC	67.08
26 Paul King	57	Belgrave H	67.12
27 Mike Hinton	67	Ilford AC	67.47
28 Sean Pender	55	Enfield HAC	68.03
29 Ken Ballam	70	Enfield HAC	68.53
30 Lol Dordoy	52	Ilford AC	69.24
31 Bob Dobson	66	Ilford AC	69.35
32 Chris Flint	63	London Vids	70.11
33 Jon May	57	Enfield HAC	73.16
34 Peter Crane	63	Surrey WC	74.05
35 Dave Stevens	72	Steyning AC	74.32
36 Ron Powell	72	Enfield HAC	75.18
37 Alan O'Rawe	67	Ilford AC	75.42
38 John Whyte	69	Vets AC	76.34
39 Dave Hoben	56	Surrey WC	76.41
40 Peter Howard	66	Enfield HAC	76.46
41 Peter Cassidy	69	Loughton AC	77.13
42 Bernie Hercock	72	Enfield HAC	77.49
43 Ken Livermore	70	Enfield HAC	88.37
44 Jack Fitzgerald	85	Surrey WC	106.46

M.Culshaw 5mile 42 Belgrave H 46.54

P.Barnard 6mile 24 Castle Point Dsq

Bob Clark Award Kelsey Howard

Outstanding Young Walker

Judges

Mick Graham, Ray Pearce
Pauline Wilson Runner: Paul Ray

Timekeeper

Peter Selby

Recorders

Pam Ficken, Pauline Kates
John Hall, Eric Hall, Tony Perkins

Marshalls

Dave Ainsworth, Jim Rooke,
Ken Roost, Brian Sturt

The RWA AGM takes place at the Alexander Stadium, Birmingham on **Sunday 14th December**. It starts at 2pm and is an opportunity for walkers to express their views and learn something about the workings of the Association, but seldom turn up do so. The Association's Hon Sec Peter Cassidy (01277 220 687) can supply further details.

Milton Keynes Afternote One of the timekeepers at the MK100 was Ed Gutteridge who told me that he really enjoyed the event and promptly offered to be part of the time keeping team for the Barclay Hundred at Newmarket next year. Now, if the name seems familiar to some readers, it won't be surprising. His late father Bill was a well known judge and official, his brother Robert walked for the Metropolitan walking Club with the likes of Don Thompson and Shaun Lightman. However his twin Arthur qualified as a *Centurion* clocking 21.50.05 over the difficult Ewell course in 1971 to take number 476.

To take part in the event, Arthur had to sneak out with his gear, because his mum, who was in the Ambulance Service had forbidden him to do the event. Upon his return home afterwards, her anger was tempered with concern as she instantly recognised a thrombosis in his leg and was able to initiate immediate attention.

Ed himself has some experience in ultra distance running and now like his late father, serves athletics in an official capacity at events whenever he can. We look forward to seeing him, hopefully before 11th/12th July next year.

Ken Roost writes Hi Ron, Congratulations on your article on Enfield 100 mile efforts. I am not one to nit-pick but I noticed that you omitted Peter Worth's 1976 Woodford Green effort in the same race as Jack Rossiter. Peter completed the 100 miles in 19.23.18 finishing third. He went on to complete twenty-four hours, covering 121 miles 609 yards maintaining third position. I appreciate that when getting so many facts and figures together one is likely to make the odd error and with a record like Peter's it is easy to miss one out. I believe that you are a *Centurion* so why isn't your name on the list?

I'm indebted to Ken for pointing out the omission and happy to correct it in this issue. The reason that my name or that of Ken Livermore doesn't appear on the list is because we were not EHAC members at the time.

Results Round-up At Tooting Track on 18th/19th October Sue Clemments walked fifty-two miles in 12. 24.00. The event is an annual twenty-four hour running race, which has over the years welcomed walker participation.

Seventeen faced the starter in the first race of the 2008/09 Cambridge Harriers League on 18th October. Bernie Hercock was the club's only entrant clocking 34.28. Feature of the race was the fine showing of youngsters Kelsey Howard (u17) 27.24, who was second lady behind Diane Bradley 27.08, Tom Bosworth, Liam Baldwin (u20) and Jonathan Hobbs (U17) who filled the first three men's places in 23.42, 25.15 and 25.27.

Enfield H AC walkers in action at Steyning's 10km on 25th October, which attracted a field of twenty, were Arthur Thomson 58.13, Helen Middleton who won the ladies race in 58.44, Sean Pender 61.52, and Bernie Hercock 69.41. Overall winner was the home club's Darrell Stone 46.43, from Trevor Jones 49.46 and Jim Ball 52.17. *Leaguers* Micky Harran 61.03, Anne Belchambers 61.55, Fiona Bishop 64.31 and Jo Miles 69.38, were also in action. A performance that caught my eye, was that of fifteen year old Jonathan Hobbs who improved by over half a minute on his National 10km time when clocking 53.28.

Mark Easton won his own club's "Addington Vase" seven miles at Monks Hill on 1st November in 56.10. There were fifteen starters and Helen Middleton was EHAC's leadng walker who clocking 67.19 in fourth place overall, whilst Bernie Hercock notched up his forty-seventh performance of 2008 in fourteenth place with a time of 80.17



Enfield & Haringey Presentation Night

Olympic Bronze medallist Tasha Danvers presents the Norman Easlea Cup (Best Walker) to Sean Pender, the Oliver Cup (Best Newcomer) to Norma Grimsey, the Ken Easlea Cup (Club Walker of the Year) to Bernie Hercock and joins the Walker's Table for a chat, a laugh and the photograph.

League Positions after Eleven Fixtures

The open seven, with bonus points in the offing, a good sized field and walkers with races in hand, was always going to be a crucial fixture. Stephen Crane takes over from long time *League* leader Phil Barnard, who was ruled out and while Steve Uttley retained his third spot, Nick Silvester slipped into second and Trevor Jones, still with a race in hand now threatens all above him. In the ladies section Fiona Bishop's position isn't as secure as it looks at first glance, because of Anne Belchamber's race in hand. Team-wise, Ilford are unassailable but Hillingdon could still catch Surrey for third place.

Jon May reports that one hundred and ninety-eight walkers have so participated in this years series registering five hundred and seventy-five performances and that with a single fixture remaining, thirty-six walkers have qualified for 2008 *Leaguer* vests and a further eight can still do so.

Ladies

600/9	1. Fiona Bishop
562/8	2. Anne Belchambers
489/7	3. Helen Middleton
472/9	4. Jo Miles
334/5	5. Maureen Noel
321/7	6. Norma Grimsey
309/7	7. Barbara Edlin
292/5	8. Sue Rey
226/5	9. Diana Braverman
193/2	10. Dianne Bradley

77 ladies have so far scored in the league

Men

793/9	1. Stephen Crane	578/9	11. Sean Pender
779/9	2. Nick Silvester	560/9	12. Lol Dordoy
776/9	3. Steve Uttley	548/9	13. Ron Powell
756/8	4. Trevor Jones	545/8	14. Dave Sharpe
754/9	5. Phil Barnard	541/8	15. Alan Ellam
747/9	6. Andrew Cox	539/9	16. Bernie Hercock
701/9	7. Dave Kates	537/7	17. Arthur Thomson
620/9	8. Rod Dunn	531/9	18. Amos Seddon
612/9	9. Jon May	530/9	19. Peter Crane
599/9	10. Mike Hinton	468/6	20. Mark Wall

121 men have so far scored in the league

Team

1	Ilford AC	3631	776, Uttley, 701 Kates, 599 Hinton, 560 Dordoy, 545 Sharpe, 450 O'Rawe
2	Enfield & H AC	3349	612 May 578 Pender, 548 Powell, 541 Ellam, 467, 539 Hercock, 531 Seddon
3	Surrey WC	2712	793 Crane S, 578 Crane P, 422 Harran, 390 Hoben, 358 Lightman Shaun, 219 Nihill
4	Hillingdon AC	2685	756 Jones, 747 Cox, 562 Belchambers, 472 Miles, 83 Makowska, 65 Humphrys
5	Ilford AC"B"	2098	408 Davis, 378 Browne, 367 Ryan, 358 Allen 295 Barnbrook, 292 Ainsworth
6	Leicester WC	1960	620 Dunn, 489 Middleton, 468 Wall, 292 Rey, 55 Berwick, 36 Stapleford
7	Enfield H AC"B"	1895	423 Howard, 321 Grimsey, 315 Sturt, 309 Edlin, 301 Livermore, 226 Braverman
8	Belgrave Harriers	1879	394 King, 360 Lawton, 334 Noel, 304 Hall J, 303 Culshaw, 281 184 Fotheringham
9	Aldershot F & D	1727	779, Silvester, 600 Bishop, 149 Lewis, 89 Spelman, 69 Davies, 41 Gibbons K
10	Castle Point	1092	754 Barnard, 153 O'R-Hobbs, 124 Cattano, 42 Kemp, 19 Bell

2009 Provisional Enfield League fixtures

4 th January	Sunday 10.00am	<i>Leaguer's "Get the year off to a good start"</i> one to two hours training spin Suggestions for a venue welcome.
17 th January	2.00pm (1)	5miles - 2009 Opening Fixture and Presentation of 2008 League Awards Donkey Lane, Enfield
7 th February	10am	<i>Leaguer's</i> Training Day - open to walkers of any age or standard Venue and content to be fixed
21 st February	2.00pm (2)	10miles incorporating UKA/RWA National, Middlesex, Herts and Essex Lee Valley Athletic Centre, Pickets Lock County Championships
14 th March	2.00pm (3)	5 miles – Pat Furey Open Races (double points) Donkey Lane, Enfield
4 th April	10.00am	<i>Leaguer's</i> Training Day - open to walkers of any age or standard Venue and content to be fixed

Forthcoming Events

The second **Cambridge Harriers** Winter League race is on **Saturday 6th December**. Over the usual 5km distance, the start time 2pm and "A" rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent, in good time, because the start is a little distance from the club house.

5km is the distance of **Surrey's** Christmas fixture at Monks Hill on **Saturday 13th December** at 2.30pm Registration is at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a ten minute walk from the start. Map and directions on the Surrey Walking Club web-site.