

The 2008 League – The best to Date

Six hundred and eleven performances by more than two hundred walkers is the reason for the proud boast of “The best to Date”. Congratulations to Ilford AC, Fiona Bishop and Trevor Jones on their top placings and to everyone, be they walkers, officials or volunteer helpers. It is the involvement of so many people that creates the atmosphere and the “buz” that makes the *League* the success that it is.

I am conscious that whilst EHAC takes the plaudits for this success, without the input of officials from clubs like Belgrave, Ilford, Loughton, Southend and Surrey Walking Club, staging the fixtures would be nigh impossible. So in many ways the *League* is a triumph for the Southern Area.

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Sick List Following a successful season in which he dominated the walking M80 division of the Masters championships, **Harvey Jaquest** was admitted to hospital in mid November with DVT. He is back home now and making progress, albeit a little on the slow side for his liking. Doctors say it will take time, but have not ruled out the possibility that he might race walk again, which has given him a real fillip and he was very upbeat when I spoke with him.

The Club’s ultra distance specialist Sue Clements has been laid low with a viral infection which she picked up on a hospital visit for a check up. She is well on the way to recovery and we hope to see her fully fit for the start of the 2009 season.

Congratulations to EHAC and the athletes who won the SPEED category in the 2008 Norwich Union Power of 10 Club Awards.

RWA Levy Update Peter Cassidy tells me that to date the RWA Levy Scheme which was introduced earlier this year had so far realised over £800 from which the national body would have the benefit £400 and the three areas £125 apiece. *Leaguers* might like to know that by my reckoning, the 2008 series has so far contributed in the region of £210 towards the total, and in addition donated £100 from the proceeds of the National Ten staged in conjunction with our second fixture of the season.

Enfield’s willingness to contribute to the sport in ways other than putting on races is not new. In 2007 the *League*, made a £300 plus, contribution to the European Cup for Walking Appeal, an example, sadly not followed up by any other club or walk promoter.

Festive Season Action

On Boxing Day **Enfield & Haringey AC** stage their annual ***Boxing Day 5km***. It is an 11am start, staged from Lee Valley Stadium and it is open to runners and walkers.

There has been a poor response to the notion of a ***Get the Year off to a Good Start*** one to two hour training spin on **Sunday 4th January**. Lee Valley Stadium is the proposed meeting place with an assembly time of 9.45am for a prompt 10am start, over an out and back course along the Lee Valley. Perhaps its not such a good idea after all, so **if I don’t hear from anymore takers before Boxing Day it will be cancelled**.

The last race of the 2008 series was held in overcast, cold conditions and thirty-six walkers took part. The final *League* positions were still in dispute, so some keen racing was the outcome, particularly between Fiona and Anne in the ladies section and Nick and Trevor in the men's and between Surrey and Hillingdon in the team competition.

Brightening up the dismal day were the performances of young Aldershot twins Katie and Rosie Gibbons, who both showed great determination in successfully tackling the full distance. Rosie just missed the hour, but Katie recorded a stunning 53.13 and they must surely have a bright future in the sport.

Ladies

- 1. Helen Middleton (*Enfield HAC*) 46.40 46
- 2. Maureen Noel (*Belgrave H*) 49.10 45
- 3. Anne Belchambers (*Hillingdon AC*) 49.32 54
- 4. Fiona Bishop (*Aldershot F & D*) 51.40 49
- 5. Katie Gibbons (*Aldershot F & D*) 53.13 14
- 6. Jo Miles (*Hillingdon AC*) 55.13 53
- 7. Maureen Spelman (*Aldershot F & D*) 56.41 70
- 8. Ann Lewis (*Aldershot F & D*) 57.07 60
- 9. Rosie Gibbons (*Aldershot F & D*) 60.30 14
- 10. Emilia Makowska (*Aldershot F & D*) 62.09 28
- 11. Sue Lauder (*unattached*) 3m 36.32 35

Men

- 1. Nick Silvester (*Aldershot F & D*) 40.21 53
- 2. Trevor Jones (*Hillingdon AC*) 40.48 52
- 3. Steve Crane (*Surrey WC*) 44.20 28
- 4. Arthur Thomson (*Enfield H AC*) 45.52 72
- 5. David Kates (*Ilford AC*) 45.55 60
- 6. Shaun Lightman (*Surrey WC*) 46.09 65
- 7. Carl Lawton (*Belgrave H*) 46.20 60
- 8. Rod Dunn (*Leicester WC*) 46.24 56
- 9. Alan Ellam (*Enfield H AC*) 47.30 52
- 10. Amos Seddon (*Enfield H AC*) 47.53 67
- 11. Dave Sharpe (*Ilford AC*) 48.51 55
- 12. Mike Hinton (*Ilford AC*) 49.09 67
- 13. Lol Dordoy (*Ilford AC*) 49.13 53
- 14. Tony Kelly (*Ilford AC*) 50.42 60
- 15. Peter Crane (*Surrey WC*) 51.03 63
- 16. Ron Powell (*Enfield H AC*) 52.24 73
- 17. Jon May (*Enfield H AC*) 52.51 57
- 18. John Whyte (*Vets AC*) 53.20 69
- 19. Peter Howard (*Enfield H AC*) 54.35 66
- 20. Dave Hoben (*Surrey WC*) 55.32 56
- 21. Bernie Hercock (*Enfield H AC*) 56.00 72
- 22. Doug Fotheringham (*Belgrave H*) 56.06 78
- 23. Dave Ainsworth (*Ilford AC*) 63.56 60
- 24. Ken Livermore (*Enfield H AC*) 63.56 75
- 25. Paul Gibbons (*Aldershot F & D*) 3m 36.40 40



Rosie Katie

Handicap:

- Shaun Lightman (11.20) 34.48
- Helen Middleton (11.30) 35.10
- Peter Crane (14.20) 36.43

Judges:

Peter Cassidy, John Hall,
Ray Pearce and Pauline Wilson

Time Keeper:

Jim Rooke

Recorders:

Pauline Kates,
Michael Parker
Tony Perkins



No prizes for identifying this walker who is an ever-present official at *League* races.

Interesting Stuff

Serena Queeney was in touch with me recently to let me know that she hopes to be back in *League* action soon to start her preparation for the Barclay Hundred at Newmarket in July next year. Serena paints for her own pleasure and has a great interest natural history. However, falconry is her great passion and with "Elmo" her harris hawk she works as part of the bird control team at Mildenhall air base.

She sent me a cutting from a "British Falconers" magazine about Edward Blair-Michell (1842 1926) a distinguished lawyer who was in his day widely regarded as the "father of falconry". He was also an outstanding sportsman winning numerous rowing and boxing awards and something of an administrator. The article reports that he was the Honorary Secretary of the All-England Croquet Club and was involved in the purchase of the championship ground at Wimbledon in 1868. Of particular note, the piece also reveals that in the same year, he took to competitive race walking and beat the 'medium champion walker of the world' at a pace of seven miles an hour.

I'm not sure who the medium champion was and as his boxing career commenced in 1869 he wasn't in the sport very long

Enfield Walking League 2008

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hundred walkers

It's all over for another year and an exciting finish it was too! Fiona just managed resist Anne's late surge, whilst Trevor finished with a comfortable margin in front of Steve. Poor Nick, he won six races and only just squeezed out Steve Uttley to take third. How could this be? Well, the intangibles of the *League*; the size of the field in each fixture, the bonus points in designated races and the opportunity to drop poor performances if contestants compete in more than nine races, is the reason. Jon May will be providing more information in time for the January edition, but in the meantime, I'd like to thank everyone, walkers and particularly the officials, helpers and volunteers without whose support the *League* just couldn't function.

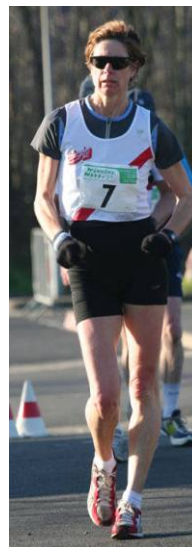
Ladies Top Fifteen

1. Fiona Bishop (Aldershot F & D) 614/9
2. Anne Belchambers (Hillingdon AC) 607/9
3. Helen Middleton (Leicester WC) 502/8
4. Jo Miles (Hillingdon AC) 481/9
5. Maureen Noel (Belgrave H) 381/6
6. Norma Grimsey (Enfield H AC) 321/7
7. Barbara Edlin (Enfield H AC) 309/7
8. Sue Rey (Leicester WC) 292/5
9. Diana Braverman (Enfield H AC) 226/5
10. Diana Bradley (Ashford AC) 193/2
11. Ann Lewis (Aldershot F & D) 180/5
12. Chel O'Rawe-Hobbs (Castle Point) 153/3
13. Jackie Cox (Loughton AC) 150/2
14. Maureen Spelman (Aldershot F & D) 121/4
15. Frans Fernandez (Loughton AC) 120/2

Fiona



Anne



Helen



Men's Top Fifteen

1. Trevor Jones (Hillingdon AC) 815/9
2. Steve Crane (Surrey WC) 794/9
3. Nick Silvester (Aldershot F & D) 779/9
4. Steve Uttley (Ilford AC) 776/9
5. Phil Barnard (Castle Point) 754/9
6. Andrew Cox (Hillingdon AC) 747/9
7. Dave Kates (Ilford AC) 704/9
8. Rod Dunn (Leicester WC) 673/9
9. Jon May (Enfield H AC) 616/9
10. Mike Hinton (Ilford AC) 609/9
11. David Sharpe (Ilford AC) 594/9
12. Arthur Thomson (Herts Phoenix) 594/8
13. Alan Ellam (Enfield H AC) 592/9
14. Sean Pender (Enfield H AC) 578/9
15. Lol Dordoy (Ilford AC) 572/9

left to right: Nick, Steve and Trevor

Top Ten Teams

- 1 Ilford AC **3705** 776, Uttley, 704 Kates, 609 Hinton, 594 Sharpe, 572 Dordoy, 450 O'Rawe
- 2 Enfield & H AC **3458** 616 May, 592 Ellam, 578 Pender, 570 Seddon, 555 Powell, 547 Hercoc
- 3 Hillingdon AC **2827** 815 Jones, 747 Cox, 607 Belchambers, 481 Miles, 112 Makowska, 65 Humphrys
- 4 Surrey WC **2820** 794 Crane s, 547 Crane P, 425 Hoben, 422 Harran, 413 Lightman Shaun, 219 Nihill
- 5 Ilford AC "B" **2126** 408 Davis, 378 Browne, 367 Ryan, 358 Allen, 320 Ainsworth, 295 Barnbrook,
- 6 Leicester WC **2026** 673 Dunn, 502 Middleton, 468 Wall, 292 Rey, 55 Berwick, 36 Stapleford
- 7 Belgrave Harriers **2013** 414 Lawton, 394 King, 381 Noel, 304 Hall J, 303 Culshaw, 281 217 Fotheringham
- 8 Enfield H AC "B" **1937** 438 Howard, 328 Livermore 321 Grimsey, 315 Sturt, 309 Edlin, 226 Braverman
- 9 Aldershot F & D **1843** 779, Silvester, 614 Bishop, 180 Lewis, 121 Spelman, 80 Gibbons K, 69 Osment
- 10 Steyning AC **1150** 318 Ball J, 210 Stone, 193 Stevens, 191 Richards, 130 Emsley R, 108 Ball C

Congratulations John Hall Energetic John Hall, who manages to race successfully as well as fulfilling numerous administrative roles within the sport is the Belgrave Harriers new President. It is a well deserved honour and he joins a considerable list of walkers who have been so honoured, amongst them Eric Hall, Carl Lawton, Ray Middleton and Ray Hall.

Think Tank Former international and 4.14 50km performer George Nibre has initiated a "Think Tank" to explore ways of enhancing the likelihood of British walkers gaining selection for the 2012 Games. The first meeting took place at the New Astley Club, Newmarket on 16th November. There were nine attendees including Olympians, former internationals and present day administrators. Many who couldn't attend had forwarded contributions. Further meetings are scheduled and perhaps the most important point to make about the inaugural one was the principle that the Think Tank's purpose is to help and assist the Race Walking Association.

Results Round-up

The eighty-ninth **Belgrave Open Seven** was staged over the testing Wimbledon circuit on 22nd November in bitterly cold conditions. Darrell Stone soon put distance between himself and the other twenty-nine starters, with only Alex Wright for company and that wasn't for long. He reeled off the circuits in impressive style to stop the clock at 50.12 over a minute quicker than he was two weeks previously at Enfield and this on a much more demanding course! Alex went on to clock 54.55 in second places and Trevor Jones in third spot with 56.18 also improving on his Enfield time. Of the four lady competitors, Estele Viljoen of the promoting club was the first lady home in 60.41 with Diane Bradley 61.49 and Helen Middleton 65.52 filling the minor placings, both recording fractionally faster times than at Pickets lock. The team competition was on a mixed basis and won by Belgrave.

Arthur Thomson finished eighth in 64.45, Sean Pender eighteenth in 68.55 and Bernie Hercock twenty-third in 78.16 were the other EHAC members competing and with Helen finished fifth of the six teams.

Twenty-Three walkers were in action at the second of this winter's **Cambridge Harriers league** fixtures over 5km at Bexley on 6th December. Helen Middleton was the first of three ladies in 28.23 and Bernie Hercock with 34.41 was the club's only representative in the sixteen strong men's field, which was headed home by Alex Wright in 22.53. Alex is under twenty and so were second and third placers Jon Hobbs and Liam Baldwin. A number *Leaguers* were in action, the best placed being Carl Lawton 27.52, Shaun Lightman 28.33 and Dave Sharpe 28.39.

Forthcoming Fixtures

Steyping AC's Christmas fixture, the Alf Palmer Memorial Walks at Broadheath is on Saturday 20th December. The distances are **1km, 2km and 5km** and things get underway at 11am.

The **Ilford Xmas 10K** (+ Essex League) will take place at Chigwell Row on **Sun 21st Dec** 10.30am and will no doubt will be followed by the usual get together in the Maypole public house, just across the road afterwards.

Surrey Walking Club stage an open **10km** on **Saturday 10th January** at 2pm. The fixture includes Young Age Groups. The 10km incorporates the **Southern RWA championships** and entries must be with Noel Carmody before **Monday 5th January**. The fee is £5 and forms can be obtained from Noel at 41 Herbert Road, Bexley Heath, Kent, DA7 4QF.

Steyping's 15km on Saturday 24th January is ideal preparation for the National Ten some four weeks later. The race starts at 2pm and the course whilst challenging is a pleasure to walk.

Enfield League 2009

First Fixture & Presentations - Saturday 17th January

Newcomers Mile - Five Miles - Junior Distances

Free Refreshments
Under 16's no entry fee

START 2pm

Queen Elizabeth Stadium
Donkey Lane, Enfield