

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

August



Olympic Opportunity

Set out below are extracts from a letter sent to the RWA, SRWA and BMAF and views from walkers are also welcomed.

Olympic Opportunity for 'Ordinary' Athletes and an RWA Celebration

Britain has an outstanding record of success in the Olympics walks and my notion is that during the Games (Tuesday* afternoon 7th August 2012) a 5/10km walk be organised and an open invitation extended to walkers' from overseas who will be in London to watch the Games, to join their UK brothers and sisters in a grass-roots event.

It would provide a wonderful opportunity for the rank and file walkers world-wide to come together and it would make Olympic year a special one too! for the vast majority of walkers, who will never be good enough to don an international vest.

I think that it is a wonderful opportunity for the RWA, with support from the area associations to celebrate the historic part it played in formalising the first universally accepted definition of race walking.

I look forward to your comments.

Regards – Ron Wallwork

**On Tuesday 7th August the athletics morning programme finishes at 12.30 and re-commences at 6.30pm.*

I should point out that the original concept wasn't my own and that it's progress (limited as it is) couldn't have been made without the initial support by Ken Livermore.

We envisaged a 'normal' low- key event, reflecting the ethos of the *Enfield League*; traditional keen, but friendly competition between athletes of all ages and standards bringing the best out of each other in the process. Being low-key, because in the shadow of the Olympics it couldn't be anything other, would not stop the event from being 'special'.

The timing of the event for overseas visitors necessitates a weekday fixture and the only one with an afternoon break in the Games programme is Tuesday 7th August. We considered the drawback of a weekday fixture, but thought that the intrinsic nature of the event mitigated the necessity to do so.

The next League race at which entries will be taken on the day is

17th September 10km at Hillingdon Cycle Circuit 1pm

By Road: The cycle circuit is in Minet Park, Hayes West London, located on the east side of the A312 Hayes by pass at the A4020 Uxbridge Road roundabout approx 1.5 miles north of M4 junction 3. The entrance is in Springfield Road off the 4020 Uxbridge Road. The post code is UB4 0LP

Public Transport: Tube/train to Ealing Broadway. LEFT out of station to traffic lights and turn RIGHT – 100yds approx to bus stop. The 607 (limited stop) 207, 427 To Hayes End/Springfield Road. The Cycle Circuit is at the far end of Springfield Road.

Woodford Tuesday Trophies for EHAC

Ilford made a clean sweep of the final 2011 **Woodford Tuesday Walks** on 30th August. However, they failed by a mere four points to catch EHAC who lifted the *Reg Youldon Rose Bowl* for the first time in the event's nineteen year history. *Leaguer* Steve Allen was the individual winner scoring 101pts. Helen Middleton 96 was second and won the *Phil Embleton Shoe* for being the leading lady and Sean Pender 95 occupied third position. The other team scorers were Mikk Bradley and Bernie Hercock. In all eight club walkers competed in the series.

People that make things possible

Most amateur sports and societies are dependant on countless people who work for the most part unseen, but whose labours are vital to their continuance. Race walking has its share of such valuable people and one is Ilford's Tony Perkins. He is spotlighted on page three, at my request by Dave Ainsworth.

Yet another personal best for Sue Barnett and final preparation races for Liz Man Rey and Gary Smith before they travelled to New York for the International Police championships. Also coming under starters orders were Stuart Bennett on holiday from Dubai and Ron Wallwork for the first time since May 2009.

Ladies

1. Helen Middleton	(Enfield HAC)	29.29	w45
2. Sue Barnett	(Enfield HAC)	*31.14	w60
3. Sue Davies	(Aldershot FD)	32.49	w45
4. Ann Lewis	(Aldershot FD)	34.32	w60
5. Norma Grimsey	(Enfield HAC)	36.13	w50
6. Liz Man Rey	(Enfield HAC)	36.44	sw
7. Jane Angell	(Aldershot FD)	37.38	w45
8. Anne Pickard	(Loughton AC)	37.43	w45

Men

1. Fransisco Reis	(Ilford AC)	24.26	M50
2. John Ralph	(Enfield HAC)	28.03	M50
3. Amos Seddon	(Enfield HAC)	28.44	M70
4. Alan Ellam	(Enfield HAC)	28.50	M55
5. Mikk Bradley	(Enfield HAC)	29.02	M50
6. Stuart Bennett©	(IlfordH AC)	29.29	M50
7. David Sharpe ©	(Ilford AC)	30.01	M55

Men continued

8. Gary Smith ©	(Enfield HAC)	30.07	M55
9. Shaun Lightman	(Surrey WC)	30.17	M60
10. Rod Dunn	(Enfield HAC)	30.18	M55
11. Andrew Cox	(Hillingdon AC)	30.23	M55
12. Ken Bobbett	(Hillingdon AC)	30.45	M65
13. Steve Allen	(Ilford AC)	32.17	M50
14. Jon May	(Enfield HAC)	32.24	M60
15. Alan O'Rawe©	(Ilford AC)	32.36	M65
16. Peter Howard	(Enfield HAC)	35.04	M65
17. David Hoben	(Surrey WC)	35.36	M55
18. Mick Barnbrook ©(Ilford AC)		36.30	M65
19. Peter Cassidy	(Loughton AC)	37.03	M70
20. Stuart Halsall	(EVAC)	37.10	M80
21. Andrew Harnes	(Scunthorpe AC)	38.18	u17
22. Ron Wallwork©	(Enfield HAC)	38.30	M70
23. Dave Ainsworth ©	(Ilford AC)	39.24	M60
24. Ken Livermore ©	(Enfield HAC)	41.01	M75

* = pb

© = Centurion

League Tables after Nine Fixtures

A total of 118 walkers from twenty-seven clubs have taken part in this year's *League*, amongst them twenty-three *Centurions*. Helen (barring injury) looks to be unassailable in the ladies table, but the men's championship is still wide open. A number of the leading walkers have a race in hand and Steve Allen has two. There are three races left and the last of them the eighty-fifth Enfield Seven on the second Saturday in November carries bonus points.

Ladies

1. 645/8 Helen Middleton
2. 537/7 Angie Alstrachen ©
3. 522/9 Sue Barnett
4. 499/8 Norma Grimsey
5. 432/5 Anne Belchambers
6. 239/4 Sue Smith
7. 232/3 Serena Queeney
8. 208/4 Jo Miles
9. 201/2 Joan Bell
10. 199/2 Diane Bradley

Men

1. 694/8 Steve Uttley	11. 484/6 Shaun Lightman
2. 682/9 Fransisco Reis	12. 475/7 David Sharpe ©
3. 645/8 Amos Seddon	13. 469/5 Steve Allen (If)
4. 618/8 Mikk Bradley	14. 445/9 Peter Howard
5. 617/7 Steve Allen (Bnt)	15. 444/8 Bernie Hercock
6. 592/8 John Ralph	16. 405/5 Rod Dunn
7. 584/9 Jon May	17. 401/7 Ron Powell
8. 564/9 Alan O'Rawe ©	18. 383/5 Trevor Jones
9. 545/7 Sean Pender ©	19. 369/8 Dave Ainsworth ©
10. 502/7 Andy Cox	20. 362/6 Steve Whelan

Team

1. Enfield & H AC	3629	645 Middleton, 645 Seddon, 618 Bradley, 592 Ralph, 584 May, 545 Pender
2. Ilford AC	3253	694 Uttley, 682 Reis, 564 O'Rawe, 475 Sharpe, 469 Allen, 369 Ainsworth
3. Enfield & H AC B	2852	537 Alstrachen, 522 Barnett, 499 Grimsey, 445 Howard, 444 Hercock, 405 Dunn
4. Surrey WC	1708	484 Lightman, 318 Harran, 314 Hoben, 230 Delaney, 198 Crilley, 164 Hannell
5. Enfield & H AC C	1601	401 Powell, 328 Thomson, 284 Ellam, 232 Queeney, 178 Sturt, 178 Livermore
7. Ilford AC'B'	1196	304 Browne, 270 Barnbrook, 217 Barnard, 164 Goodwin, 137 Ryan, 104 Kates
6. Steyning AC	1175	432 Belchambers, 383 Jones, 130 Penfold, 125 Emlsey, 105 Stevens
8. Hillingdon AC	1107	502 Cox, 341 Bobbett, 208 MilesJ, 56 MilesS
9. Belgrave H	870	267 King, 253 HallJ, 109 Graham, 96 Noel, 91 Halle, 54 Culshaw
10. Ryston RR	650	239 Smith, 177 DuhigC, 120 DuhigP, 114 Firmage

Good News I'm sure that all club members and *Leaguers* will be delighted to learn that Mary Powell, wife of club captain Ron is now home and much better after a being hospitalized recently.

Spotlight on TONY PERKINS - True Stalwart by Dave Ainsworth

Tony joined Ilford AC in July 1967 as runner but soon realised "I was useless so I became an official under the guidance of Ilford AC stalwart Alec Tiffin" to quote Tony's own words. At this time Ilford had a junior walking team of Roger 'Miles of Guildford', Brian 'Flapper' Armstrong and Geoff 'the Cough' Hunwicks. They asked Tony if he'd become their Team Manager - mainly because he had a car. For the next 3 decades he held an official position at the Club. For over a decade he was Ilford AC Treasurer (1970/82 & 1987/88) and along with Alec Tiffin (himself an ex-race walker of good Club standard) as General Secretary, they ran the club between them. They also used to get the track ready for trophy meetings spending much time putting out the hurdles around the then 440 yard track at Cricklefields for only one athlete to turn up.

Tony was encouraged at the walking races to have a go. He remembers Bob Dobson saying, "Instead of holding their tracksuits why don't you have a go?" So Tony did...and on June 9th 1970 he raced the Lambeth 5 at Brockwell Park in 51.34 and for the next three years did mainly Essex League races and generally just helped others. In 1973 he took up a clerical position with a firm called Akroyd and Smithers, a member of the London Stock Exchange and for the next 20 consecutive years he spent a Saturday in May walking from London-to-Brighton. As an athlete who often finished at the back of the field Tony liked helping others reach their goal in any way, whether it be an International or club athlete and he didn't mind doing it.

Tony's CV would read : Completed 20 consecutive Stock Exchange London to Brighton's, one of only 3 club members to do this, despite on the 1st race going off-course at Crawley and doing an extra 2 miles whilst his attendants (Alec Tiffin and Doctor John Batchelor) tucked into a 5 star buffet provided by his mum. In fact Tony was later told by his regular attendants, Brian and Alec, that they only did it for the buffet. Tony's span of Brightons goes from 1973-to-1992 inclusive. He broke 10 hours more than once with his best being 9.41.24 in 1976 when coming 6th (a place behind Ilford AC Clubmate and Centurion C535 Alan Barber). In 1975 Tony won the sealed handicap and in 2003 - at the last ever Brighton - was an honoured guest and made one of the presentations.

He became Centurion 685 on 22/23 June 1979 at the SWC/Ewhurst 100 Miles in 23-45-47. The idea was to assist Gary Smith (later to become Centurion 856) but he got lost in the mist, went off course, and retired. Tony was also beaten by C683 George Woods! He completed 95 consecutive Stock Exchange club races failing to beat Ken Tuson's record of 97 due to a tube strike.

He's been associated with most Essex Walker issues in some way since No.1 and he conned Dave Ainsworth (C540) into being Essex Walker Editor back in both 1983 and then 1991.

He attended Colin Young (C317) on three Strasbourg-to-Paris races when his team comprised of just 1 car with Reg Wells, Amos Seddon and himself - how times have changed. Along with Len Ruddock and Steve King he assisted Colin on many 24 hour races in France. He attended both Steve King (C492) and David Neagle (C527) on their 100's. He's been organiser of Stock Exchange AC trips to Switzerland for over 30 years and was John Lee's personal attendant on his numerous long distance races. He co-organised the European Friendship walks with Denis Sheppard and Mike Scamell in 1979. He organised the Ilford Xmas Walks for over 30 years and in recent years brought a bit of spirit to it (hic!)

Tony was GB Team Manager for some years in the era of Les Morton/Adrian James and nicknamed 'the scrounger' by Ken Smith, because he could always get what the walkers wanted. Tony got a GB track suit but a junior's track suit hadn't been ordered so he gave it away to him - he still waits for his own!

He's been involved in meeting International athletes at airports for 40 years and being the 'dogsbody' at many meetings. This often meant going to airports at 0300, giving athletes breakfasts at 0400 as they like to eat 4 hours before they race, or returning to the hotel at the end of the day to find his room or meal had been given away - but as compensation there are all those perks going at International meets, although he seems to have missed those as well! Tony and Dave Kates (C936) were responsible for all the transport at the European Cup at Leamington in 2007

In recent years he operated 'Perkins Tours' to various overseas walking races earning the reputation of being low cost, get there in the middle of the night but guaranteed a laugh as Alan O'Rawe (C791) is on them.

If Tony had to recall one memory in his athletic life it would be being driven to Dublin airport with Jane Saville in the car ... not because she was in it but for Pierce (33) O'Callaghan's driving.

Said Tony, "Without the help Alec Tiffin, Brian Armstrong and the late Roger Le Moine (C802) I would never have achieved 20 consecutive walks to Brighton - how I enjoyed seeing that 9 mile sign though some years I did wonder who was looking after who? Most of the credit for what I do for athletics should really go to Christine".



Results Round-up

Jonathon Hobbs won his first senior area title when covering 11022m in the **Southern One Hour championship** staged at Dartford on 6th August.. Steve Uttley 11088m and Steve Allen(*Barnet*) 10609m occupied second and third places and club member Sean Pender 9498m was tenth of the fourteen starters. Maureen Noel was the women's victor with 9498m from Anne Belchambers 9464m.

The final **Vets AC's summer five Miles** took place at Battersea Park on Tuesday 16th August. Mark Easton won again, ducking under forty-minutes by fifteen seconds, as did second man Ian Richards (World Masters Medalist in America recently), by one. Third was Peter Ryan in 44.06. For the club Sean Pender 58.18 finished tenth, Bernie Hercock 62.49 in fifteenth and Ken Livermore 66.35 last of the sixteen competitors.

The **BMAF 20km and 30km championships** were staged at Coventry the same day as the LICC/*League* 5km at Woodford. Sean Pender was the only club member to take part and he finished with two silvers in the M55 category with times of 2.13.50 and 3.26.29. He was runner-up to *Leaguer* Steve Allen (Barnet) who recorded 2.10.17 and 3.21.25. Steve Uttley won the M50 class 20km in 1.56.12 and John Borgars collected M65 silvers with 23.23.40 and 3.47.03. The overall winners were; Women's 20km Diane Bradley W45 1.57.25, 30km Maureen Noel W45 3.15.45. Paul Evenett M40 headed the men at both distances with times of 1.2.04 and 2.34. Dan King walked as a guest and completed the 30km trip in 2.24.30 as part of 50km preparation to attain Olympic qualification.

In the **SVAC 3km championships** at Battersea Park on Sunday 27th August there was a bronze medal for Sean Pender M55 18.58 and gold for Ron Powell M75 19.14 and Bernie Hercock M70 21.50

Carlo Alberto De Caso 12.44, Fransisco Reis 13.56 and Steve Uttley made it a clean sweep for Ilford in the final **Woodord Tuesday Walks** on 30th August. The distance was 3km and Mikk Bradley set another pb with 16.21 in fifth place and behind him in seventh Helen Middleton (first lady) 17.02, tenth Sean Pender 18.14, fourteenth Ken Livermore 22.26 and fifteenth Bernie Hercock 22.28 were the other club walkers in the seventeen strong field.

Event organiser Peter Cassidy reported that fifty-four entrants easily surpassed the previous best of thirty-two in 2001 and thanked Woodford Green and Essex Ladies for making track time available for the series.

News from Diana Braverman

Hello Ron,

I wanted to let you know that we haven't lost interest in race walking! I have had a very difficult year at work and I realised that I couldn't really manage the pressure of work and commitments to racing, be it running or walking. I have only entered events through the summer if I felt like it, and have done very little competing.

However, I have just returned from completing a long held ambition - Wainwright's Coast to Coast walk. I took two weeks to complete it and found it wonderful to walk each day through an ever changing landscape. Hardly saw a car or a shop! I did it the civilised way by using a baggage courier so all I had to do was take my map and compass and walk! I feel refreshed as a result and hope to get back into the swing of things in the autumn.

Terry is still struggling on with perennial problems - some connected to ageing; other injuries. He keeps going though!

Hope you are well and look forward to getting back to things before too long.

Best wishes, Diana

League Fixture Alteration

***The League fixture in October will be a Five Miles road race and not as previously listed.
The date 8th October and start time 2pm remain the same.***

One Hour Badges and medals for Five, Six and Seven miles (to those achieving the standard for the first time) will be awarded at the 85th Enfield Open Seven on 12th November.