

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

November



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

It's Even Closer!

The last issue questioned whether the championships could get any closer. Well they have! The last fixture proved a good one for Ilford AC as they leap-frogged Hillingdon AC to take up second place in the team championship and with only sixty-nine points covering the top three, the final destination of the title is far from determined.

In the individual tables the top three positions remain unchanged, but Angela Martin is pressuring for a place, whilst the substantial cushion that Ken Bobbett seems to have is precarious, because team mate Fabian has a race in hand and leading Centurion in the *League* Peter Ryan has two.

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

Team

1. EHAC	3091	566 Ralph, 553 Barnett, 523 May, 504 Spinks, 499 Thomson, 446 Wilkinson
3. Ilford AC	3037	614 Uttley, 605 Ryan, 519 Allen, 456 Reis, 440 Bennett, 400 Ainsworth
2. Hillingdon AC	3022	684 Bobbett, 618 Deuter, 614 Cox, 469 Miles, 456 Vroobel, 181 Mckenzie
4. Surrey WC	2460	551 CraneD, 516 Maskell, 453 Lightman, 416 Hoben, 278 Delaney, 246 CraneP
5. EHAC B	2033	421Hercock, 404 Pender, 361 Powell, 309, Howard, 267 Smith 271 Grimsey
6. Belgrave H	1174	319 HallJ, 316 King, 233 Narviliene, 170 Noel, 50 Brown, 86 HallH

Ladies

1. 553/8 Sue Barnett
2. 504/8 Linda Spinks
3. 469/7 Jo Miles
4. 421/7 Angela Martin
5. 355/5 Anne Jones
6. 346/5 Cath Duhig ©
7. 306/4 Fiona Bishop
8. 279/3 Suz Beardsmore ©
9. 271/4 Norma Grimsey
10. 233/3 Grazina Narviliene

Men

1. 684/9 Ken Bobbett
2. 618/8 Fabian Deuter
3. 614/8 Andy Cox
- eq 614/9 Steve Uttley
5. 605/6 Peter Ryan ©
6. 600/8 Steve Allen
7. 566/8 John Ralph
8. 551/7 David Crane
9. 530/8 Malcolm Martin
10. 523/8 Jon May
11. 519/6 Steve Allen ©
12. 516/8 Dan Maskell
13. 499/7 Arthur Thomson
14. 456/8 Russell Vroobel
- eq 456/7 Fransisco Reis
16. 453/6 Shaun Lightman
17. 446/6 Callum Wilkinson
18. 440/7 Stuart Bennett
19. 421/9 Bernie Hercock
20. 416/6 David Hoben

Walkers and Officials are invited to attend and celebrate the

87th Enfield Open Seven Miles

To be started by Paul Nihill MBE The winner of this event in 1963

Saturday 9th November 2013 at 1pm

Lee Valley Athletic Centre – 61 Meridian Way - Pickets Lock - N9 OAS

Newcomers Novices 3.756km/7.512km

First three Individual (Women/Men), First 4 Teams (mixed 4 to score)

Entries £5 taken on the day - Course 3 x 2 1/3rd miles

also incorporating LBH and SVAC championships

2012 Winners:Grazina Narviliene 61.38 – Dominic King 52.52 – Teams: Ladies Belgrave H Men Ilford AC Mixed EHAC

The good conditions and nature of the fixture produced some excellent competition and it was a pity that the course proved to be long. It says much for the ethos of the ERWL that the distance discrepancy didn't seem to matter too much to the majority of walkers. In the absence of Fabian Deuter and Francisco Reis, Callum Wilkinson and Luc Legon gave notice that there are youngsters about with the potential to challenge their dominance in the league.

Anna Vroobel was a very impressive handicap winner. Coached by her father Russell she displayed good technique and is sure to progress, further strengthening the Hillingdon squad.

It was particularly pleasing to see Carl Lawton who hasn't been too well over the last year or so, officiating at the race. For those unaware, Carl (pictured on the left with Barbara Ralph and Phil Welch) in his heyday was a regular GB international, clocked 50.56 when winning the 1974 Enfield Seven, 17.51.51 for 100 miles when qualifying as a Centurion and also organised the famous Belgrave Open Seven for many years.



Photo by Mark Easton

Handicap Result			Scratch Result		
	<i>allow</i>				
1. Anna Vroobel	5.00	64.53	1. Callum Wilkinson	(Enfield HAC)	43.21 u17
2. John Ralph	18.40	67.57	2. Luc Legon	(Cambs H)	46.12 u17
3. Mick Barnbrook (C)	8.20	68.20	3. Peter Ryan (C)	(Ilford AC)	46.38 M65
4. Sean Pender (C)	14.20	68.31	4. Trevor Jones	(Steyning AC)	46.44 M55
5. Richard McKenzie	7.10	68.55	5. Steve Uttley	(Ilford AC)	47.28 M50
6. Luc Legon	22.50	69.02	6. Steve Allen	(Barnet & DAC)	47.43 M55
7. Stuart Bennett (C)	19.00	69.08	7. David Crane	(Enfield HAC)	51.09 M55
8. Steve Allen (C)	19.20	69.09	8. Jihn Ralph	(Enfield HAC)	49.17 M55
9. John Brock	8.20	69.12	9. Malcolm Martin	(Surrey WC)	49.18 M55
10. Malcolm Martin	20.00	69.18	10. Ken Bobbett	(Hillingdon AC)	49.20 M65
11. Ken Bobbett	20.00	69.20	11. Steve Allen (C)	(Ilford AC)	49.49 M50
12. Peter Ryan (C)	22.50	69.28	12. Stuart Bennett (C)	(Ilford AC)	50.08 M50
13. Dan Maskell	16.00	69.34	13. Gary Smith (C)	(Enfield HAC)	51.09 M55
14. Steve Crane	12.40	69.41	14. Amos Seddon	(Enfield HAC)	53.27 M70
15. Callum Wikinson	26.20	69.41	15. Dan Maskell	(Surrey WC)	53.34 M55
16. Michael Harran	15.20	69.44	16. Arthur Thomson	(Enfield HAC)	53.46 M75
17. David Delaney	12.30	69.49	17. Sean Pender (C)	(Enfield HAC)	54.11 M55
18. John Borgars	14.00	69.49	18. Micael Harran	(Surrey WC)	54.24 M70
19. Russel Vroobel	11.20	70.11	19. John Borgars	(Loughton AC)	55.49 M
20. Steve Allen	22.40	70.23	20. Paul King (C)	(Belgrave H)	55.50 M60
21. David Hoben	9.50	70.28	21. Steve Crane	(Surrey WC)	57.01 SM
22. Gary Smith (C)	19.30	70.39	22. Sue Barnett	(Enfield HAC)	57.08 W60
23. Amos Seddon	17.20	70.47	23. David Delaney	(Surrey WC)	57.19 M70
24. Trevor Jones	24.10	70.54	24. Anne Jones	(Steyning AC)	57.38 W55
25. Sue Barnett	14.00	71.08	25. Angela Martin	(Surrey WC)	57.19 W45
26. Bill Sutherlan (C)	2.40	71.20	26. Russell Vroobel	(Hillingdon AC)	58.52 M50
27. Steve Uttley	24.10	71.38	27. Cath Duhig (C)	(Ryston R)	59.39 W55
28. Angela Martin	13.10	71.46	28. Anna Vroobel	(Hillingdon AC)	59.52 SW
29. Paul King (C)	16.00	71.50	29. Mick Barnbrook(C)	(Ilford AC)	60.00 M70
30. David Crane	23.50	72.16	30. Dave Hoben	(Surrey WC)	60.38 M55
31. Arthur Thomson	18.50	72.36	31. John Brock	(Southend AC)	60.52 M60
32. Anne Jones	15.30	73.08	32. Richard McKenzie	(Hillingdon AC)	61.45 M45
33. Dave Ainsworth (C)	2.00	74.13	33. Geraldine Legon	(Bexley)	64.44 W45
34. Geraldine Legon	9.30	74.14	34. Bill Sutherland (C)	(Highgate H)	68.40 M65
35. Cath Duhig (C)	17.10	76.49	35. Dave Ainsworth (C)	(Ilford AC)	72.13 M60
36. Bernie Hercock	0.00	81.00	36. Bernie Hercock	(Enfield HAC)	81.00 M75
Philip Goodwin	10.50	<i>ret inj</i>	U13's Mile: George Wilkinson		12.41

Judges: Peter Cassidy, Michael Croft, Pauline Wilson

Timekeeper/Recorders: Phil Welch, Barbara Ralph Refreshments: Rachel Crane, Kathy Sutherland

Course/Marshalls: Peter Crane, Tony Perkins, Jim Rooke, Ken Roost – Bernie Hercock, Linda Spinks

Results Round Up

The day after the ERWL yacht handicap, *Leaguers* Steve Allen and Peter Cassidy competed as guests in the **Midland Winter league** fixture at Stourport. In the 5km won by Gemma Bridge 25.46, Steve 28.02 was fifth and Peter 36.18 towards the back of the twenty-seven starters. Fifteen walkers contested the 10km won by Daniel Watling 56.30 with Steve 58.13 occupying third place. Encouragingly nineteen under 15's competitors took part in the meeting.

It was youngsters to the fore in the first of the winter's **Cambridge Harriers 5km League** races at Bexley on 19th October. Cameron Corbishley 23.16 and Luc Legon 25.18 led home the seventeen-strong field with Tim Snook 26.26 in fourth position and Heather Butcher 27.17 in fifth. The only walker sporting red and gold colours was Sean Pender 31.28 and names synonymous with the *League* also competing were Shaun Lightman 29.27, Dan Maskell 30.29, Paul King 31.17, Mick Barnbrook 34.16 and Dave Ainsworth 39.34. Chris Snook 13.23 and Evie Butcher 14.00 were the boys and girls 2.5m winners.

Gary Smith was one of the six British walkers that travelled to Porte Alege, Brazil, for the **World Masters T & F championships** which took place in mid-October.

Gary (M55) 30.01 placed seventh in the 5km, eighth in the 10km in 63.49 and seventh in the 20km in 2.13.31. The other GB competitors were:

Noel Blatchford (W65)	second 5km 30.56, third 10km 66.11, second 20km 2.15.56
Ian Richards (M65)	first 5km 24.13 <i>new world record</i> , 10km third 53.19, 20km second 1.53.24
Dave Stevens (M75)	sixth 5km 36.00, eighth 10km, 79.42
Ed Shillibeer (M70)	second 10km 66.41, second 20km 2.14.48

Ian, Ed and Dave collected 10km second place team medals. In total there were 233 competitors, so the medal haul of one gold, six silver and a bronze as well as a team silver was excellent.

Whilst in the north visiting family, Callum Wilkinson took part in the **Northern RWA Winter League 10km** at York on 27th October. In extremely windy conditions over a hilly course, former UKA/RWA national 10 mile champion Ben Wears won comfortably in 46.46 with Callum clocking 53.01 in second place.

The SWC '**Alec Potton Memorial' Open Seven** on 2nd November was won for the thirty-second consecutive time by the current RWA President Mark Easton 59.13. He was followed home by Chris Hobbs 60.53 and u17 Luc Legon 62.35. Penelope Cummings was the first lady to finish in 72.20 ahead of Angela Martin 77.14 and Geraldine Legon 79.26. The race was held over the testing Sandilands course and EHAC had three walkers among the twenty-two who took part: Sean Pender 72.22, Norma Grimsey 83.35 and Jon May 87.41.

The inaugural **Hillingdon Open 10/20km races on 30th November** incorporating the final ERWL fixture of the year has also been adopted as the 2013 BMAF 20km championship. The Middlesex AA championship is also included in the event. The clash of judging codes has been accommodated by the following event rules which will permit ERW Leaguer's to complete their event.

Walkers with three cards for contact must retire from the race immediately.

Walkers with three cards for bent knees must retire at 10km

Entries for the Open 10/20km, ERWL and Middlesex events will be taken on the day, however, the BMAF entries must be submitted in advance and a form is overleaf.

Please Make Every Effort to get to the

Southern Area Annual General Meeting

7.15pm Civil Service Club SW1

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. There is a desperate need for new ideas and people to put them into practice if race walking is to thrive.

BRITISH MASTERS' ATHLETIC FEDERATION

MEN/WOMEN'S 20km RACE WALKING CHAMPIONSHIPS

Held in conjunction with

The HILLINGDON OPEN 10/20km

Incorporating the

ENFIELD LEAGUE 10k & MIDDLESEX COUNTY AA 20km

SATURDAY 30th. NOVEMBER 2013

Hayes Cycle Circuit, HILLINGDON, UB4 0LP

START TIME: 1 p.m.

Please enter me for the 20km Race Walking Championships. This will include entry to the Enfield League 10k.

If you have a Middlesex County qualification, by birth or residence of at least 9 months, tick here..... no additional fee will be necessary.

Date of Birth.....day.....month.....year. Age at date of Competition.....years.

Age Group.....

Name in Full (Block Capitals).....
Surname First Name(s)

Address in Full.....
.....

Name of 1st Claim Club.....

Masters Club/Assoc..... membership no.....

I enclose my entry fee.....

I hereby agree that the organisers shall not be liable for any accident, injury, loss or damage as a consequence of my participation in the event.

Signature..... Date.....

Entry with fees to: John Hall, 201 Ladysmith Road, Enfield, Middlesex, EN1 3AQ

Or:

Email to: stroller49@gmail.com

Entry fee: £8.00p BMAF Affiliated. £10.00p Non BMAF Affiliated.

Please make cheques payable to D J HALL (not J or John!). Cash payment on day is acceptable.

Entries close Monday 25th November 2013.