



## A World Golden Treble for Arthur



At the World Masters Athletic Championships staged in Lahti, Finland between 28th July and 6th August, seventy-three year old super-vet Arthur Thomson scored a marvellous golden hat-trick. His World titles, according to my reckoning, now number nine since he first competed in 2006. He clocked 56.27 to win the 10km followed by a 27.47 the 5km and then 1.58.28 the 20km. He was well clear in all three races, which in view of the injury niggles that he has experienced this year, make the performances even more remarkable.

Helen Middleton (M45) also competed over the three distances finishing in eighth, seventh and sixth, but her times of 60.16, 30.56 and 2.04.11, suggest she was performing under par.

Congratulations also to *Leaguers* John Hall (M60) and Di Bradley (W45) who also won medals. For John it was a 10km silver in 53.08 and bronzes in the 5km and 20km in times of 23.35 and 1.53.28. Di only contested the 10km and 20km, but with times of 55.30 and 1.56.48, also collected two bronze awards and backed up by Helen and Fiona Bishop in both events, GB to collect team bronze medals as well. Well done all!

So many people were delighted to meet up again with *Martin Oliver* who was at the Barclay Weekend as Serena Queeney's attendant. There was time for lots of chat which made people realise just how much he is missed. Let's hope we see him again soon.

**League fixture News** Enquiries about refurbishment progress Donkey Lane has revealed that work has not yet started on the building or the track, so an early return there for some of the *League* fixtures doesn't seem likely. It was always the intention to reduce the number of fixtures this year, but because of a September fixture clash the 2009 series will be over nine, not the envisaged ten events. The reasons for curtailing the number of races in the series were twofold. In addition to easing the demands on officials, it was the intention to hold some training days, so that walkers who wished to, could look at ways of improving their performance. The latter objective wasn't realised, but I still think it is something that should be persued. What do you think?

The remaining 2009 fixtures are set out below, but note that the date of the Open Seven is different to that previously listed.

10<sup>th</sup> October 2.00pm (8) 5km incorporating VAC's championships at Lee Valley Stadium, Enfield

14<sup>th</sup> November 2.00pm (9) **83<sup>rd</sup> Enfield Open Seven** – YAG & Newcomers Mile and Club Championships (*double points*)

**Moulton 5 team Result** No ladies team closed in, but Enfield scored an exceedingly narrow victory over Ilford in the Men's event. 1. Enfield H AC 2, 3, 5 = 10pts, Ilford AC 1, 4, 6 = 11pts, Surrey WC 8, 9, 14 = 31pts and Enfield B 10, 11, 12 = 33pts

*The Next League Fixture is*

**20km on Saturday 15<sup>th</sup> August at NOON**  
at Lee Valley Stadium

athletes are welcome to come along and trial over  
5km, 10km or 15km

All will be classified and those completing the full distance  
qualify for double League points

Club members Don Cox, Margaret Livermore (extreme left), Amos Seddon (partly obscured) and Ken Livermore (extreme right) lay up with Richard Dunwoody during the recent Barclay re-enactment at Newmarket



## 2009 Enfield Walking League – Race 6 - 5km

On a hot sunny day, twenty-seven walkers started the sixth event of the current series, which took place in the lovely setting of the Parliament Hill Fields as part of the LICC track and field meeting. John Hall, who recently took over from Eric Horwill as the BMAF Race Walking Secretary, allowed early leaders to set the pace and battle with each other before moving through to take the lead on the penultimate lap.

New *Centurion* Mark Wall showed little effect from his Barclay hundred just thirteen days earlier, whilst Cambridge & Coleridge's Sue Barnett followed up her five-in-the-hour performance at Newmarket with another good showing and Emilia Makowska sliced over two minutes from her pb.

Ladies	1 Fiona Bishop	(Aldershot FD)	32.15	10 Graham Chapman	(Headington AC)	29.58
	2 Sue Barnett	(Cambs/Col AC)	32.59	11 Michael Harran	(Surrey WC)	30.25
	3 Jo Miles	(Hillingdon AC)	34.40	12 David Sharpe	(Ilford AC)	30.35
	4 Emilia Makowska	(Hillindon AC)	37.31	13 Alan Hinton	(Ilford AC)	30.36
				14 Sean Pender	(Enfield HAC)	30.53
Men	1 John Hall	(Belgrave H)	25.51	15 Peter Crane	(Surrey WC)	31.54
	2 Peter Ryan	(Ilford AC)	26.04	16 Jon May	(Enfield HAC)	32.33
	3 Steve Uttley`	(Ilford AC)	27.16	17 Peter Cassidy	(Loughton AC)	33.38
	4 Mark Wall	(Leicester WC)	27.26	18 Peter Howard	(Enfield HAC)	34.03
	5 Steve Allen	(Ilford AC)	27.42	19 Steve Whelan	(Headington AC)	34.34
	6 Andrew Cox	(Hillindon AC)	28.13	20 Bernie Hercock	(Enfield HAC)	34.49
	7 Alan Ellam	(Enfield HAC)	28.33	21 Bill Sutherland	(Highgate)	37.39
	8 Carl Lawton	(Belgrave H)	29.12	22 Jack Fitzgerald	(Surrey WC)	50.07
	9 Ken Bobbett (Hillindon AC)		29.51	23 Ken Livermore	(Enfield HAC)	Retired

### League Positions after Six Fixtures

One hundred and twenty walkers representing thirty-six clubs and forty-four teams have now participated in the *League* this year. The leading positions set out below are subject to adjustment in lieu of performances in events other than the five miles at the Barclay Week-end or other roles they carried out during it.

Ladies	Men	
1. 323/4 Helen Middleton	1. 425/6 Andy Cox	11. 287/5 Jon May
2. 319/6 Jo Miles	2. 405/6 David Sharpe	12. 267/4 Carl Lawton
3. 308/5 Fiona Bishop	3. 368/6 Sean Pender	13. 257/4 Alan Ellam
4. 237/3 Becky Collins	4. 356/6 Mike Hinton	14. 243/2 Trevor Jones
5. 231/4 Emilia Makowska	5. 336/5 Steve Uttley	15. 235/3 Peter Ryan
6. 179/2 Anne Belchambers	6. 334/4 Arthur Thomson	16. 220/5 Peter Howard
7. 178/3 Sue Barnett	7. 301/6 Bernie Hercock	17. 218/4 Amos Seddon
8. 171/2 Diane Bradley	8. 294/4 Michael Harran	eq 218/4 Peter Crane
9. 161/3 Diana Braverman	9. 293/4 John Hall	19. 213/3 Alan O'Rawe
10. 143/2 Maureen Noel	10. 292/4 Steve Crane	20. 205/4 Ron Powell

### Team

1. Enfield & H AC	<b>1870</b>	368 Pender, 334 ThomsonA, 323 Middleton, 301 Hercock, 287 May, 257 Ellam
2. Ilford AC	<b>1746</b>	405 Sharpe, 356 Hinton, 336 Uttley, 235 Ryan, 213 O'Rawe, 201 Dordoy
3. Surrey WC	<b>1184</b>	294 Harran, 292 Crane S, 218 Crane P, 193 Hoben, 95 Lightman, 92 Brown V
4. Enfield & H AC"B"	<b>1167</b>	220 Howard, 218 Seddon, 205 Powell, 187 BravermanT, 176 Livermore, 161 Braverman D
5. Hillingdon AC	<b>1163</b>	425 Cox, 319 Miles, 231 Makowska, 188 Bobbett
6. Belgrave Harriers	<b>1120</b>	293 Hall, 267 Lawton, 192 Culshaw, 143 Noel, 131 King, 94 Graham
7. Enfield & H AC"C"	<b>618</b>	148 Cox, 121 Cole, 102, 99 Queeney, 89 Smith, 83 Flavell, 65 Grimsey
8. Steyning AC	<b>589</b>	243 Jones, 179 Belchambers, 62 Ball J, 60 Richards, 45 Penfold
9. Ilford AC"b"	<b>524</b>	164 Allen, 131 Ainsworth, 126 Davis, 62 Kelly, 51 Trotter, 11 Dobson
10. Aldershot f d	<b>405</b>	308 Bishop, 59 Silvester, 38 Lewis

### Thank you to Whoever it was from Grahm Chapman

At Parliament Hills Fields the other weekend I managed to lose a small purse containing some keys. The person that found it purse very generously made use of an anonymous key returning service and I now have them back. So this may be a long shot, but I wonder if I could ask you, perhaps in the next issue of 'Enfield Walker', to print this as a thank-you to whoever found the keys? One of them was to my desk at work and you have no idea how much grief it saved me to get it back safe and sound ! Of course if they would like to make themselves known to me I would love to be able to thank them personally the next time we meet up at a race.

**100 mile Magic** Hundred Mile weekends seem always to be memorable occasions. I think the reason why they are is the longevity of the event, which allows time for people to chat and socialise in a way that the relative brevity of shorter events doesn't. Another contributing factor is the need for considerable numbers of people; officials, walk support teams, along with many people who have no connection with walking, who marshal, cater and carry out general dogsbody duties, all of which creates a rich social mix.

The atmosphere around the "tented village" is always electric, a mixture of carnival and concern as people in their varying ways, ensure that their walker(s) receives all the help, they need to keep them on the road, be it providing sustenance, physical assistance or simply giving the right vocal encouragement.

The patience with which the feeding Station team labour tirelessly to meet special and sometimes unusual requests that they inevitably receive, can only be marvelled at. How the recorders maintain their outward calm, when the accuracy of their counting is challenged is laudable and indebtedness is owed to the first aid agencies, whose hallmarks are the provision of a professional but friendly service.

There can be no doubt that the most thankless task in any race waking event falls to the judges. They work in isolation and in ultra distance events where the action is less hectic, the boredom factor comes into play and it is to their credit that in such circumstances they manage to stay so vigilant.

Some volunteers who commence their duties with little real interest in the event and an eye on the clock to their finish time, suddenly find themselves becoming involved and reluctant to leave when their stint is up, or call back the following day to see what's been happening. This phenomenon also appertains to many first time walkers who are forced to retire without reaching their goal.

Whatever, the role, the greatest test for everyone, is how they cope with the vagaries of the weather which can create serious problems; heat stroke, hypothermia, trench-foot, leaking tents, poor visibility and so on.

Registration brings together old friends whose easy, but in no way boastful; "I've done it all before" manner contrasts sharply to that of apprehensive first timers or previously failed would be *Centurions*. There are many introductions and much reassurance given, but still, until the event finally gets underway there is an edgy air of anticipation.

The first few hours of the event are usually uneventful. It is daylight; the walkers are confident and in high spirits and the various teams of people have time to settle into their roles and duties. After five or six hours on the road the initial adrenalin rush has passed and the euphoria that built up prior to the start, has like the light, begun to fade and everyone's body is telling them that it is bedtime. From this point, onwards there will be countless dramas within the drama of the event itself, as the fatigue factor takes effect. There are invariably crisis points for the majority of participants when manageable situations suddenly become desperate ones. All will struggle to overcome them, but not all will succeed.

For me, this is where the real magic of the event manifests itself, in an over riding feeling, that everyone involved wants to do everything they can, to ensure that every walker gets the utmost out of themselves and attains their best possible result.

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**Photo Puzzle** Jack Rossiter, who took the photograph was the first to contact me about "*Can You Name Them?*" Which appeared on the back page of the last issue, but it was the club's walking captain Ron Powell who came up with the event and venue. It was the Southern Area 10 miles championship staged at Battersea Park on 4<sup>th</sup> March 1978. There was a programme entry of 143 which included 15 teams of which 83 and 10 respectively started. The championship was won by Bill Wright (Southampton AC) in 73.22, second was Carl Lawton (Belgrave H) 74.02 and third Steve Gower (Ilford AC).

The club fielded nine walkers - their positions and times were:

6 <sup>th</sup> Adrian James (39)	76.22	52 <sup>nd</sup> Peter Worth (49)	89.04
8 <sup>th</sup> Graham Scott (47)	76.26	56 <sup>th</sup> Charlie Fogg (37)	90.23
18 <sup>th</sup> Dave Salter (46)	78.57	58 <sup>th</sup> Ken Easlea	91.38
41 <sup>st</sup> Pat Furey (38)	86.33	<i>not pictured</i>	
43 <sup>rd</sup> Ron Powell (42)	86.43	64 <sup>th</sup> Harry O'Niell (40)	97.16



Enfield finished fourth team behind Steyning, Belgrave and Ilford. Occupying seventh spot between Adrian and Graham was Dennis Stevens (Steyning AC) with 76.25.

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**Results Round-up** In the **Southern Vets 2km** track race at Hemel Hempstead on Monday 13<sup>th</sup> July, the day after the Barclay weekend, Helen Middleton was the first of the seven ladies to finish in 11.15, whilst Bernie Hercock in 14.00 and Ken Livermore in 15.42, were the last two of eleven finishers in the men's race, which was won by Mark Easton in 09.09

The **VAC five miles** at Battersea Park on 28<sup>th</sup> July was won comfortably by Ilford's Steve Allen in 45.22 from Carl Lawton 47.47 and Peter Hannell 49.05. Steve has told me that the Barclay Hundred had rekindled his passion for race walking and his desire to become a *Centurions* and that the Centenary event being staged by Surrey Walking Club in 2011 is his long term goal.

Sean Pender 7<sup>th</sup> in 51.11, Jon May, 9<sup>th</sup> in 54.07 and Bernie Hercock 11<sup>th</sup> in 58.10 were there representing the club. *Leaguer's* Mike Hinton 4<sup>th</sup> 49.25, Peter Crane 5<sup>th</sup> 49.26, Paul King 6<sup>th</sup> 50.59 and Dave Hoben 56.57 were part of the twelve strong field.

The club had no one competing in the **SRWA 20km championship** staged at Basildon on Saturday 1<sup>st</sup> August, where *Leaguer* Trevor Jones clocked 1.48.34 to score an untroubled win. Steve crane in second was the only other walker under two hours with 1.57.06 and third was Steve Uttley in 2.03.09. Cath Duhig, Anne Belchambers and raw novice Sue Smith from Norfolk were the only ladies to participate. Their times were; 2.14.45, 2.17.41 and 2.36.30 respectively.

Nine walkers started and finished the third **Woodford Tuesday 3km** track event on 4<sup>th</sup> August. Bernie Hercock was the club's only representative and he finished 8<sup>th</sup> in 21.15. The impressive winner was Amy Hales in 15.35.

### ***Forthcoming Fixtures***

The final **LICC track 3km** takes place at Cophall Barnett stadium on **29th August**. The LICC have been very supportive of the *Enfield League* this year, so although this race does not incorporate one of our fixtures, it deserves our full support.

**BMAF 30km** - 22<sup>nd</sup> August *see BMAF AGM article*

The **RWA/UKA national 10km Road championships** are incorporated in Leicester Walking Club's annual Jim Sharlott meeting at Abbey Park, Leicester on **Saturday 5<sup>th</sup> September**. The race starts at noon, also incorporates the BMAF championships and prior to it are YAG races. As I understand it, the entry fee of £7.50 covers the Jim Sharlott and national championship and for those wishing to enter the BMAF there is an additional fee of £2. Entries close on 1<sup>st</sup> September and details and forms from Colin Vesty, 1 Crossley Close, Barrow upon Soar, Loughborough, LE12 8QL.

Entries for the **SRWA One Hour** championships on **12<sup>th</sup> September**, at Dartford track, along with YAG events close on 1<sup>st</sup> September. Fees: £5 and £3 to: N.Carmody, 41 Herbert Road, Bexley Heath, Kent, DA7 4QF

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**BMAF AGM** John Hall reports - What happened at the BMAF AGM on 4th July in Birmingham? Well, the main thing from your point of view may be that I have taken over as Hon Race Walking Secretary. Eric Horwill will be a very hard act to follow but hopefully email will help me to keep in touch with most of you quite easily. The other posts were sorted out amicably as Winston Thomas stood down as Chairman at the start of the meeting, leaving the way open for Arthur Kimber to take over without a vote being necessary. Kevin Dillon took over as Vice Chairman and Maurice Doogan is back as Track & Field Secretary. Arthur and Kevin both stated that they are open to approaches from athletes at any time on any issue.

What does the future hold? Nationally I will try to keep up Eric's good work in arranging championship events - thankfully with some help from Eric, at least to start with. We have had considerable assistance from local organisers in recent times, as well as enormous help from a small band of officials. I hope that will continue in future. Internationally, I think we will be getting some major championships coming to our shores - hopefully starting with the European non-stadia in 2013. That is of course subject to a good package being put together and the European Veterans AA agreeing. I would like to see more of our walkers going to major championships. I will encourage you as much as possible in that.

NEWMARKET. Our thanks are due to Ron and his team for a great weekend, which included the BMAF long-distance championship (100 miles - many congratulations to Sandra Brown and Richard Brown on heading the field and to all others who finished) and the England Athletics Masters Association 3 miles, incorporating an international race. Eric is sorting out the full BMAF/EAMA results from these races and it would be helpful if anyone in the 3 miles who was representing a country other than England could please let him or me know (we have Arthur Thomson down as Wales).



BMAF CHAMPIONSHIPS remaining this year are: 30k at Coventry on Saturday 22nd August, starting at 11.30 a.m. Entry form on BMAF website: <http://www.bvaf.org.uk/fix/bmaf30kwalk2009.htm> and the 10k at Leicester see *Forthcoming fixtures* Do get in touch with questions, suggestions or anything else that comes to mind. *Best wishes, John 020 8292 3627*

*Retiring BMAF race walking secretary Eric Horwill with Richard Dunwoody and His Highness Sheikh Mohammed bin Rashid Al Maktoum, during the recent Barclay re-enactment at Newmarket.*