

Enfield Walker 2011

(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

March



Skills Technique and Training Sessions

The next session is scheduled to take place at LVAC on Sunday 20th March. The format has now been amended to include a training session on the track. Usual start time of 10am.

The next League Race is the **PAT FUREY Open FIVE miles**

incorporating **U13's - U15's - U17's events**

at 12.30pm on Saturday 9th April at Lee Valley Athletic Centre, (N9 0AR)

The races are incorporated in the LEE VALLEY OPEN MEETING and whilst the whole of the 1km event will take place on the track, the other categories will start on the track before going out to complete their distances on the road.

Although entries will be taken on the Day, It would be a tremendous help if walkers could enter in advance an entry form is attached.

Moulton Walks – Safety Issues

As reported last year, concern has been expressed about the safety of the course. It centres mainly around the bunching of walkers on both sides of the road, particularly the stretch leading to and away from the turn. The refusal by many walkers to 'keep into the left' was the major cause of the problem. We do share the highway with motorists and have to be alert to that.

It would be such a pity to lose this event from the fixture list, but there is a real danger that this could happen!

This year's event will go ahead on Saturday 4th June and in an effort to minimise risk; **Amblers** and **Ramblers** will use an off-road route and the **Five mile Road Walk** over the traditional course will remain open to all who wish to test themselves and record a time.

The usual awards and memento's will be issued to all finishers in both sections and any proceeds will be distributed to 'Polio Plus' and the Moulton Village Hall, Fund. Forms for this year's event will be available shortly

Thanks Big Ron

The superb wooden trophy pictured here was given to Ron Powell by May MacSweeney many years ago. It is not certain whether it was won by her husband Alf or brother in law Sid. Ron has now passed it on to the club and suggestions for conditions of its award are sought. For those who may not know, it was Alf MacSweeney, a printer by trade who founded the *Race Walking Record*.



Thirty-eight of the forty-three starters completed the full distance in second race of this year's series in damp chilly conditions. Four counties appointed the race as championships and Essex and Middlesex had reasonable turn outs.

Dominic King and twin Daniel using the race as a warm up for the IOM 20km next weekend and as part of their build up for the Dudince 50km at the end of March, were untroubled and finished well clear of the field. Fransisco despite a troublesome injury occupied third place.

There were notable debuts at the distance by Angie Alstrachen, Noel Blatchford and Sue Barnett and once again, Dave Kates was the first *Centurion* to finish.

The extended course seemed to get approval from the majority of participants, although there was a suggestion that it was short. The fast times and a satnav watch reading was the evidence for this and it will be re-measured. However it should be borne in mind that the reduction in U-turns makes a huge difference; saving on the time lost negotiating them and equally important, fewer breaks in the walker's rhythm. I take the point raised by one walker who felt that judging concentrated on the few yards of rubber rumble-strip was a little pernicious.

It was nice to see Scott Davis at the start and he told me that he is currently taking a break from walking, but fully intends to compete again later in the year. This is good news, because Scott's presence in races certainly gingers up the competition, whilst his immaculate style is a great advert for the event.

Ladies

1. Helen Middleton	(Enfield HAC)	95.02	W45
2. Cath Duhig	(Ryston Runners)	96.55	W55
3. Maureen Noel	(Belgrave H)	98.01	W45 5
4. Angie Alstrachen	(Enfield HAC)	99.52	W45
5. Anne Belchambers	(Steyning AC)	102.29	W55
6. Noel Blatchford	(Abingdon A AC)	104.55	W60
7. Sue Barnett	(Enfield HAC)	*107.23	W60
8. Fiona Bishop	(Aldershot FD)	110.49	W50
9. Jo Miles	(Hillingdon AC)	110.57	W55
10. Sue Smith	(Ryston Runners)	129.00	W55
11. Roz McKennzie	(Abingdon A AC)	55.32	W45 5 miles

Dominic King, Maureen Noel, Cath Duhig

*Men*

			* = PB	© = Centurion
1. Dominic King	(Colchester AC)	71.25		M40
2. Daniel King	(Colchester AC)	72.19		M55
3. Fransisco Reis	(Ilford AC)	82.59		M50
4. Trevor Jones	(Steyning AC)	85.44		M55
5. Steve Uttley	(Ilford AC)	86.35		M50
6. Steve Allen	(Barnet & Dist)	91.37		M50
7. Arthur Thomson	(Enfield H AC)	91.55		M70
8. John Ralph	(Enfield H AC)	94.43		M50
9. Ken Bobbett	(Hillingdon AC)	95.12		M65
10. Andy Cox	(Hillingdon AC)	95.12		M55
11. David Kates ©	(Ilford AC)	96.32		M60
12. Amos Seddon	(Enfield H AC)	97.38		M70
13. Chris Flint	(Surrey WC)	99.40		M65
14. Sean Pender ©	(Enfield H AC)	100.12		M55
15. Michael Harran	(Surrey WC)	100.45		M70
16. Shaun Lightman	(Surrey WC)	101.45		M60
17. Oliver Browne ©	(Ilford AC)	102.30		M55
18. Paul King ©	(Belgrave H)	104.12		M55
19. Jon May	(Enfield H AC)	104.46		M60
20. Mick Bradley	(Enfield H AC)	104.54		M50
21. Peter Crane	(Surrey WC)	106.12		M65
22. Ron Powell	(Enfield H AC)	107.40		M70
23. John Borgars	(Loughton H AC)	109.46		M65
24. David Hoben	(Surrey WC)	112.45		M55
25. Alan O'Rawe ©	(Ilford AC)	117.11		M65
26. Mick Barnbrook ©	(Ilford AC)	117.59		M65
27. Brian Sturt	(Enfield H AC)	121.34		M70
28. <u>Bernie Hercoc</u>	<u>(Enfield H AC)</u>	<u>121.37</u>		<u>M70</u>
29. Steve Whelan	(Headington AC)	57.14		M45
30. Peter Howard	(Enfield H AC)	58.11		M65
31. Paul Ray	(Enfield H AC)	67.36		M75
32. Ken Livermore ©	(Enfield H AC)	67.36		M75

County Champions:

<i>Essex</i>	Ind: Dominic King
	Team: Ilford AC (F.Reis, S.Uttley, D.Kates)
<i>Middlesex</i>	Inds: Maureen Noel and Fransisco Reis
	Team: EHAC (S.Pender, J.May, M.Bradley)
<i>Norfolk</i>	Ind: Cath Duhig
<i>Suffolk</i>	Ind: Angie Alstrachen

Judges: R.Pearce(Chief), P.Cassidy, M.Croft, M.Graham, P.Wilson

Time Keepers/Recorders: A.Garner, J.Hall, P.Sketchley

Marshalls: D.Ainsworth, C.Lawton, P.Emery, J.Rooke Esq, T.Perkins, D.Sharpe

Registration/Results:: M.Livermore, J.Wallwork - *Course Managers:* B.Hercoc, K.Livermore

2011 League Positions after Two Fixtures

Sixty-two walkers from twenty-three clubs have recorded Ninety-four performances in the first two races. Helen Middleton has edged ahead in the women's *League* whilst last year's main protagonists, Messrs. Allen, Reis and Uttley have been joined this year by Trevor Jones. The defending team champions have their nose in front of Ilford AC, but there are many miles to race and the Essex club will soon have the globe trotting Peter Ryan back in action for them. The next fixture carries bonus points, will individuals and teams take advantage?

Ladies

1. 112/2 Helen Middleton
2. 96/2 Maureen Noel
3. 95/2 Angie Alstrachen
4. 87/2 Anne Belchambers
5. 79/2 Noel Blatchford
6. 75/2 Sue Barnett
7. 70/2 Jo Miles
8. 70/1 Neringa Aidietyte
9. 68/2 Fiona Bishop
10. 64/1 Kelsey Howard

Men

1. 127/2 Fransisco Reis
2. 125/2 Trevor Jones
3. 122/2 Steve Uttley
4. 117/2 Steve Allen
5. 112/2 John Ralph
6. 112/2 Arthur Thomson
7. 108/2 Ken Bobbett
8. 104/2 Dave Kates ©
9. 103/2 Amos Seddon
10. 92/2 Sean Pender
11. 89/2 Shaun Lightman
12. 85/2 Oliver Browne ©
13. 81/2 Mikk Bradley
14. 77/2 Jon May
15. 69/2 Ron Powell
16. 67/1 Nick Silvester
17. 66/2 Alan O'Rawe ©
18. 65/1 Graham Chapman
19. 61/1 John Hall
20. 60/1 Dominic King

Team

1. Enfield & H AC **626** 112 Middleton, 112 Ralph, 112 Thomson, 103 Seddon. 95 Alstrachen, 92 Pender
2. Ilford AC **574** 127 Reis, 122 Uttley, 104 Kates, 85 Browne, 70 Aidietyte, 66 O'Rawe
3. Enfield & H AC B **407** 81 Bradley, 77 May, 75 Barnett, 69 R.Powell, 53 Hercock, 52 Dunn
4. Enfield & H AC C **256** 50 Howard, 48 Sturt, 43 Brown, 41 Ray, 39 Livermore, 35 Grimsey
5. Belgrave H **249** 96 Noel, 61 Hall, 54 Culshaw, 38 King
6. Surrey WC **238** 89 Lightman, 45 Flint, 42 Harran, 34 CraneP, 28 Hoben
7. Hillingdon AC **228** 108 Bobbett, 70 Miles, 50 Cox
8. Steyning AC **212** 125 Jones, 87 Belchambers
9. Ilford AC'B' **190** 59 Barnbrook, 53 Sharpe, 32 Goodwin, 26 Ainsworth, 20 Barnard
10. Tonbridge AC **163** 64 Howard, 63 Bradley, 36 Cotterill

Good News and Bad News The good news concerns the walks and marathon events in next years Olympics, events that are being staged along the Mall. The Olympic ticketing shows ticket prices as £20 and £30 for the walks and £20, £30 and £50 for the marathon. Peter Marlow has confirmed, that apart for the last 100 metres, tickets will not be needed to watch the walks

The bad news is that last year's Belgrave Open Seven was the last in a series that had run since 1920. It was the first of what was to become a classic London series of seven mile races that were 'a must' to take part in for all southern walkers and later a magnet to walkers all over the country

More Bad and Good News The bad news is that Fransisco Reis has retired. The good news is that it is only for a few weeks, so that he can undergo an operation. On behalf of everyone connected with the *League* I wish you a speedy recovery and look forward to seeing you soon, if only as a spectator until you are fit enough to compete again.

Officials Appeal Thanks to the co-operation of the LICC the walks in its summer track series have become part and parcel of the *League*. However, like all branches of athletics, officials are in short supply. LICC's Geoffrey Morphitus has been in touch to ask if any walk officials or indeed walkers would be prepared to stay on after the walks and assist with other events. They would be most welcome.

Course Comments Dear Ron, Nice variation on your routes to have a large lap down by the navigation (intrigued how the judges' cars got past the locked gates), please put it on again. Also liked very much the Hillingdon Cycle Circuit, with more U-turns than a Lib-Dem manifesto! - BW – Dave Hoben

Results Round up

There were nine starters for the **SVAC Indoor 3km championship** staged at LVAC on Sunday 20th February. First home of the six finishers was Fransisco Reis M50 in 14.27. Second was John Hall M60 in 15.16 and third Steve Allen M50 in 15.42. It's worth noting that Fransisco and Steve had done the ten miles *League* race the previous day. Club captain Ron Powell was of the three disqualifications.

There were twenty-two starters in the **BMAF indoor 3km championships** at the same venue a week later, among them seven EHAC members. The result set out below shows that not only did the club have a good medal haul, but that all but three of the starters collected medals and two of those that didn't weren't allowed to finish the race. Congratulations to Anne Wheeler and Maureen Spelman on setting new British records. Reis and Hall improved on their previous weeks performances and Ron Powell bounced back from the Dq he experienced.

F.Reis	14.04	<i>M50 1st</i>	D.Sharpe	18.04	<i>M55 2nd</i>	A.Wheeler	16.16*	<i>W55 1st</i>
M.Williams	14.23	<i>M45 1st</i>	A. O'Rawe	19.18	<i>M65 3rd</i>	H.Middleton	17.04	<i>W45 1st</i>
N.Silvester	14.26	<i>M55 1st</i>	S.Pender	19.24	<i>M55 3rd</i>	C.Duhig	17.30	<i>W55 2nd</i>
J.Hall	15.06	<i>M60 1st</i>	R.Powell	19.32	<i>M70 2nd</i>	S.Barnett	18.56	<i>W60 1st</i>
S.Allen	15.43	<i>M50 2nd</i>	W.Norbert	20.17	<i>M75 1st</i>	J.Miles	19.06	<i>W55 3rd</i>
A.Thomson	16.49	<i>M70 1st</i>	P.Howard	20.41	<i>M65 4th</i>	A.Alstrachen	19.14	<i>W45 2nd</i>
R.Penfold	17.24	<i>M65 1st</i>	E.Horwell	21.55	<i>M75 2nd</i>	M.Spelman	21.15*	<i>W75 1st</i>
P.Hannell	17.39	<i>M65 2nd</i>	B.Hercock	<i>M70 & D.Stevens M70 disq</i>		* = British Record		

The **UKA/EA/RWA national 10 miles championships** took place at Coventry on Sunday 6th March in what I understand were reasonable conditions for the thirty-eight men and ten women who took part. Notable absentees were Jo Jackson, Luke Finch and Tom Taylor.

Alex Wright won comfortably in 70.46 with Daniel King 72.34 second and Mark O'Kane 72.59 third, whilst Neringa Aidietyte 76.19, won by a distance from Lisa Kehler 84.38 and Diane Bradley 89.38. Times were not particularly quick by today's standards. Four men, two of which were disqualified, didn't finish.

Arthur Thomson thirteenth in 93.49 was the only EHAC walker who took part. Trevor Jones seventh in 85.30, Steve Uttley 87.31 ninth and Steve Allen 93.08 twelfth, were the leading *Leaguers*.

The injury that Fransisco Reis has been carrying for some months became so acute that he was forced to retire and consequently any chance Ilford AC entertained about collecting team medals dissipated.

I wasn't there, but looking at the results, I was impressed by the 89.29 performance of sixteen year old Nathan Duncan from Yorkshire Race Walking Club. I was also delighted to see that through the backing up efforts of Colin Scott 94.05 and Richard Spenceley 97.59, his club, which was prominent in years gone by, were able to spring major surprise to become National team champions. Redcar RWC and Surrey WC occupied the minor team positions and Leicester RWC and Redcar RWC were the only teams to finish the women's event.

The final race of the **Cambridge H 2010/11 league** took place on 12th March. Over the usual testing 5km course the race winner was Fransisco Reis in 00.00. Sean Pender and Bernie Hercock were among the starters. Bernie finished second overall in the final League table, behind Chris Flint and in front of Dave Ainsworth. All three were the only people who took part in the three fixtures that were staged. The December race was weathered off.

Helen Middleton was a class apart when lapping the field to win the Women's **Eastern Counties Indoor 1 mile Walk** at Lee Valley Arena on Sunday 13th March, clocking 8.53.38. The fastest man was Fransisco in 7.45.

Forthcoming Fixtures

26th March Steyning AC stage their Slater-Bryce Memorial meeting at Broadbridge Heath track, Horsham, RH12 3YS.

10KMS Track walk M/W 5K + YAG's 3k & 2K Races if required *Including SUSSEX Championships `A` Grade race*. 11.00am – Entry fee £4 M/W - £2.50 YAG
Details Ron Penfold 01293-520506 or Dave Stevens 01903-814422

9th April Pat Furey Open Walks (*see front page*)

17th April Downham Estate 10km/20km/30km walk. The Start time is 11am and the entry fee is £5 to Peter Duhig, 42 Wimbotsham, Road, Downham Market, Norfolk, PE38 9PE.

Email: peter@peterduhig.plus.com – phone: 01366 388 188 (evening) or 01366 383 535 (daytime)

23rd April St George'S Day – Celebrate it with your race walking friends at the Enfield *League Race 4*. Its a 3km track event with junior 1km race at Parliament Hills Fields track, NW5 1QR – Note it is an 11.45 start.

1st May RWA National 20km and YAG championships at the Redbridge Cycle Circuit, Hainault
Details from the Champs. Sec. Peter Marlow. Email: pmarlow@btinternet.com. Tel: 01284 754177