

# Enfield Walker

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

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no apologies for any errors and who welcomes contributions and comments for future issues

June 2009

No. 5



## Leaguers Devastated!

On Friday 29<sup>th</sup> May, the much respected and hugely popular Laurence Dordoy was involved in a road accident and died peacefully in hospital on Saturday 30<sup>th</sup> May. Laurence was a stalwart of his club and of the *Enfield League* and the shock of his death has reverberated throughout the sport. I am sure that I speak for everyone who knew him in expressing condolences to Sheila and his family.

The funeral will take place at noon on Tuesday 9<sup>th</sup> June at Forest Park Crematorium, Forest Park Road, Hainault, Esses, IG6 3HP. (020 501 22360)

No flowers please. Donations to "St.Francis Hospice".

I received the following from Di Bradley which I'm sure, encapsulates the thoughts and feelings that we all share at this time.

***Thank you for your email I cannot believe that such a wonderful man has been taken from us so suddenly. I was devastated when I was told as he has been such an inspiration and great friend to me since I started walking, sharing many a laugh and well fought race in my early races in Blackheath.***

***He will be so sadly missed.***

***Diane***



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## EHAC Action

Helen Middleton was not the club's only finisher in the **VAC 5 miles** held at Battersea Park on **Tuesday 14<sup>th</sup> April** which attracted twenty-three entries. Her time in sixth place was 47.14 and the only lady to head her was ultra "Super-star" Sandra Brown. Gary Smith continued his comeback with an eighth placing and a time of 49.15 whilst Sean Pender fourteenth in 54.52, Bernie Hercock sixteenth 60.22, Barbara Edlin seventeenth 61.59 and Ken Livermore eighteenth 62.00 were the other members competing that evening.

Helen was in action again four days later, travelling north to Sheffield for the "**Jeff Ford**" **10km** where she finished second lady to Di Bradley. Their respective times were 53.18 and 59.22.

The club had no representatives in the **UKA/RWA national 50k** championship staged at Stockton on 26<sup>th</sup> April. Arthur Thomson was raising funds for Multiple Sclerosis in the London Marathon where he clocked 4.43.24, whilst Sean Pender suffering a slight strain thought it unwise to attempt it, in view of his aim to complete a second hundred at Newmarket in July. Bernie Hercock declared himself unfit for the distance.

In the **Vets AC 10km** championship at Battersea Park on 29<sup>th</sup> April Arthur Thomson finishing fourth overall in 56.06 easily won the M70 section and the Hertfordshire title. Helen Middleton won W45 in 59.20, Ron Powell M70 in 65.42 Sean Pender M55 in 61.29 finished runner-up in their categories and Bernie Hercock M70 with 72.37 third in his.

Four club personnel doubled up in events at the **RWA YAG** championships promoted by Loughton AC at Victoria Park, London on Sunday 3<sup>rd</sup> May. The under 17's 5km championships incorporated an open race and an hour and a half later, winding up the meeting there was a Veterans 3km. There were eight walkers in the ladies section and seventeen men in the 5km with corresponding numbers of seven and eighteen in the Veteran's 3km.

Helen Middleton placed third in 29.01 and second in 17.14 in her section. In the men's events Alan Ellam was eighth in 27.42 and third in 16.30, whilst Arthur Thomson finished ninth in 27.56 and turned the tables in the 3km when finishing second in 16.18. Only two seconds separated their aggregate times. Bernie Hercock finished fifteenth in both with times of 34.58 and 21.03. Walking in the Veterans 3km only, Sean Pender, who as part of

his hundred training had put in a two hour session that morning finished ninth in 18.01, Ron Powell thirteenth in 18.50 and Ken Livermore eighteenth in 23.50, were the other club members.

The following day, **Bank Holiday Monday** 4<sup>th</sup> May Helen, Arthur and Ken were in action again at the **Herts 3km track** championships at Stevenage. Arthur's winning time of 16.04 was his fastest for some time which is remarkable given that this was his fifth race in eight days and that one of them was a marathon! Helen who was guesting in the event walked nine seconds faster than she had the day before 17.09 and Ken Livermore was timed at 22.57. In the evening, competing in the demanding **Pednor Five**, Helen led home the twenty-one strong ladies field in 48.05, whilst Bernie Hercock finished sixteenth in 57.09 and Ken 68.16 in nineteenth position in the Men's.

Arthur Thomson in 56.07, Ron Powell in 66.16 and Bernie Hercock in 72.10 made it a clean sweep of the medals in the M70 class of the **BMAF 10km track championships** staged at Tamworth on **Sunday 17<sup>th</sup> May**. In addition W45 Helen Middleton who clocked 59.21 added yet another title to her collection.

Various **county championships** took place over the week-end of **9<sup>th</sup>/10<sup>th</sup> May**. In the Middlesex 3km staged at Cophall Barnet, Ron Powell in 18.50, Sean Pender in 19.31 and Bernie Hercock in 20.40 carried the club colours, whilst over at Ipswich in the Suffolk 3km there were medals for Serena Queeney, gold and a county record of 20.55, silver for Alan Ellam in 16.09 and bronze for Don Cox in 17.01. Ron Wallwork trundled round in 21.12.

### Enfield Walking League 2009- Race 4

### LICC 3km

### Saturday 23<sup>rd</sup> May at LVS

Two years ago when this race was also held in conjunction with the LICC track and field meeting at LVS, there were thirty starters and the winner was Ilford's Scott Davis in a time of 13.22.3 a stadium record. This year thirty-five athletes toed the line and Scott, now with three more national 50km victories under his belt, won easily. Making a welcome comeback in the colours of Hillingdon AC was Ken Bobbett, who in the mid-sixties was clocking sub 52's for seven, sub 80's for ten and sub 2.50's for twenty – all miles of course. It was nice to see Nick Silvester, Rod Dunn and Doug Fotheringham, back to action after injury lay-offs and to welcome Noel Blatchford and her Abingdon Ambler colleague Judy Howard

The *League* is grateful to LICC for allowing it to incorporate with this and their fixture on 25<sup>th</sup> July (5km with a 11.45am start).

#### Ladies

1	Di Braverman	(Enfield & H AC)	19.03
2	Louise Bradley	(Tonbridge AC)	19.11
3	Jo Miles	(Hillingdon AC)	19.19
4	Noel Blatchford	(Abingdon A)	19.35
5	Ann Lewis	(AFD)	19.37
6	Norma Grimsey	(Enfield & H AC)	20.19
7	Sue Barnett	(Cambs/Col)	20.25
8	Fran Fernandez	(Loughton AC)	21.14
9	Judy Howard	(Abingdon A)	21.37

#### Men continued

9	David Sharpe	(Ilford AC)	17.00
10	Amos Seddon	(Enfield & H AC)	17.13
11	Sean Pender	(Enfield & H AC)	17.48
12	Costa Michael	(Barnet)	17.51
13	Ken Bobbett	(Hillingdon AC)	18.31
14	Mike Hinton	(Ilford AC)	18.34
15	Lol Dordoy	(Ilford AC)	18.48
16	Ron Powell	(Enfield & H AC)	18.58
17	Peter Howard	(Enfield & H AC)	19.01
18	John Borgars	(Loughton AC)	19.04
19	Peter Cassidy	(Loughton AC)	19.58
20	Bernie Hercock	(Enfield & H AC)	20.44
21	Steve Whelan	(Headington AC)	20.46
22	Doug Fotheringham	(Belgrave H)	20.53
23	Dave Ainsworth	(Ilford AC)	20.59
24	Ron Wallwork	(Enfield & H AC)	21.27
25	Eddie Trotter	(Ilford AC)	21.32
26	Ken Livermore	(Enfield & H AC)	22.59

#### Men

1	Scott Davis	(Ilford AC)	13.33
2	Nick Silvester	(AFD)	14.57
3	John Hall	(Belgrave H)	15.18
4	Steve Crane	(Surrey WC)	15.31
5	Steve Uttley	(Ilford AC)	15.42
6	Andy Cox	(Hillingdon AC)	16.09
7	Rod Dunn	(Enfield & H AC)	16.29
8	Graham Chapman	(Headington AC)	16.31

By the time you get this, **Richard Dunwoody** will be heading towards hour and mile numbers two hundred and fifty in the **Barclay 1000 miles Revisted**, being staged at Newmarket. The challenge got underway on Friday 29<sup>th</sup> May, with an Agreement document Signing Ceremony, attended by local dignitaries, celebrities, press and media. **Keep up to date via [www.dunwoody1000miles.com/](http://www.dunwoody1000miles.com/)**

The RWA is accrediting the performance and were signatories to the document. If you are in the area, would like walk with Richard between now and 10<sup>th</sup> July please get in touch. **YOU WILL BE MOST WELCOME!**

**League Positions after Four Fixtures** Following the above fixture, there are twenty-seven women among the one hundred and three walkers representing twenty-eight clubs who have so far taken part in the *League* and the leading positions are:

Ladies

1. 208/3 Helen Middleton
2. 179/4 Jo Miles
3. 171/2 Di Bradley
4. 161/3 Di Braverman
5. 159/3 Fiona Bishop
6. 143/2 Maureen Noel
7. 135/2 Louise Bradley
8. 125/2 Becky Collins
9. 114/1 Lucy Kent
10. 105/2 Emilia Makowska

Men

- |                         |                               |
|-------------------------|-------------------------------|
| 1. 292/4 Stephen Crane  | 11. 201/3 Lol Dordoy          |
| 2. 278/4 Steve Uttley   | 12. 192/3 Mike Hinton         |
| 3. 256/4 Andrew Cox     | 13. 193/3 Mark Culshaw        |
| 4. 247/4 David Sharpe   | 14. 179/2 Phil Barnard        |
| 5. 233/3 John Hall      | 15. 164/4 Bernie Hercock      |
| 6. 218/3 Arthur Thomson | 16. 148/2 Don Cox             |
| eq 218/4 Amos Seddon    | 17. 142/4 Ken Livermore       |
| 8. 214/3 Carl Lawton    | 18. 141/3 Jon May             |
| 9. 211/4 Sean Pender    | 19. 139/2 Micky Harran        |
| 10. 205/4 Ron Powell    | eq. 131/3 D. Ainsworth/P.King |

**Team**

- |                      |             |  |
|----------------------|-------------|--|
| 1. Enfield & H AC    | <b>1224</b> | 218 ThomsonA, 218 Seddon, 211 Pender, 208 Middleton, 205 Powell, 164 Hercock |
| 2. Ilford AC         | <b>1176</b> | 278 Uttley, 247 Sharpe, 201 Dordoy, 193 Hinton, 131 Ainsworth, 126 O'Rawe,   |
| 3. Belgrave Harriers | <b>973</b>  | 233 Hall, 214 Lawton, 192 Culshaw, 143 Noel, 131 King, 60 Fotheringham       |
| 4. Enfield & H AC    | <b>815</b>  | 161 Braverman D, 148 Cox D, 142 Livermore, 141 May, 121 Cole, 102 Smith      |
| 5. Surrey WC         | <b>712</b>  | 292 Crane S 139, Harran, 100 Hoben, 95 Lightman S, 67 Crane P, 19 Ficken     |
| 6. Hillingdon AC     | <b>588</b>  | 256 Cox, 179 Miles, 105 Makowska, 48 Bobbett                                 |
| 7. Enfield & H AC    | <b>476</b>  | 99 Queeney, 89 Braverman T, 85 Ellam, 84 Howard, 65 Grimsey, 54 Dunn         |
| 8. Steyning AC       | <b>366</b>  | 123 Jones, 76 Belchambers, 62 Ball J, 60 Richards, 45 Penfold                |
| 9. Ilford AC "b"     | <b>362</b>  | 126 Davis, 62 Kelly, 57 Ryan, 55 Kates, 51 Trotter, 11 Dobson                |
| 10. Tonbridge AC     | <b>306</b>  | 171 Bradley D, 135 Bradley L   |

**Arthur Writes**

Dear Ron,

I really enjoyed the experience of doing a marathon for the first time with all the huge and enthusiastic crowds. I didn't see any other racewalkers en route, apart from an elderly guy near the start, who I didn't recognise. The friendship and camaraderie of the mid-field runners was great and the antagonism that some people suggested I might as a walker, encounter, did not materialise. I had to admire the stamina of those running in heavy costumes; diving suits etc and found it amusing to find myself as Arthur, racing alongside "Merlin" for a while.

Apart from a rough patch between 20 and 30km (despite the Gel), stubbing my toe on a "sleeping policeman" and a touch of sunburn my race was trouble free. My official finishing position was 16361 in 4:43:24. This placed me 18th in the M70+ age-group, although when I checked to see if any W70 runners had beaten me, there weren't. However, there were two listed who were actually men(!) so my real position in M70+ was probably 20th. The official results are not to be trusted exactly!

My charity was the MS Trust (Multiple Sclerosis). I have known a few sufferers of this debilitating condition, including the Trust's recently retired CEO, so I know it to be a worthy cause. Contributions are still coming in, but last time I looked there was about £1200 (including cash contributions still to be added to the website figures) plus Income Tax refunds. If any more "Enfield Walker" readers would still like to contribute, the website is: <http://www.justgiving.com/arthurthomson>

**Results Round-up**

I am indebted to Chris Flint **Vets AC** Hon.Secretary for the following report. The first race of the 2009 series was held on a **14<sup>th</sup> April**, a warm Spring evening, and attracted a good field which saw some solid performances, and a winning time of 39.36 by Mark Easton with the evergreen Sandra Brown coming through in 2<sup>nd</sup> position in 45.32. There were some useful performances in the middle of the field by the likes of Laurence Dordoy, the rapidly improving Gary Smith and Mike Hinton suggests that the Lester Cup will be closely contested this year. The Lester Cup is based on handicap performances and has not been awarded for a number of years. Peter Ryan limped off with a pulled hamstring, a similar injury forcing Chris Flint down the placings. .

The opening meeting of the 2009 **LICC** series took place at Copthall Barnet stadium on **25<sup>th</sup> April**. In sunny blustery conditions nine walkers started and finished the 3km. The home club's Steve Allen was first to the line in 16.21. Helen Middleton kept him company for the first five laps, finishing second in 17.06 whilst Costa Michael, a regular *Leaguer* three or four seasons ago was third in 17.39. Costa was carrying an injury, which prevented him running, but not walking – whatever the reason it was good to see him "heel and toeing" again.

The other competitors were: Ron Powell 18.59, Peter Cassidy 20.22, Norma Grimsey 20.31, Bernie Hercock 20.56, Ron Wallwork 21.33 and Dave Ainsworth 22.16.

There was a poor turn out (twenty-one) for the **UKA/RWA national 50km** title staged at Stockton on **26<sup>th</sup> April**. Scott Davis scored a fifth consecutive win in the event recording 4.30.28, walking most of the way unchallenged. Second was Sweden's Christer Svensson in 4.47.28 and Paul Evenett third in 4.51.39. Trevor Jones, debuting and whose final preparations had been hampered by back problems finished fourth and clocked a creditable 5.03.04. With three DQ's and six retirements, only ten men finished. Redcar the promoting club easily won the team championship with only Belgrave, through John Hall fifth in 5.39.22 and Paul King eighth in 5.54.40, the only other club to close in. Belgravian Maureen Noel was the only lady to cover the full distance in 6.07.26 to take the title which she has won before. Sue Rey was classified and was the only other finisher.

I was surprised that with 94 and 96 minute 20kms behind them, Scott and Paul did not post faster times. I know that both have worked very hard over the last year and I'm sure they will be rewarded by faster times eventually. I wasn't at the race, but understand that the weather was a mixture of hot sunny and cool periods coupled with a stiff breeze. A newcomer to the venue reported that he was impressed very impressed with it, but found the camber troublesome. Maybe Scott and Paul did too.

The **Herts 3km** on the May Bank holiday Monday was also an open event and virtually a *League* field consisting of three ladies and eight men. Mark Wall was first to finish in 14.40, in front of the Barnet Steve Allen in 15.56, in fourth Costa Michael 17.45, followed by John Borgars 19.21 and in seventh Dave Ainsworth 22.09. Sue Rey was the third lady in 20.42.

Later at the **Pednor Five**, Fiona Bishop was second behind Helen in 51.15, fifth Sue Rey 59.25, sixth Emilia Makowska 62.36 – the first men home were Peter Ryan, 44.06, Steve Uttley 44.31, Mark Wall 45.17 and Andy Cox 47.00. Micky Harran 50.14, Dave Hoben 0 and Steve Allen 62.14 were other *Leaguers* in action.

The **Vets AC's** 10km road championship incorporating some county ones as well, was staged at Battersea Park on 28<sup>th</sup> April. The winner was Ian Richards in 52.16 with John Hall in second place in 53.30.

There seemed to be reasonable turn outs in this years **county 3km championships**, most of which were held over the week-end of 9<sup>th</sup>/10<sup>th</sup> May. *Leaguers* finished prominently in them. Victories for Trevor Jones in the Sussex at Crawley, Phil Barnard 14.57 in the Essex at Chelmsford, Di Bradley 15.04 at Ashford in the Kent, Maureen Noel 18.14 and John Hall 15.36 in the Middlesex.

Encouragingly, there was a representation of youngsters in action over the week-end. At Ashford there were four under seventeens and seven under fifteens with pride of place going to Kelsey Howard, 3km in 15.00. In the Essex over 1km Maria Delgado, one of two walkers clocked 7.37, at Ipswich Chloe Beeton was the best of the three competitors recording 6.24 and four contestants in the Sussex produced Miss T.Mills as the 2.5km winner in 21.39 and over 2km Lawrence Green was timed at 11.21.

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### ***Are We Training Correctly? – Can we Learn from the Peds?***

A Pedestrian's Training: Extract from "Pedestrianism; an essay on Training" by Walter Thom, author of the History of Aberdeen Publ. 1813

*"When the object in view is the accomplishment of a pedestrian match, his regular exercise may be from twenty to twenty-four miles a day. He must rise at five in the morning, run half a mile at the top of his speed uphill, and then walk six miles at a moderate pace, coming in about seven to breakfast, which should consist of beef-steaks or mutton-chops underdone, with stale bread and old beer. After breakfast he must again walk six miles at a moderate pace, and at twelve lie down in bed without his clothes for half an hour. On getting up he must walk four miles, and return by four to dinner, which should also be beef-steaks or mutton-chops, with bread and beer as at breakfast. Immediately after dinner he must resume his exercise by running half a mile at the top of his speed, and walking six miles at a moderate pace. He takes no more exercise for that day, but retires to bed about eight, and next morning proceeds in the same manner.*

*Having gone on in this course for three or four weeks ...."*

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**Correction** Sorry! – As a number of readers have pointed out to me, the date for the *League* 20km is Saturday 15<sup>th</sup> August and not 16<sup>th</sup> August as printed in the April issue

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### ***Stop Press: More international titles for Arthur***

The BMAF walkers returned from the European Masters Non-Stadia championships in Denmark with a hatful of medals; sixteen individual and four team. Arthur Thomson completed yet another double winning the 10km in 55.33 and the 30km in 3.09.19. Full results will appear in Race Walking Record and on the RacewalkUK web-site

## Walking Weekend - REMINDER – Entries Close 20<sup>th</sup> June!

Sorry we are not able to take entries on the day for these events

All you need to know from: [www.RaceWalkUK.com](http://www.RaceWalkUK.com) [www.dunwoody1000miles.com/](http://www.dunwoody1000miles.com/)  
or Ron Wallwork 01638 751 869 – [randjwallwork@btinternet.com](mailto:randjwallwork@btinternet.com)

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Newmarket is the UK's main training and breeding centre for racehorses and the Organisers are grateful to Newmarket Racecourses Trust, The Jockey Club Estates and The National Stud for the privilege of using their facilities to mark the Barclay Bicentenary

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Saturday Sunday 12<sup>th</sup> July

### Twenty to One Hundred miles Challenges

Under Race Walking Association Rules - Permit No. 17/09/14

at The Rowley Mile Racecourse - commencing 3pm on Saturday 11<sup>th</sup> July

*The Hundred Mile Challenge will incorporate a  
\*Centurion qualifying walk and the RWA National Distance Championship*

100 mile challenge finishes at 3pm on Sunday 12<sup>th</sup> July

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*The Challenges CUT OFF TIMES based on 17 minute pace (3.5mph)*

<b>20 miles</b>	<i>Five hours, forty minutes</i>	<b>30 miles</b>	<i>Eight hours, thirty minutes</i>
<b>50 km</b>	<i>Eight hours, fifty minutes</i>	<b>40 miles</b>	<i>Eleven hours, twenty minutes</i>
<b>50miles</b>	<i>Fourteen hours, ten minutes</i>	<b>60 miles</b>	<i>Seventeen hours</i>
<b>100km</b>	<i>Seventeen hours, forty minutes</i>	<b>80 miles</b>	<i>Nineteen hours, fifteen minutes</i>

The **100 miles** Time limit is *Twenty-four hours*

The *Centurions*: To qualify for acceptance into the brother/sisterhood of *Centurions* a person has to walk 100 miles within twenty-four hours in a recognised qualifying event. The average speed to achieve this is 14 minutes 22 seconds per mile or four miles and three hundred yards per hour.

The *Centurions* was formed in 1911 since when, successful walkers have received just a simple, but unique metal badge and certificate, both of which bears a personal number indicating their place among a select group of only 1067 people (women and men) who have so qualified since the inauguration of the *Centurions* 1911.

Entry fee – *Thirty Guineas (£31.50p)*

*Limited Edition Memento to all Participants*

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### Sunday Races/Time Trials

Provisional Programme

Under Race Walking Association Rules - Permit No. 17/09/14

<b>12.00</b>	<b>EA Masters Open International</b>	<b>3 miles</b>	<i>(4.9 km)</i>
<b>12.45</b>	<b>U/11 Girls &amp; Boys</b>	<b>5 furlongs</b>	<i>(1km)</i>
<b>1.00</b>	<b>U13 &amp; u15 Girls</b>	<b>1.5 miles</b>	<i>(2.4km)</i>
<b>1.15</b>	<b>U13 &amp; u15 Boys</b>	<b>1.5 miles</b>	<i>(2.4km)</i>
<b>1.30</b>	<b>U17 Ladies &amp; Men</b>	<b>3 miles</b>	<i>(4.9km)</i>
<b>2.00</b>	<b>Senior Ladies &amp; Men</b>	<b>5 miles</b>	<i>(8kms)</i>

Entry fee - *Six Guineas (£6.30p)*

*Limited Edition Memento to all Participants*

*Walkers wishing to double-up will be covered by one fee)*

*Also on Sunday for the less competitive at 11am*

### The Newmarket Trainer's Bicentenary RAMBLE

*Approximately four and a half miles*

Newmarket Trainers invite the public to accompany them over the hallowed turf of the TOWN PLATE course, which was first raced in 1665 and the oldest recorded racecourse in the world. Winding its way around the National Stud, the route will skirt the ancient DEVIL'S DYKE before joining the world famous ROWLEY MILE to the finish.

Entry fee - *Six Guineas (£6.30p)*

*Limited Edition Memento to all Participants*