

The Enfield Walker 2013

(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

October



Please Note that my email address is now rwallwork4@sky.com

How closer can it get at the top of all three tables? Some walkers have races in hand and one of the remaining three fixtures carries bonus points so it isn't all over yet. Unfortunately, Sue Barnett suffering with shingles and Jo Miles with an injury were unable to walk at Hemel Hempstead and I'm sure *Leaguers* will join me in wishing both of them a speedy recovery, so that they can play their parts in what is sure to be a close finish to the series.

Thirty-five clubs have been represented in this year's series and of the hundred and thirteen walkers thirty-seven have been women.

Ladies

1. 514/7 Sue Barnett
2. 504/8 Linda Spinks
3. 469/7 Jo Miles
4. 385/6 Angela Martin
5. 318/4 Anne Jones
6. 313/4 Cath Duhig ©
7. 306/4 Fiona Bishop
8. 279/3 Suz Beardsmore ©
9. 271/4 Norma Grimsey
10. 233/3 Grazina Narviliene

Men

1. 633/8 Ken Bobbett
2. 618/8 Fabian Deuter
3. 614/8 Andy Cox
4. 558/8 Steve Uttley
5. 550/5 Peter Ryan ©
6. 545/7 Steve Allen
7. 523/8 Jon May
8. 513/7 John Ralph
9. 497/6 David Crane
10. 478/7 Malcolm Martin
11. 470/7 Dan Maskell
12. 469/5 Steve Allen ©
13. 456/7 Francisco Reis
14. 454/6 Arthur Thomson
15. 453/6 Shaun Lightman
16. 422/7 Russell Vroobel
17. 417/9 Bernie Hercok
18. 391/6 Stuart Bennett
19. 386/5 David Hoben
- eq. 386/5 Callum Wilkinson

Team

- | | | |
|------------------|-------------|--|
| 1. EHAC | 2925 | 523 May, 514 Barnett, 513 Ralph, 504 Spinks, 454 Thomson, 417 Hercock |
| 2. Hillingdon AC | 2902 | 633 Bobbett, 618 Deuter, 614 Cox, 469 Miles, 422 Vroobel, 109 Mckenzie |
| 3. Ilford AC | 2798 | 558 Uttley 550 Ryan, 469 Allen, 456 Reis, 391 Bennett, 374 Ainsworth |
| 4. Surrey WC | 2292 | 497 CraneD, 470 Maskell, 453 Lightman, 391 Hoben, 246 CraneP, 240 Delaney |
| 5. EHAC B | 1906 | 386 Wilkinson, 361 Powell, 329 Pender, 301, Howard, 237 Grimsey, 192 Halsall |
| 6. Belgrave H | 1133 | 319 HallJ, 275King, 233 Narviliene, 170 Noel, 50 Brown, 86 HallH |



ESAA title for Callum

Callum Wilkinson won the English Schools Intermediate 5km championship at Birmingham on 21st September. His time of 22.55 was a pb and half a minute quicker than he posted to win the EA u17 title at Bedford earlier in the month. The runner-up and third places were the same as at Bedford; Cameron Corbishley 22.08 and Guy Thomas 22.11 a huge pb.

Senior Alex Eaton (IoM) 22.46 was first to finish in a hotly contested race involving Callum, Cameron and Guy,

who kept close company for over half the distance before first Guy and then with three laps to go Cameron, had to give ground and it wasn't until the last lap that Alex managed to open a short winning lead.

The Girls and Intermediate Girls 3km the finish was even closer. Club mates Heather Butcher 15.08 and Sophie Lewis-Ward 15.10 took their respective titles and Chris Snook the Boys 3km in 15.59. Ellie Dooley was the Senior Girls winner in 25.24 from Jasmine Nicholls 27.25.

All in all, it was a pleasure to be there and witness a great advert for race walking

Picture - Start of the ESAA 5km: 47 Cameron Corbishley, 49 Callum Wilkinson, partly hidden Guy Thomas, 43 Tim Snook, 15 Alex Eaton, 45 Dan Watling 23 Ellie Dooley, 24 Jasmine Nicholls

The next Enfield Race Walking League fixture is a **YACHT HANDICAP** at Lee Valley Athletic Centre on 12th October. The first walker will be off at 1pm and Registration will close at 12.30pm. Details from Ron Wallwork on 01638 751869 or at rwallwork4@sky.com

2013 ERWL ONE HOUR RACES at Hemel Hempstead on 28th September

After a successful year collecting national and international veteran titles and records, Ian Richards timed this race perfectly to win by almost 200m from Fabian Deuter and Fransisco Reis.

Young Portuguese walker Arthur Domingos was a comfortable B section winner from the relatively new and improving Penelope Cummings, who was disappointed to fall just 26m short of her Six mile target.

It was good to see Trevor Jones in action again after a lengthy injury lay-off and his distance; nearer 7 miles than 6 must have been very pleasing for him.

Fransisco, Ian and Fabian



Section A			Section B		
		metres			metres
1. Ian Richards ©	(Steyning AC)	11.911 M65 7m +	1. Arthur Domingos	(CQD Portugal)	9.915 u17 6m+
2. Fabian Deuter	(Hillingdon AC)	11.701 SM	2. Penelope Cummings	(Surrey WC)	9.631 W35 5m+
3. Fransisco Reis	(Ilford AC)	11.642 M50	3. Dan Maskell	(Surrey WC)	9.460 M55
4. Trevor Jones	(Steyning AC)	10.960 M55 6m+	4. Peter Hannell	(Surrey WC)	9.438 M70
5. Steve Uttley	(Ilford AC)	10.897 M55	5. Cath Duhig ©	(Ryston R)	9.415 W66
6. Steve Allen	(Barnet & D AC)	10.573 M55	6. Anne Jones	(Steyning AC)	9.324 W55
7. John Ralph	(EHAC)	10.297 M55	7. Sean Pender ©	(EHAC)	9.316 M55
8. Ken Bobbett	(Hillingdon AC)	10.147 M65	8. Michael Harran	(Surrey WC)	9.237 M75
9. Malcolm Martin	(Surrey WC)	*10.142 M55	9. Jon May	(EHAC)	8.799 M60
10. Gary Smith ©	(EHAC)	10.082 M55	10. Angela Martin	(Surrey WC)	8.695 W45
11. Stuart Bennett ©	(Ilford AC)	10.079 M55	11. Richard McKenzie	(Hillingdon AC)	8.462 M45
12. Andy Cox	(Hillingdon AC)	9.695 M60	12. Russell Vroobel	(Hillingdon AC)	8.326 M59
13. Arthur Thomson.	(EHAC)	9.631 M75 5m	13. Linda Spinks	(EHAC)	8.317 W45
14. Callum Wilkinson	(EHAC) <i>retired</i>	5.200 u17	14. Norma Grimsey	(EHAC)	*8.166 W55
			15. David Hoben	(Surrey WC)	8.077 M55
			16. Dave Ainsworth ©	(Ilford AC)	7.275 M65 4m+
1 mile: George Wilkinson	(EHAC)	11.34 u13	17. Ken Livermore ©	(EHAC)	7.023 M80
2km : Natacia Domingos	(CQD)	29.38 u20	18. Bernie Hercock	(EHAC)	7.007 M75

* = PB © = Centurion

Judges: Peter Cassidy, M.Croft, Ray Pearce, Pauline Wilson (*Chief*)
Timekeeper/Recorders: Phil Welch, Pam Ficken, Ian Spinks, Tracey Wilkinson
Refreshments: Margaret Livermore, Joan Wallwork

BMAF News At the BMAF AGM at Birmingham in September Ian Richards was elected as the Federation's Race Walking Secretary. He replaced John Hall who had decided to stand down and paying tribute to him Ian said that "John had built on the successes of previous Secretaries and hands over an excellent program of UK championships and had also been an outstanding international team manager." Ian is delighted that John along with Eric Horwill and Roger Michell have offered their support, because it will enable him to devote some of his time to developing other aspects of Masters' walking.

Ian sees "the biggest challenge is likely to come as a result of pressure which is starting to build for the World Masters Association to either insist on full enforcement of the bent knee rule (ie. No light touch judging on knees if no advantage is being gained) or for the rule to be changed. Application of the former could decimate the numbers of walkers attending international championships and if the latter is applied, the BMAF will almost certainly follow for their championships. This could have significant consequences for race walking in the UK with even more Masters deciding only to race BMAF championships and races under the B rule." He went on to

say that “there are excellent prospects for development both in numbers and in improved levels of performance and over the next few months I hope to announce some new initiatives.”

Ian welcomes views and opinions about Masters race walking and can be reached on 07590 927 695 or at ian.richards.home@tiscali.co.uk

Results Round-up

Under the banner of the ‘Lightening Ladies Norma Grimsey along with Suz Beardsmore and Cath Crilley took part in the **Roubaix 24 hour relay** on 14th/15th September. They finished 5th overall covering a distance of 187.976km. Barnet’s Steve Allen teamed up with former club member Serena Queeny and Leicester WC’s Sue Rey as ‘The Thunderbolts’ who finished sixth with 181.990km. However, the leading British team was ‘The 3 Amigos’ - Pat and Dave Evans of Lancs WC and Bill Kingston of Bristol & W AC) who finished second walking between them 194.549km. In the individual 28 hour event, Sandra Brown in twelfth with 200.429km was the highest placed British walker

In the **BMAF track championships** staged at the Alexander Stadium, Birmingham over the weekend of 13th/14th September, Ron Powell (M75) and Pamela Abbott (W) were the only club members in action and they did so with merit. Ron won his age category 5km in 34.10 and Pamela took second place in both the 3km in 19.49 and the 5km in 35.12. There was however a strong *League* presence with 3/5km double age group victories for Francisco Reis (M50) 13.57/24.17, Malcolm Martin (M55) 17.06/ 29.36 and John Hall 15.55/27.30. Angela Martin (W45) scored a golden double with 19.11/32.39 clockings, whilst Cath Duhig (W55) took silver in the 3km with 17.53 and gold in the 5km with 30.49.

Fitzgerald Memorial Walks 21 September 2013 at Tilgate Park, Crawley. Jack Fitzgerald had been a member of SWC for about twenty years, and was a key figure and founder member of Veterans clubs, it is hoped that this dedicated race will be an enduring legacy.

Veterans AC were pleased to have the largest field for some time on a lakeside course once used as the test bed for Britain’s water speed record round scenic Campbell’s lake.

Conditions were ideal being overcast, mild and windless. Surrey Walking Club had six out of the 15 in the main race over 10km. Recent British Masters record breaker Ian Richards 50.57 of Steyning had a comfortable win, with Portuguese international Francisco Reis 57.07 of Ilford AC and Trevor Jones 57.56 of Steyning AC doing battle for second and third place respectively. There were six ladies over all distances, Steyning AC’s triathlete Joan Lennon 59.46 had a really good race coming just inside the hour. *Leaguers* Steve Allen 59.42, Shaun Lightman 63.50, Dan Maskell 64.24, Michael Harran 66.53, David Hoben 74.0, Anne Jones (third woman) 66.55, also supported the main race. There were two supporting races and in one of them it was pleasing to note that the remarkable Anne Lewis was in action.

Surrey WC’s **Gazette Cup** over 4 miles was held over a new course at Addington on 6th October in sunny warm conditions. Twenty-three took part in the race which was dominated by sixteen year old Guy Thomas, who as the picture, taken shortly after the start shows cut out the pace from the gun. His winning time over a far from easy course was 32.15, whilst in second place Mark Easton clocked exactly 33 minutes, Trevor Jones 35.14, Luc Legon 36.43, David Crane 37.09 and Malcolm Martin 38.16 made up the first half dozen finishers. Anne Jones 41.52 was the first lady home from Angela Martin 43.42.



The club’s representatives were Sean Pender 40.46 in ninth, Norma Grimsey third lady in 46.57 and Bernie Hercock 55.52.

Other performances on 6th October included a Dutch 50km win for Dan King in 4.05.36 and in the same race a 5.40.25 performance from Barnet’s Steve Allen and in the South Bucks 10km Run Barbara Ralph recorded 47.32 and husband John who walked it 58.52

2014 London Marathon

John Ralph has informed me that he has been allocated an EHAC London marathon entry. John has run in the race on ten occasions, his fastest being 2.40.31 in 1991, the same year that wife Barbara clocked her best of 3.05.30. I’d be interested to hear from any other ERWL regulars who have had entries accepted.

I am pleased to announce the *2014 Commonwealth Games* walks will be held on February 2nd in Hobart, Australia.

Advance Notices

Two Annual general meetings take place in the coming months and walkers and clubs are urged to support them. The first up is:

11 November - RWA Southern Area AGM 7.15pm Civil Service Club SW1

15 December - RWA AGM 1pm at Alexander Stadium, Birmingham

A chance for those interested in race walking, particularly the discipline's future to hear first-hand about current issues and an opportunity to express their views.

Current League Leaders

Sue Barnett and
Ken Bobbett



Forthcoming Fixtures



Cambridge Harriers

Established 1890

Website: www.cambridgeharriers.org.uk



Cambridge Harriers Winter Race Walks League 2013/2014

Saturday 19th October 2013

Saturday 7th December 2013

(Incorporating Veterans AC Men's & Women's 5km Championships)

Saturday 11th January 2014

(Incorporating Kent County AA Young Athletes Championships)

Saturday 8th February 2014

Under 11: 1.25k, Under 15: 2.5k, Under 17: 5k & Seniors: 5k

All races start at 2pm

Enter on the day

Entries close at 1:40pm to allow time to get to the start

Booking in at Cambridge Harriers Clubhouse,
Between 58A & 60 Glenhurst Avenue, Bexley, DA5 3QW

More information available from Noel Carmody 020 8301 2334
(noel.carmody@btopenworld.com)

3rd November 2.00_{pm}

7m Surrey Walking Club Open

Details on the SWC website

<http://www.surreywalkingclub.org.uk/fixtures.htm>