

83rd Enfield Open Seven – Darrell Scores Fifth Win



High winds made conditions extremely difficult for walkers and officials alike when the eighty-third Enfield Open Seven took place at LVAC on 14th November. There were five previous winners among the fifty-seven starters and a couple more in attendance on the sidelines.*

On his three previous visits to LVAC, Darrell Stone was a clear winner and so he was on this occasion, notching up his fifth victory in this long established event. Only Belgrave's Harry Churcher who triumphed six times, three before the Second World War and three afterwards has surpassed Darrell's achievement.

Kate Funnell deserves special mention for her performance in winning the ladies race. It wasn't the fastest winning time, but at fifteen years of age in the prevailing conditions, I thought it a bit special and thoroughly deserving of the *Bob Clark Award* for the outstanding young walker. Tonbridge AC youngsters; Steph Rukin and Catherine Cotterill supporting Kate collected the ladies team prize, whilst Steyning with Darrell, Jim Ball in third place and Trevor Jones in fifth completely over-powered the other clubs and had Ron Penfold not that far back in reserve.

The promoting club enjoyed a measure of success through Helen Middleton's runner-up spot and by claiming victory in the mixed team. In addition captain Ron Powell after surgery in the summer, was back to his old competitive best

Hillingdon's Claire Carroll won the *George Brown Novice Cup*, Carl Lawton *C750* was the first Centurion home and Francisco Reis making a welcome return to race walking finished in the top ten showing technique that suggests that he will quickly progress to higher finishes.



The start with Kate Funnell first lady from the right making a determined start.

* The five competing were; Shaun Lightman, Carl Lawton, Bob Dobson, Francisco Reis and Ilford's Steve Allen, whilst Eric Hall and Mark Easton were the others present

Photographs in this issue courtesy of Mark Easton and others of the race can be seen on <http://photosbymark.fotoblog.co.uk/>

The Next EHAC Event is the annual **Boxing Day 5km** at Lee Valley Stadium. It is open to runners and walkers. **WALKERS START 10.45am.** This is not a *League* race

Race Nine

Lee Valley Athletic Centre

Supporting Events1 mile Grace Gear (*Herts/Phoenix*) 13.11 11

2 miles Helen Croft 27.25 15

3 miles1 Catherine Cotterill (*Tonbridge*) 33.43 152 Nicholas Bird (*Watford Joggers*) 34.27 45**Ladies Seven**1 Kate Funnell (*Tonbridge*) 65.38 w152 Helen Middleton (*Enfield HAC*) 66.34 (45)3 Rebecca Collins (*Medway AC*) 69.06 (18)4 Steph Rukin (*Tonbridge*) 69.15 (18)5 Fiona Bishop (*Aldershot FD*) 73.06 (50)6 Cath Duhig (*Loughton AC*) 74.04 (55)7 Claire Carroll (*Hillingdon AC*) 75.06 (55) *1st Novice*8 Anne Belchambers (*Steyning AC*) 75.13 (55)9 Sue Barnett (*Camb/Coll AC*) 75.44 (55)10 Ann Lewis (*Aldershot FD*) 76.09 (60)11 Liz Stocker (*Ilford AC*) 76.57 (40)12 Norma Grimsey (*Enfield HAC*) 80.08 (50)13 Sue Smith (*Ryston R*) 85.17 (40)14 Jenny Grimwood (*Nkt Joggers*) 94.18 (55)15 Jo Miles (*Hillingdon AC*) (50) retired 3 miles**Ladies Team**

Tonbridge (Funnell, Rukin, Cotterill)

Mixed Team

EHAC (Middleton, Grimsey, May, Powell)

Men's Team

1 Steyning (Stone, Ball, Jones) 9pts

2 Ilford AC (Barnard, Uttley, Reis) 16

3 EHAC (Thomson, Seddon, Pender) 47

4 Ilford AC "B" (Allen, Dobson, Sharpe) 57

5 Surrey WC (Lightman, MacDonald, Crane) 61

6 Ilford AC "C" (Sutton, O'Rawe, Browne) 93

7 EHAC "B" (Powell, Howard, O'Connor) 93

Men's Seven1 Darrell Stone (*Steyning AC*) 52.51 M452 Phil Barnard (*Ilford AC*) 56.25 253 Jim Ball (*Steyning AC*) 57.23 M454 Nick Silvester (*Aldershot FD*) 59.09 M505 Trevor Jones (*Steyning AC*) 61.25 M506 Steve Uttley (*Ilford AC*) 62.42 M507 Steve Allen (*Barnet/Shafts AC*) 63.50 M508 Francisco Reis (*Ilford AC*) 64.14 M459 Andy Cox (*Hillingdon AC*) 64.48 M5510 Shaun Lightman (*Surrey WC*) 65.29 M6511 Carl Lawton (*Belgrave H*) 66.24 M6012 Arthur Thomson (*Enfield HAC*) 66.48 M7013 Ron Penfold (*Steyning AC*) 66.54 M6514 Ken Bobbett (*Hillingdon AC*) 67.14 M6515 Steve Allen (*Ilford AC*) 67.51 M5016 Amos Seddon (*Enfield HAC*) 67.56 M6517 John Ralph (*Chiltern H*) 68.21 M5018 Paul King (*Belgrave H*) 68.21 M5519 Sean Pender (*Enfield HAC*) 69.32 M5520 Bob Dobson (*Ilford AC*) 69.37 M6021 Glyn Jones (*Coventry G H*) 70.31 M6522 David Sharpe (*Ilford AC*) 70.45 M5523 Chris Flint (*London Vids*) 70.45 M6024 James Cotterill (*Tonbridge*) 71.06 1725 Gary MacDonald (*Surrey WC*) 72.15 M5026 Jon May (*Enfield HAC*) 72.21 M5527 Peter Crane (*Surrey WC*) 73.33 M6528 Ron Powell (*Enfield HAC*) 74.40 M7029 Michael Sutton (*Ilford AC*) 75.09 M4530 Dave Stevens (*Steyning AC*) 76.32 M7031 Peter Cassidy (*Loughton AC*) 77.07 M6532 Peter Howard (*Enfield HAC*) 77.22 M6533 Alan O'Rawe (*Ilford AC*) 78.03 M6534 Oliver Bowne (*Ilford AC*) 78.03 M5035 David Hoben (*Surrey WC*) 78.33 M5536 John O'Connor (*Enfield HAC*) 80.05 M6537 Bernie Hercock (*Enfield HAC*) 81.03 M7038 Doug Fotheringham (*Belg. H*) (75) retired 5 miles**Bob Clark Award:** Kate Funnell*Outstanding Young Walker***George Brown Novice Cup:** Claire Carroll **EHAC Club Champions:** Helen Middleton, Norma Grimsey

Arthur Thomson, Amos Seddon, Sean Pender

Time Keepers: P.Selby, R.Wallwork*Judges:* N.Carmody, M.Graham, S.Herbert, R.Pearce, P.Wilson*Recorders:* A.Ellam, E.Collins, P.Ficken, T.Perkins*Marshalls:* D.Ainsworth, P.Emery, E.W.Hall, J.Rooke*Judges Runners:* T.Holmquist, P.Ray

Open Seven Miscellany In third place behind Harry Churcher and Darrell Stone in the more than one Enfield Open Seven win list, is the promoting club's C.W.Whyte scored four between 1928 and 1931. J.W.Dowse (Finchley H) 1920/21 and 23, Ken Matthews 1958/60/61, Shaun Lightman 1969/72 and 76, Mark Easton 1988, 93, 98 and Scott Davis 2005/6/7 are the five with three wins, whilst those with two wins to their credit are: A.A.Cooper 1933/35, David Christie-Murray 1941/41, Bob Goodall 1953/56, Brian Hawkins 1954/55, John Webb 1966/68 and Roy Sheppard 1982/83

The most prolific lady winner with four wins between 1998 and 2003 is Ann Lewis

2009 League Top Ten Congratulations to the winners and a sincere thank you to all those, who by taking part, in whatever capacity, made the *League* such an enjoyable and rewarding event.

Fifty-two women were among the one hundred and seventy-eight walkers who participated in this years *League*. They represented forty-seven clubs and recorded 451 performances. A complete list of the tables will be available soon accompanied by further statistical comment by John May.



Fiona Bishop



Andy Cox and Becky Collins



Steve Uttley



Helen Middleton

Individual League

Ladies		Men	
576/8	Fiona Bishop	1	702/9 Andy Cox
507/6	Helen Middleton	2	655/8 Steve Uttley
459/6	Becky Collins	3	628/8 Amos Seddon
392/5	Anne Belchambers	4	597/7 Steve Crane
385/8	Jo Miles	5	573/8 David Sharpe
364/6	Sue Barnett	6	565/7 Carl Lawton
291/3	Sue Smith	7	548/8 Jon May
291/3	Di Braverman (7eq)	8	540/8 Sean Pender
291/6	Emilia Makwska (7eq)	9	522/7 Arthur Thomson
230/2	Sandra Brown	10	517/6 Paul King



Amos Seddon

Team Table

1	Enfield & H AC	3259	628 Seddon, 548 May, 540 Pender, 522 Thomson, 514 Hercock, 507 Middleton
2	Ilford AC	2693	655 Uttley, 573 Sharpe, 397 Hinton, 385 O'Rawe, 380 Allen, 303 Ryan
3	Surrey WC	2417	597 CraneS, 482 CraneP, 402 Lightman, 351 Harran, 323 Hoben, 262 MacDonald,
4	Belgrave H	2030	565 Lawton, 517 King, 410 Hall, 203 Fotheringham, 192 Culshaw, 143 Noel
5	Hillingdon AC	1932	702 Cox, 414 Bobbett, 385 Miles, 291 Makowska, 140 Claire Carroll
6	Enfield HAC"B"	1798	385 Howard, 291 BravermanD, 259 Livermore, 257 Ellam, 254 Cox, 352 Powell
7	Steyning AC	1626	499 Jones, 392 Belchambers,J, 220 Penfold, 200 Ball, 175 Richards, 140 Stevens
8	Ilford AC"B"	1298	234 Ainsworth, 236 Stocker, 228 Dobson, 203 Browne, 201 Dordoy, 196 Sutton
9	Enfield HAC'C'	1189	220 BravermanT, 215 Cole, 203 Clements, 201 Grimsey, 183 Queeney, 167 Dunn
10	Aldershot F & D	1167	576 Bishop, 384 Silvester, 181 Lewis, 26 Spelman

Results Round-up

At Monks Hill on 7th November Mark Easton won his twenty-eighth consecutive **Adington Vase** 7 miles– an amazing feat! His time was 56.04 and he was pushed hard for most of the race by Steve Crane 56.38, who was a babe in arms when Mark won his first one. Helen Middleton 67.39 was third lady, Sean Pender 69.12 twelfth and Bernie Hercock 81.34 in twenty-second position.

Racing for the third week in a row, this time in the **Midland Winter league** at Tamworth on 22nd November, Helen Middleton walked 58.58, her quickest 10km for some considerable time. There were sixteen starters and she was eighth overall and leading lady. She attributes her improvement in form, to changes she has had to make in her diet following a health check a couple of months ago. Overall race winner was Birchfield harrier Tommy Taylor in 45.11

The **Southern RWA AGM** at the London Civil Service Recreation Centre on 9th November, was poorly attended. John Hall was elected Area President, Sean Pender and Ron Wallwork Vice-Presidents, whilst the remainder of the officers were as elected in 2008.

Darrel Stone was a convincing winner of the **90th Belgrave Open Seven** on 28th November over the difficult six lap course adjacent to Wimbledon Common. His time of 51.12 was faster than at Enfield two weeks previously, but conditions were more favourable. Trevor Jones 59.12 and Ian Richards 59.47 in second and third places made it a Steyning clean sweep of the individual and team prizes.

Helen Middleton was the first club walker home in eighth place with 66.01 a performance that placed her second lady behind Estle Viljoen who clocked 62.03. Arthur Thomson in eleventh place with 67.43, Sean Pender twentieth with 72.01 and Bernie Hercock twenty-ninth with 81.08 were the EHAC 's others participants.

This was rumoured to be the last edition of this famous race and in keeping with other recent last races, had its best turn out for years; in this case it was thirty-two the best since 2002. I hope it isn't the last race, because it still has an ambience that captures the essence of traditional athletics - people of varying ability pitting themselves against each other as well as the rigours of the course and gaining great satisfaction from doing so

Spin/Gym/ Walk & Swim Saturday 16th January - 10am to 5pm - Newmarket Leisure Centre **A training get-together for EHAC members and Leaguers**

<i>Provisional timetable</i>	10.00 Spin	45 minute session indoor spinning on fitness bikes.
	11.30 Gym	The gym session will concentrate on race walking drills/technique
	1.30	<i>Lunch break – lunch included in fee</i>
	2.45 Walk	Outdoor session inc. parlauf
	4.30 Swim	30 minutes swimming or splashing for those who don't swim

Fee: £20.00

contact Ron Wallwork asap

Limited to 20 places

LEE or LEA? AMOS SEDDON has raised the different spellings of the Lea Valley and the Lee Valley. Upstream of Hertford the River Lea has a 100% spelling of Lea. Between Hertford and the Thames the spelling is both Lee and Lea with the latter most common: such as in Leamouth, Lea Bridge and the Lea Valley Railway Lines. The settlements of Luton and Leyton are both taken from the river and mean "farmstead of the River Lea". Spelling has been in doubt since early times: in Anglo-Saxon it was spelled Ligan, Ligean and Lygan. In early medieval times it was spelled both Luye and Leye. It comes originally from a Celt word - lug - which means "bright or light" or "river devoted to the god Lugus". The Management of Picketts Lock prefer the spelling Lee Valley. So now you know...it's all a matter of choice from early days to nowadays!

December Fixtures

- 12th 2.30pm Surrey Walking Club's Christmas 5km Enter on the day at the Monks Hill Sports Leisure Centre
- 19th 11.00am Alf Palmer Trophy Track handicaps at 1/3/5km at Broadheath, Horsham
- 20th 11.00am Ilford Christmas Walk and Essex League 5 mile at the new venue: Redbridge Cycle Circuit
- 10.30am Steyning AC Boxing Day Walks at Preston Park, Brighton.
- 26th 10.45am Enfield & Haringey AC annual Boxing Day 5km at LVAC – runners and walkers

January 2010

- 2nd 2.00pm 5 miles Enfield League First event of 2010 series and 2009 Presentations. 2pm at LVAC