

Enfield Walker 2012

(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

Happy New Year



Return to Donkey Lane EN1 3PL

The first fixture of the Olympic Year which includes the 2011 award presentations will be staged at QE2 Stadium, Donkey Lane on **Saturday 21st January**. It will be the first race at what many see as the spiritual home of the *League*, since the opening fixture of 2009. The distance is **five miles** around a one mile circuit which lends itself well for walkers who would wish to do a shorter distance.

Note: Enfield League Events now start at 1pm unless otherwise stated

How to get to Queen Elizabeth II Stadium, Donkey Lane, Enfield:

By road: The stadium is about 1.5 miles from junction 25 of the M25. Follow the A10 through one set of traffic lights and after a mile take up the outside lane in order to turn right at the next lights. The Halfway House public house confirms that you are on course. Turn Right and almost immediately Left into Donkey Lane following it around to the stadium. **From the south** A10 north, turning Left at the Halfway public house and immediately left into Donkey Lane

By rail: London Liverpool Street to Enfield Town. Turn Right on leaving station and walk approximately half a mile to George Spicer School and turn left into Mafeking or Clydach Road and then Right continuing until Park gates on the Left. Turn into park and the Queen Elizabeth Stadium is at the opposite end of the drive, about 600 yards.

They made it possible - Thanks! Before the Olympic and Diamond Jubilee Series commences, I'd like to express my gratitude to the many people who made the staging of last year's twelve events possible. In all weathers, they marshalled, judged, held watches, recorded times, collected cards, measured courses, made and served refreshments and generally put themselves out, so that one hundred and thirty-two people could race walk.

Dave Ainsworth, Errol Birnie, Mal Blyth, Colin Bradley, Ken Bobbett, Peter Emery, Peter Cassidy, Andy Cox, Michael Croft, Pam Ficken, Oliver Flynn, Doug Fotheringham, Andrew Garner, Mick Graham, John Hall, Bernie Hercock, Barry Ingarfield, Lisa Jennings, Pauline Kates, Carl Lawton, Margaret & Ken Livermore, Peter Marlow, Jon May, Hilda Nyman, Cath Paton, Ray Pearce, Christine and Tony Perkins, Paul Ray, Jim Rooke, Ken Roost, Peter Selby, David Sharpe, Brian Sturt, Joan Wallwork, Phil Welch, Pauline Wilson, not forgetting the LICC officials and the team at Moulton. My apologies if I've overlooked anyone.



Boxing Day 5km

Fourteen walkers joined the fifty or so runners for this long standing EHAC event. In complete contrast to last year when the event was cancelled because of snow and ice, the temperature this time was a pleasant 13c

Unfortunately, Peter Howard took a nasty tumble just after halfway and was unable to complete the walk. His

injuries required a hospital visit, but he is mending well and I'm sure we'll see him on the 21st January. Thank you to EHAC race officials, fellow competitors and LVAC staff who so quickly responded to Peter's difficulties.

1. Fransisco Reis	(Ilford AC)	24.29 M50	8. Peter Cassidy	(Loughton AC)	35.33 M60
2. Helen Middleton	(Enfield HAC)	28.08 W45	9. Sue Clments	(Enfield HAC)	36.04 W45
3. Johnh Ralph	(Enfield HAC))	28.19 M50	10. Francs Fernandez	(Loughton AC)	36.13 M60
4. Steve Allen	(Ilford AC)	28.49 M50	11. Bernie Hercock	(Enfield HAC)	37.34 M75
5. Mikk Bradley	(Enfield HAC)	31.13 M50	12. Bill Sutherland	(Highgate H)	37.54 M65
6. Sue Barnett	(Enfield HAC)	31.14W60	13. Dave Ainsworth	(Ilford AC)	40.05 M60
7. Linda Spinks	(Enfield HAC)	31.42W45	Peter Howard	(Enfield HAC)	Retired injured

2011 League – Final Individual Table

1	839/11	Steve Uttley	M50	45	260/3	Fabian Deuter	SM	89	L22	101/1	Sue Rey		
2	818/10	Steve Allen	M55	46	L9 255/4	Maureen Noel	w45	90		97/1	Paul Nihill	M70	
3	795/12	Fransico Reis	M50	47	L10 253/3	Linda Spinks	w45	91		96/1	Phil Nutley	M60	
4	787/11	Amos Seddon	M70	48		249/2	Ron Penfold	M65	92		96/1	Iain Thompson	M60
5	L1 784/11	Helen Middleton	w45	49		247/4	David Kates ©	M60	93	L23	95/1	Anna Allen	W55
6	720/10	John Ralph	M50	50		246/3	Stephen Crane	SM	94	L24	95/1	Angela Martin	w45
7	712/10	Sean Pender ©	M55	51		241/3	Peter Crane	M65	95		93/1	John Cannell ©	M65
8	694/10	Andrew Cox	M55	52		240/2	Richard Emsley	M55	96	L25	93/1	Joyce Crawford	W40
9	684/8	Steve Allen	M55	53	L11	239/4	Sue Smith	W45	97		91/1	Eric Hall	M75
10	657/8	Shaun Lightman	M65	54	L12	232/3	Serena Queeney	W55	98	L26	90/3	Liz Man-Rey	SW
11	655/10	David Sharpe ©	M55	55		231/2	Glyn Jones	M65	99	L27	89/1	Di Braverman	w60
12	653/12	Alan O'Rawe ©	M70	56		223/3	Terry Braverman	M65	100	L28	88/1	Anne Scriven	w45
13	648/10	Jon May	M60	57		223/5	Peter Cassidy	M70	101	L29	87/1	Janet Flynn	
14	L2 625/9	Angie Alstrachen©	w45	58		220/4	John Borgars	M60	102	L30	87/1	Fran Fernandez	W60
15	618/8	Mikk Bradley	M50	59		217/8	Ken Livermore©	M75	103		86/1	Oliver Flynn	
16	616/8	Rod Dunn	M55	60		217/3	Philip Barnard	SM	104		83/1	Colin Nicholson	M60
17	607/7	Trevor Jones	M55	61	L13	208/2	Nerine Aidietyte	SW	105		82/1	Tony Perkins©	M60
18	L3 605/12	Sue Barnett	W60	62	L14	201/2	Joan Bell	W60	106		81/1	Vic Johnston	M75
19	L4 595/10	Norma Grimsey	W50	63		200/2	Dominic King	SM	107	L31	76/2	Anne Lewis	W60
20	L5 585/7	Anne Belchambers	W55	64	L15	199/2	Diane Bradley	W45	108	L32	68/2	Fiona Bishop	W50
21	529/12	Peter Howard	M65	65		198/2	Daniel King	SM	109		67/1	Nick Silvester	M55
22	518/7	Alan Ellam	M55	66		185/4	Stuart Halsall	M80	110		65/1	Graham Chapman	M55
23	515/7	Arthur Thomson	M75	67	L16	177/2	Cath Duhig ©	W45	111	L33	65/2	Anne Pickard	W45
24	486/11	Bernie Hercock	M75	68		176/5	Abdi Birleen	M45	112	L34	64/1	Kelsey Howard	u20
25	477/8	Dave Hoben	M55	69		164/3	Philip Goodwin	M55	113	L35	61/2	Jane Angell	W45
26	461/7	Steve Whelan	M50	70		157/5	Paul Ray	M75	114		59/1	Scot Davis	M35
27	448/5	John Hall	M60	71		155/2	Chris Flint ©	M65	115		55/1	Stewart Bennett©	M50
28	423/6	Michael Harran	M70	72		152/3	Gary Smith ©	M55	116	L36	44/2	Cathy Cotterill	u20
29	405/4	Steve Kemp ©	M50	73	L17	152/3	Kamla Zahno	W60	117	L37	43/1	Sue Davis	
30	401/7	Ron Powell	M75	74		137/1	Peter Ryan ©	M55	118		43/1	Malcolm Brown	M55
31	397/10	Dave Ainsworth ©	M60	75		137/1	Vilius Mikeionis	SM	119	L38	43/1	Katerina Johnson	
32	L6 387/7	Jo Miles	W55	76		131/1	Chris Hobbs	M55	120		37/1	Glen Keegan	
33	375/4	Paul King ©	M50	77		122/1	Mark Wall ©	M50	121		37/1	Andrew Reynolds	u17
34	354/5	Oliver Browne ©	M55	78		120/1	Peter Duhig	M60	122		35/1	Anthony Cotton	M70
35	345/7	Brian Sturt	M70	79		118/1	John Constandinou	M35	123		32/1	Andrew Harnes	u17
36	341/5	Ken Bobbett	M65	80		118/1	Les Scrivens	M65	124	L39	32/1	Pam Ficken ©	W70
37	324/4	Peter Hannell	M65	81	L18	117/1	Sue Miles	SW	125		31/1	Ron Wallwork ©	M70
38	320/3	Martin Fisher ©	M45	82		117/1	Chris Cattano ©	M45	126		31/1	Matthew Maple	M35
39	L7 319/4	Kathy Crilley ©	W55	83		114/1	Paul Firmage	M55	127	L40	25/1	Maureen Spelman	W75
40	L8 288/4	Noel Blatchford	W60	84	L19	112/1	Marion Fawkes	W60	128		25/1	Terry Casey	
41	281/5	Bill Sutherland ©	M65	85	L20	109/1	Judy Howard	W50	129	L41	22/1	Roz McKenzie	W45
42	280/7	Mick Bambrook©	M65	86		109/1	Mick Graham	M60	130		22/1	Eddie Trotter	M60
43	277/4	Mark Culshaw	M45	87	L21	107/1	Val Nutley	W50	132		12/1	Seamus Kerr	M50
44	271/3	David Delaney	M65	88		105/1	Dave Stevens	M75	132		7/1	Stewart Lough	SM

Thanks Jon! My co-organisers and I are indebted to Jon May for the meticulous way he sets up and keeps the League statistics. In spite of having a difficult year due to the onset of Glaucoma, he kept me supplied with up to date information and tables promptly after each race. He also managed to finish in the top dozen of the Mens' League.

I'm sure that all who take part in the League in whatever capacity will join me in thanking Jon and sending best wishes for success in the outcome of the recent laser treatment that he underwent.

2011 League – Final Team Table

1. Enfield & H AC	4276	787 Seddon, 784 Middleton, 720 Ralph, 712 Pender, 712 May, 625 Alstrachen
2. Ilford AC	4023	839 Uttley, 795 Reis, 684 Allen, 655 Sharpe, 653 O'Rawe, 397 Ainsworth
3. Enfield & H AC B	3481	618 Bradley, 616 Dunn, 605 Barnett, 595 Grimsey, 529, Howard, 518 Ellam
4. Surrey WC	2471	657 Lightman, 477 Hoben, 423 Harran, 324 Hannell, 319 Crilley, 271 Delaney
5. Enfield & H AC C	2232	515 Thomson, 486 Hercock, 401 Powell, 345 Sturt, 253 Spinks, 232 Queeney
6. Hillingdon AC	1799	694 Cox, 387 Miles, 341 Bobbett, 260 Deuter, 117 MilesS
7. Steyning AC	1786	607 Jones, 585 Belchambers, 249 Penfold, 240 Emlsey, 105 Stevens
8. Belgrave H	1555	448 Hall, 375 King, 277 Culshaw, 255 Noel, 109 Graham, 91 Halle
9. Ilford AC'B'	1482	354 Browne, 280 Barnbrook, 247 Kates, 217 Barnard, 208 Aidiyete, 176 Birleen
10. Enfield & H AC D	928	223 BravermanT, 217 Livermore, 157 Ray, 152 Smith, 90 Man-Rey, 89 Braverman
11. Surrey WC B	867	246 CraneS, 241 CraneP, 155 Flint, 97 Nihill, 96 Thomson,
12. Barnet & Dist AC	818	818 Allen
13. Loughton AC	657	223 Cassidy, 220 Borgars, 87 Fernandez, 65 Pickard, 37 Reynolds
14. Ilford AC C	634	164 Greenwood, 137 Ryan, 137 Mikeionis, 82 Perkins, 59 Davis, 55 Bennett
15. Ryston Runners	650	239 Smith, 177 DuhigC, 120 DuhigP, 114 Firmage
16. EVAC	590	405 Kemp, 185 Halsall
17. Headington AC	526	461 Whelan, 65 Chapman
18. Redcar RWC	432	432 Fisher, 112Fawkes
19. Abingdon AC	410	288 Blatchford, 109 Howard, 22 McKenzie
20. Colchester AC	398	200 King Dom, 198 King Dan
21. Aldershot F&D	340	66 Bishop, 76 Lewis, 67 Silvester, 61 Angell, 43 Davis, 25 Spelman
22. Tonbridge	307	199 Bradley, 64 Howard, 44 Cotterill
23. Highgate H	281	Sutherland
24. Coventry G AC	231	Jones
25. Leicester WC	223	122 Wall, 101 Rey
26. LDWA	203	107 NutleyV, 96 NutleyP

Other Clubs represented by one walker (see individual table) were

Birchfield H 118, Worcester H 118, Manx H 93, Radley AC 43, Herne Hill Harriers 37, Huntingdon BRH 35 and London Irish 12. EHAC and Ilford also had other walkers not scoring in the the teams listed above.

A number of individuals also walked and are listed in the individual table.

Enfield Walking League 2012 – Fixture List

The knock on effect of the staging of the Olympic Games in London has been the necessity of clubs to re-arrange meeting fixture dates. This has caused some difficulties in preparing the list. However, those set out below have been confirmed for the coming series and others may be added to the list in due course.

A warm welcome is extended to walkers regardless of age or standard and in events staged on lap courses participants will be timed in if they wish to test themselves at shorter distances than those listed.

21st January	1.00pm	5 miles Opening League fixture and 2010 Presentations <i>QE2 Stadium, Donkey Lane, Enfield, EN1 3PL</i>
18th February	1.00pm	10miles League Race inc. Middlesex & Essex County championships <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
24th March	1.00pm	Pat Furey Open 5 miles & YAG distances <i>Bonus points</i> inc. EHAC Club championship <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
28th April	1.00pm	5 miles League Race <i>Venue to be confirmed</i>
2nd June	1.00pm	Moulton Open Five <i>Amblers, Ramblers, Power & Race Walkers <i>Bonus points</i></i> <i>Moulton Village Hall, Suffolk, CB8 8QP inc. EHAC Club championship</i>
21st July	1.00pm	Half Marathon and shorter distances <i>Bonus points for completion of full distance</i> <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
7th August (Tues)		1/5 Miles Olympic Games Celebration Walks <i>QE2 Stadium, Donkey Lane, Enfield Details to follow</i>
29th September	1.00pm	10km League Race <i>venue to be confirmed</i>
13th October	1.00pm	One Hour Badge Races <i>Venue to be confirmed.</i>
10th November	1.00pm	86th Enfield Open Seven – <i>Bonus points</i> inc. EHAC Club championship <i>Venue to be confirmed</i>

Sean Pender Southern President

At the Southern RWA Annual General Meeting held on 14th November EHAC's tireless worker Sean Pender was inducted as President. This recognition of his service to race walking comes only months after serving as Middlesex CAA president and a Civic Award bestowed by Tower Hamlets Council for his community work there.

From Peter Howard

Ron, I came out of hospital yesterday afternoon with my right hand in plaster. My right little finger was badly damaged in the fall: dislocated, fractured with a large amount of tissue missing. Xrays showed no lasting damage to my face and ribs. However, I look a fine specimen with my badly bruised face and black eye.

I must thank everybody who stopped during the race to offer assistance and lost valuable seconds/minutes in their race times and to those in the Club Room who gave me so much help and patched me up the best they could. Perhaps you could mention this in the next newsletter as I was very grateful for all the help given to me. After further visits to Hospital next week I should be able to resume training.

I was enjoying the race until I tripped and thought I was doing quite well. It happened so quickly and I cannot recall seeing anything in the road to cause me to trip.

My best wishes to you and Joan for 2012, Peter.

and from Ann Lewis

Hello Ron, I hope you and yours had a good Christmas. Optimistically I was expecting to be taking part in a full list of Enfield events in 2012. Unfortunately I have had to admit that my consultant was right and I have been unable to prove her wrong - at least this time, anyway.

The CT scan I had earlier this month has revealed cancer in or on my liver and I have to start a 5/6 month course of chemotherapy in the new year. I'll be on a different drug so I'm not sure yet of the side effects. If I feel OK around the time of any Enfield fixtures, I'll try to come along to see everyone.

Please pass on my regards to all my friends as and when you see them. I miss you all. Meanwhile, I wish you all a Happy New Year.

Best Wishes, from Ann

Results Round-up Cameron Corbishley 24.38 won the second of the **Cambridge H Winter 5km** races at Bexley on 3rd December, three seconds faster than his winning time in the opening race a month earlier. Steve Uttley 25.53 and Steve Allen(Bnt) 26.48 were second and third. The club's only representative Helen Middleton 28.24 finished fourth of the eighteen senior starters and was the first lady to cross the line.

SWC's annual 5km Christmas race at Monks Hill on 10th December saw thirty-two walkers on the road. The distance was 5km and first to cross the line after a tight contest was Mark Easton 24.06 just nine seconds ahead of Fransisco Reis. *League* champions Steve Uttley 26.08 was third and Helen Middleton 28.35 was the first lady to finish. Bernie Hercock 38.08 was the only other EHAC walker to take part.

There were two Christmas fixtures on 17th January. At Redbridge Cycle Circuit in icy cold conditions seventeen hardy souls made up the field for **Ilford AC's 5 miles**. Dan King made light of the elements and recorded a swift 36.18. Fransisco 40.17 and Steve Uttley 43.23 replicated their positions of the previous week, whilst Cath Duhig 49.38 was the first of three ladies to finish. Alan Ellam 47.19 in fourth, Amos Seddon 49.24 seventh and Linda Spinks 54.17 in thirteenth/ second lady and Bernie Hercock 62.53 were the other Enfield walkers. Fifteen seniors turned out the same day at Horsforth for **Steyning's Christmas 5km**. Arthur Thomson 30.28 was the only EHAC walker there in a race won by Ian Richards in 25.11 with Jon Hobbs 25.32 and Steve Allen (Bt) 26.28 second and third. Anne Belchambers 31.17 was the first lady to finish.

Ian Richards 45.14 was the first to finish in **Steyning's Boxing Day 5.5km**.

Corrections: I apologise for two errors that appeared in The Belgrave Open Seven article that appeared in the last issue. In the last but one paragraph Jack Jarvis and Jack Gosden should have read **Frank Jarvis and Jack Goswell**. My racing brain must have still been in gear, because the former are both names of racehorse trainers.

January Fixtures

14th 1.00am **Steyning AC Open 15km** walks from their Club House at Steyning – Enter on the day.
Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506

29th Sunday - **London Indoor Games 3km** – Closing date 23rd January. Forms from LVAC