

Enfield Walker

(Newsheet of the Walking Section of Enfield & Haringey AC)

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who apologises for any errors and who welcomes contributions and comments for future issues

February 2009

No. 2



Picture Parade

Club champions (left to right)

Alan Ellam (5 and 7 miles), Jon May (20km), Ron Powell (30km) Sean Pender (Long Distance). Unfortunately lady champions Di Braverman, Barbara Edlin and Norma Grimsey had to dash off, but hopefully their pictures will appear in the next issue.

League Champions

Individual winners Trevor Jones and Fiona Bishop (below and right) members of the triumphant Ilford AC team with members of EHAC and Hillingdon AC the second and third placers.



**Kindly note that future Enfield League fixtures
(the Barclay event excepted)**

Will be staged at Lee Valley Athletics Centre

The Next League Race is on Saturday 21st February and incorporates the **UK/RWA National miles road championship**. Last years race proved a huge success with the largest championship field this century and at press time over thirty entries had been received including for the first time in many years, a team from Sarnia, the Guernsey walking club. **Lee Valley Stadium, Pickets Lock** is the venue (ten laps of one mile) and **2pm is the start** time.

If you have not entered and intend doing so please do so quickly, because it makes things much easier for Margaret Livermore and myself **and any regular Leaguers apprehensive about the "A" conditions of the race, be assured that points will be awarded TO ALL STARTERS.**

As in 2008, I appeal to all those interested in race walking but who are not entering, to turn up and support those who are. Assistance on the day is always much appreciated, but more importantly a large number of supporters will add atmosphere to the event and maximise the opportunity to promote our sport. I would of course be pleased to hear in advance from anyone prepared to be a marshall, judges runner or a general helper. Lets see if we can top last years sucess!

Forty-four starters (thirty-nine last year) racing in chilly but bright conditions was an excellent start to the new series. Reigning champion Trevor Jones made a resolute start to his title defence, whilst Helen Middleton had little trouble taking maximum points on this occasion.

It was good to see Chelsea O’Rawe-Hobbs making a tentative comeback after injury, as indeed it was to see Don Cox, Graham Chapman and Pam Ficken who haven’t been in action for some time, but sad to report that *League* regular Nick Silvester will be out of action for some time with a back injury

There were some good performances to beat the handicapper and novice Paul Cole and Steve Whelan a relative newcomer both qualified for Five in the Hour badges.

Ladies

1	Helen Middleton	46	(Enfield H AC)	46.54	12	Alan Ellam	52	(Enfield H AC)	47.21
2	Anne Belchambers	54	(Steyning AC)	49.59	13	Amos Seddon	67	(Enfield H AC)	48.03
3	Fiona Bishop	40	(Aldershot F&Dist)	52.37	14	Dave Sharpe	55	(Ilford AC)	48.19
4	Di Braverman	57	(Enfield H AC)	55.10	15	Lol Dordoy	53	(Ilford AC)	48.35
5	Jo Miles	53	(Hillingdon AC)	55.43	16	Mark Culshaw	42	(Belgrave H)	49.15
6	Norma Grimsey	52	(Enfield H AC)	57.00	17	Mike Hinton	67	(Ilford AC)	49.51
7	Emelia Makowska	29	(Hillingdon AC)	61.36	18	Don Cox	62	(Colchester)	50.09
8	Barbara Edlin	60	(Enfield H AC)	61.43	19	Ken Ballam	70	(Enfield H AC)	51.22
9	Pam Ficken	65	(Surrey WC)	64.58	20	Tony Kelly	60	(Ilford AC)	51.25
10	Chelsea O’R-Hobbs	17	(C/Point) 3m/s	27.58	21	Sean Pender	55	(Enfield H AC)	51.30

Men

1	Trevor Jones	52	(Steyning AC)	40.51	23	Ron Powell	70	(Enfield H AC)	53.40
2	Steve Crane	28	(Surrey WC)	41.41	24	Steve Holliday	60	(Medway AC)	54.17
3	Phil Barnard	24	(Castle Point AC)	43.09	25	Alan O’Rawe	61	(Ilford AC)	54.28
4	Peter Ryan	54	(Ilford AC)	44.54	26	Jon May	58	(Enfield H AC)	55.20
5	Steve Uttley		(Ilford AC)	45.08	27	Doug Fotheringham	78	(Belgrave H)	57.00
6	Dave Kates	60	(Ilford AC)	45.33	28	Bernie Hercock	70	(Enfield H AC)	57.06
7	Arthur Thomson	72	(Enfield H AC)	45.47	29	Paul Cole	34	(Colchester)	58.45
8	Andy Cox	56	(Hillingdon AC)	45.52	30	Steve Whelan	47	(Headington)	59.14
9	Shaun Lightman	65	(Surrey WC)	46.26	31	Peter Howard	65	(Enfield H AC)	59.49
10	Carl Lawton	60	(Belgrave H)	46.50	32	Eddie Trotter	59	(Ilford AC)	61.35
11	Graham Chapman	54	(Headington)	46.53	33	Ken Livermore	76	(Enfield H AC)	63.13
					34	Dave Ainsworth	60	(Ilford AC)	65.31

Handicap: Norma Grimsey 57.00 (22.15) 34.45 Andy Cox 45.52 (8.40) 37.12 Trevor Jones 40.51 (3.30) 37.21

Judges:

Peter Cassidy, Ray Pearce, Pauline Wilson

Time Keeper:

Paul Ray

Recorders:

Eric Hall, Pauline Kates, Jim Rooke, Brian Sturt

Training Sessions 2009

The second of this years training sessions is planned to take place at Moulton on **Saturday 7th February** starting at 1pm. It will be a “tempo” session with the aims of providing a quality work out and the practise of pace judgement.

The session, envisaged to last up to two hours (not including warm-up) and will take place on a 1200m circuit enabling observation and input from coaches, mentors, etc who are more than welcome to attend. Peter Marlow and Mick Graham have indicated their intention to be there.

The sessions are not restricted to EHAC walkers and anyone wishing join them will be welcome. I do however need notification in advance from those wishing to attend. 01638 751 869 randjwallwork@btinternet.com

Enfield & Haringey AC AGM takes place at Lee Valley Stadium (LVS) at 7pm on Wednesday 11th February. I know that our walk members are widely strung about the region making attendance is difficult, but if you can make it, please do. I am also aware that meetings of this kind often tend to be boring, but it does provide the opportunity to meet members from other disciplines and find out what goes on behind the scenes, that enables athletes of all abilities to enjoy thier sport.

League Positions after one fixture

Ladies		Men			
1	49 _{pts} Helen Middleton	1	60 _{pts} Trevor Jones	11	50 _{pts} Graham Chapman
2	42 Anne Belchambers	2	59 Steve Crane	12	48 Alan Ellam
3	36 Fiona Bishop	3	58 Phil Barnard	13	47 Amos Seddon
4	32 Di Braverman	4	57 Peter Ryan	14	46 Dave Sharpe
5	30 Jo Miles	5	56 Steve Uttley	15	45 Lol Dordoy
6	29 Norma Grimsey	6	55 Dave Kates	16	44 Mark Culshaw
7	22 Emilia Makowska	7	54 Arthur Thomson	17	43 Mike Hinton
8	21 Barbara Edlin	8	53 Andy Cox	18	41 Don Cox
9	20 Pam Ficken	9	52 Shaun Lightman	19	40 Ken Ballam
10	17 Chelsea O'Rawe-Hobbs	10	51 Carl Lawton	20	39 Tony Kelly

Team

1	Ilford AC	302	57 Ryan, 56 Uttley, 55 Kates, 46 Sharpe, 45 Dordoy, 43 Hinton
2	Enfield H AC	276	54, Thomson A, 49 Middleton, 48 Ellam, 47 Seddon, 40 Ballam, 38 Pender
3	Enfield H AC b	178	35 Powell, 32 Braverman D, 31 May, 29 Grimsey, 27 Hercock, 24 Howard
4	Surrey WC	167	59 Crane S, 52 Lightman, 37 Crane P, 19 Ficken
5	Belgrave H	123	51 Lawton, 44 Culshaw, 28 Fotheringham
6	Ilford AC b	113	39 Kelly, 33 O'Rawe A, 23 Trotter, 18 Ainsworth
7	Hillingdon AC	105	53 Cox, 30 Miles, 22 Makowska
8	Steyning AC	102	60 Jones, 42 Belchambers
9	Headley AC	75	50 Headley, 25 Whelan
eq	Castle Point AC	75	58 Barnard, 17 O'R-Hobbs

Results Round-up

Surrey Open SRWA 10km - 10th January The harsh conditions combining sub zero temperatures and an icy wind didn't prevent Darrell Stone from giving a master class in race walking as he sped seven times around the hilly Monks Hill circuit in 44.57. It was encouraging to see Alex Wright and Tom Bosworth trying to lay up with him before eventually having to give way. Alex was drawn to an excellent second place in 48.10, whilst a strong looking Carl Thomson overtook the tiring Tom to take third.

Di Bradley took the ladies title comfortably in 55.04 with Helen Middleton in the runner-up spot. However, for me the walk of the day came from Tonbridge teenager Steph Rukin who over the second half of the race closed an enormous gap to surprise Anne Belchambers and take third spot. I suspect she surprised herself as well. They clocked 61.46 and 61.48 respectively.

Stephanie Rukin



Thirty-five braved the unforgiving elements and are testimony to the warm and welcoming atmosphere that typifies Surrey's fixtures. A word of praise too for the officials

*EHAC walkers at Monks Hill (l to r):
Second claim Carl Thomson third 48.30, Helen Middleton ladies runner-up 59.06, Arthur Thomson fifth 55.47 and Bernie 28th 73.30.*



Steyning AC 15km - 24th January Mark Easton put in a good performance with a time of 73.21, forty-one seconds ahead of Trevor Jones, who now is a Steyning walker with Jim Ball third. Helen Middleton was first lady home in 89.08 and other club walkers in action were Arthur Thomson sixth in 86.08, Sean Pender twelfth in 96.31 and Bernie Hercock fourteenth in 106.27. Weather conditions were good for the race, but sections of road were only just passable following recent heavy rain.

A day later, on Guernsey Carl Thomson clocked an excellent 74.27 in **Sarnia's 15km** at Les Amarreurs over a wind battered circuit. Jason LeNoury was second in 79.50 and Phil Lockwood third in 86.02 and all three are entered for the National Ten at LVS on 21st February.



Barclay Bi-Centenary Celebrations

At 3.37pm on 12th July 1809 at Newmarket Captain Barclay Allardice completed the final mile in an event that had started almost forty-two days earlier on 1st June, since when he had walked a single mile in every one of the thousand hours that passed in between. In doing so he made a fortune, because in addition to winning a wager, that *he could walk a thousand miles in a thousand consecutive hours for a thousand guineas*, he had also accepted side bets amounting to several thousands of pounds. This feat of endurance and sleep deprivation captured the imagination of the people, who in the final days descended upon Newmarket in "dangerous numbers" to witness the final days of Barclay's triumph.

Forty-nine years later in February 18th February 1858, on Newmarket Heath, Charles Westhall, acknowledged by many as the first real race walker, walked twenty-one miles in under three hours.

Sir John Astley was the driving force and founder of the Astley Institute, Newmarket which opened in 1893 and which today as The New Astley Club, still provides services and facilities for racing staff and the wider community. In the 1870's "*The Mate*" as Sir John, a racehorse owner and trainer was known, promoted all kinds of sporting events, the most famous being a number of six day walk challenges where distances in excess of 500 miles were recorded.

So, whilst Newmarket is synonymous with horse racing, it also has a special place in the annals of Pedestrianism and the development of the sport of Race Walking, a discipline that has yielded more Olympic medals for Great Britain than any other track and field event.

Nowadays, "Walk for health" schemes flourish throughout the country recognising benefits from the exercise like disease prevention, weight management and prevention of associated illnesses along with positive mental health promotion. What is more, it is free and needs no special equipment. It is within the physical capabilities of most people, is easily incorporated into everyday life, is a low risk activity and is accessible regardless of ability or age.

People have always found it easy to identify with walking and perhaps that is why Barclay's feat captured the public imagination as it did. The original idea to mark the bi-centenary of Barclay's achievement by way of a celebration or festival of some kind linked to health, recreation, local history and heritage whilst providing a platform for major fund raising has slowly developed.

Thanks to input by a number of people and organisations a Barclay Bi-Centenary Project is taking shape. Plans are well in hand for a ***Re-Enactment of Barclay's feat by a Racing Celebrity***, which will commence on Friday 29th May and finish on Friday 10th July.

In addition, over the ***week-end of 11th/12th July*** some ***walking races*** and a ***100 mile walk*** have been confirmed, the latter recognised as the National Long Distance championship and a *Centurion* qualifying event.

This a great opportunity to raise awareness of our sport, so please book the dates and be sure that you are part of it, be it as a walker or volunteer helper. Both are needed to ensure its success. More detailed information will be circulated soon.

Ron Powell Request

Club Captain Ron Powell is keeping a list of EHAC medal winners and wishes to hear from any EHAC walker who wins one this year. His telephone number is 02089 598 191 or simply speak with him at events.

Forthcoming Fixtures

The third **Cambridge Harriers** Winter League race is on **Saturday 14th February**, offering the chance to sharpen up before next weeks national Ten. Over the usual 5km distance, the start time 2.30pm 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 clubhouse.

The **Masters Indoor Season** gets underway with the SCVAC and the EVAC championships at Lee Valley Stadium on the following day, **Sunday 15th February**.

The second race in the 2009 Enfield League series on **SATURDAY 21st February** at Lee Valley Stadium is over 10 miles and incorporates the **UKA/RWA National 10 miles championship**.

On **Saturday 28th February** at 2.00pm Enter on the day at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site.