

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

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



New Names for ERWL Individual Trophies

Peter Ryan became the first Centurion to win the *Enfield Race Walking League* since its inception in 1997. Sue Barnett who was third in 2011 and second last year finally took top spot, a just reward for her persistence. Congratulations to both! Ken Bobbett at 69, the oldest ever runner-up and who headed the table until the last race deserves special mention and at the other end of the scale with the dearth of young race walkers, Callum Wilkinson had little trouble retaining his top youngster mantle.

EHAC retained the Team championship for the fourth consecutive year, but it was a close run thing and had Ilford's Steve Allen not been injured and unable to compete at Hillingdon, it would have been even closer. Hillingdon who threatened for so long fell away in the last three fixtures, but nevertheless gave a good account of themselves and now have a squad of more than six walkers which is vital for any chance of team success. Surrey topped 3000 points for the first time and with Angela and Malcolm Martin eligible for them in 2014, could be in the mix next year.

Thirty-nine clubs represented by one hundred and thirty-one walkers of which forty were women, took part in the 2013 *League*. Thirty-four walkers completed at least six races to earn *Leaguer* status and twenty-four Centurions were among the competitors.

Thanks to all the officials and especially Jon May (*pictured*) for the mountain of work he does for the *League* compiling the tables and handicaps. (*See League Champion Peter Ryan's message of thanks on page 3*)



2013 Final Standings (a full comprehensive copy of tables available on request)

Team

1. EHAC	3942	706 Ralph, 668 Thomson, 666 Barnett, 656 Wilkinson, 637 May, 609 Spinks
3. Ilford AC	3836	806 Ryan, 761 Uttley, 642 Allen, 623 Bennett, 524 Reis, 479 Ainsworth
2. Hillingdon AC	3534	766 Bobbett, 756 Deuter, 753 Cox, 565 Vroobel, 492 Miles, 202 McKenzie
4. Surrey WC	3187	744 CraneD, 644 Maskell, 554 Hoben, 512 Lightman, 417 Delaney, 316 Flint
5. EHAC B	2299	523 Pender, 421 Hercock, 394 Grimsey, 361 Powell, 309, Howard, 291 Seddon
6. Belgrave H	1767	499 HallJ, 476 King, 394 Narviliene, 220 Noel, 50 Brown, 86 HallH

Ladies

1. 666/9 Sue Barnett
2. 609/9 Linda Spinks
3. 563/9 Angela Martin
4. 505/7 Anne Jones
5. 492/8 Jo Miles
6. 440/5 Suz Beardsmore ©
7. 436/5 Grazina Narviliene
8. 394/6 Norma Grimsey
9. 394/6 Cath Duhig ©
10. 306/4 Fiona Bishop

Men

1. 807/9 Peter Ryan ©	11. 656/8 Callum Wilkinson
2. 766/9 Ken Bobbett	12. 644/9 Dan Maskell
3. 761/9 Steve Uttley	13. 642/7 Steve Allen ©
4. 756/9 Fabian Deuter	14. 637/9 Jon May
5. 753/9 Andy Cox	15. 623/9 Stuart Bennett ©
6. 744/9 David Crane	16. 565/9 Russell Vroobel
7. 740/9 Steve Allen	17. 554/8 David Hoben
8. 706/9 John Ralph	18. 524/8 Francisco Reis
9. 683/9 Malcolm Martin	19. 523/7 Sean Pender ©
10. 668/9 Arthur Thomson	20. 512/8 Shaun Lightman

The last race of 2013 Series is non scoring

Boxing Day 5km start 10.40am at LVAC

The 2014 Series Commences on 18th January

Five miles and Junior/Newcomer races

1pm at QEII, Donkey Lane, Enfield, EN1 3PL

Hillingdon Open 10k/20km

2013 ERWL –Race 12

Inc BMAF & Middlesex 20km championships

30th November

Less than a month after becoming the youngest ever winner of the 87th edition of the Enfield Open Seven, Callum Wilkinson cruised to an easy victory in the final fixture of the 2013 ERWL. John Ralph 58.58, Arthur Thomson 63.33, Jon May 69.37 and Linda Spinks 70.36 were the other club members to complete the 10km.



start of the inaugural Hillingdon Open Walks

The race which was held in conjunction with the inaugural Hillingdon AC Open races at Minet Park Cycling track also incorporated the BMAF and Middlesex 20km championships. A delighted John Ralph (M55) 1.59.27 broke two hours for the first time to collect a BMAF bronze medal, whilst Super Vet Arthur Thomson (M75) clocked 2.10.27 to win his umpteenth BMAF title. The BMAF result appears on back page.

The Middlesex champions were Grazina Narviliene and John Hall

Both judging codes were in operation during the race and in the absence of any critical comment, it would seem that no major problems arose.

Men	© = Centurion - * = pb	Women	
1. Callum Wilkinson (Enfield HAC)	50.38 u17	1. Grazina Narviliene (Belgrave H)	55.43 w35
2. Ian Richards © (Steyning AC)	51.59 uM65	2. Kate Donaldson (Leics WC)	61.06 w45
3. Fransisco Reis (Ilford AC)	52.23 M50	3. Maureen Noel (Belgrave H)	62.54 w50
4. Peter Ryan © (Ilford AC)	56.40 M55	4. Cath Duhig © (Ryston R)	63.40 w55
5. Steve Uttley (Ilford AC)	56.54 M55	5. Suz Beardsmore © (Abingdon A)	63.44 w40
6. Trevor Jones (Steyning AC)	56.57 M55	6. Noel Blatchford (Abingdon A)	64.05 w65
7. Steve Allen (Barnet & DAC)	57.05 M55	7. Anna Vroobel (Hillingdon AC)	66.25 sw
8. David Crane (Surrey WC)	58.07 M35	8. Anne Jones (Steyning AC)	67.01 w55
9. Arthur Domingos (CDQ)	58.50 u17	9. Sarah Lightman © (Leics WC)	67.29 w40
10. John Ralph (Enfield HAC)	58.58 M55	10. Angela Martin (Surrey WC)	*69.37 w45
11. Stuart Bennett © (Ilford AC)	60.18 M50	11. Linda Spinks (Enfield HAC)	70.36 w45
12. Ken Bobbett (Hillingdon AC)	60.19 M65	12. Jenny Middleton (Hillingdon AC)	77.02 w40
13. Andrew Cox (Hillingdon AC)	60.29 M60	Jo Miles (Hillingdon AC)	retired w40
14. Peter Bozko (Birchfield H)	60.50 M60	Norma Grimsey (Enfield HAC)	retired w50
15. Malcolm Martin (Surrey WC)	*60.52 M55		
16. John Hall (Belgrave H)	60.52 M60		
17. Roger Michell © (Surrey WC)	61.24 M65	men continued	
18. Dan Maskell (Surrey WC)	61.47 M65	28. John Borgars (Herts/Phoenix)	68.43 M65
19. John Constandinou (Birchfield H)	63.28 M40	29. Jon May (Enfield HAC)	69.37 M60
20. Arthur Thomson (Enfield HAC)	63.33 M75	30. Russell Vroobel (Hillingdon AC)	77.00 M50
21. Paul King © (Belgrave H)	64.56 M60	31. David Hoben (Surrey WC)	70.21 M60
22. Chris Flint © (Surrey WC)	66.34 M65	32. David Delaney (Surrey WC)	70.24 M70
23. Bob Dobson © (Ilford AC)	66.58 M70	33. Richard McKenzie (Hillingdon AC)	72.33 M45
24. Parminder Bhatti © (Birchfield H)	67.00 M55	34. John Payn (Enfield HAC)	77.11 M80
25. Paul Gaston (Hastings R)	67.16 M70	35. Dave Ainsworth © (Ilford AC)	87.34 M65
26. Shaun Lightman (Surrey WC)	67.29 M70	Ken Livermore © (Enfield HAC)	retired M80
27. Julian Barnett (Birchfield H)	67.53 M50	Bernie Hercocock (Enfield HAC)	retired M80
		Jonathan Hobbs (Ashford AC)	retired u21

Starter: Ivor Wiggett

Judges: Glyn Jones (Chief), Peter Cassidy, Mike Fox, Ray Pearce, Pauline Wilson, Chris Hobbs

Judges' Recorder: Eric Horwill

Timekeepers: Phil Welch, Andrew Garner, Jerry Archer Recorders: Pam Ficken, Carl Lawton, Laurie Kelly

Marshalls: Bridget Cushen, Sean Pender

Feeding Station: Trevor & Mrs McDermott, Pete Duhig

Refreshments: Margaret Livermore, Rebecca Spinks, Joan Wallwork

Gratitude and Food for Thought

Dear Ron and Your Team

I want to thank you and your team for all the hours spent in providing many competitors the opportunity to enjoy the Enfield League. I know that you are volunteers and spend hours being involved in this and I know that if the Enfield League wasn't around, many of us would be worse off. What is also good is that the league has support from Hillingdon and their members, who this year put on two of the events. Although I personally don't like the track events, they are incorporated into athletic meetings which enable race walking to be seen by others as an athletic event.

People like Jon May who works out all the points month by month and has the most difficult job of handicapping because everyone wants to win. There are all the judges who turn up and receive little praise, timekeepers, recorders, marshalls, all travelling distances and if they weren't there the races couldn't take place. There are so many people and I would personally like to thank them.

I write this knowing that the ages of walkers and officials is getting older and what we need is more youngsters involved. We no longer have the high profile walks like the 'Star Walk', 'Leicester Mercury', 'Barking to Southend' or the 'Bradford' that attracted people to the sport and we can't keep going on about the old days . . . It is TODAY that is IMPORTANT! Thousands take part in weekly Park runs and mass participation runs. Did we miss out with the London Marathon by worrying too much about how it could be judged? Sometimes and I include myself in this, we are our own worst enemy and instead of going with the flow and keeping things simple we continue to complicate matters, like the recent talk about the introduction of Pit Lanes.

I don't have the vision but I wonder if Park Walks would attract the power walkers who are regularly seen out training and whose number seem to be increasing.

A big thanks RON and Your TEAM thanks, and food for thought.

Have a great Christmas and a great 2014 - Pete RYAN



Peter Ryan (15) in action at Hillingdon

More Hillingdon Action courtesy of Mark Easton

<http://markeaston.zenfolio.com/p865391216/he6f4>

below left: Noel Blatchford (54) medallist at the recent World Masters championships in Brazil, Cath Duhig 35 Suz Beardsmore 45, both Centurions and Maureen Noel (partly hidden) who finished third in the BMAF championship.

Centre: 'Super Vet' Arthur Thomson (5) and newcomer Paul Gaston (90).

Right: 10km winner Callum Wilkinson (27), Fransisco Reis (1) and in the background BMAF champion Ian Richards



BMAF 20km Championship

Men

© = Centurion - *=pb

1. Ian Richards ©	(Steyning AC)	1.48.32	uM65
2. Trevor Jones	(Steyning AC)	1.53.40	M55
3. Steve Allen	(Barnet & DAC)	1.56.18	M55
4. John Ralph	(Enfield HAC)	1.59.27	M55
5. Steve Uttley	(Ilford AC)	1.59.36	M55
6. Peter Bozko	(Birchfield H)	2.01.10	M60
7. John Hall	(Belgrave H)	2.02.35	M60
8. Stuart Bennett ©	(Ilford AC)	2.02.51	M50
9. Malcolm Martin	(Surrey WC)	*2.05.34	M55
10. Arthur Thomson	(Enfield HAC)	2.10.27	M75
11. Paul King ©	(Belgrave H)	2.14.49	M60
12. Parminder Bhatti ©	(Birchfield H)	2.16.22	M55
13. John Constandinou	(Birchfield H)	2.17.42	M40
14. Shaun Lightman	(Surrey WC)	2.17.50	M70
15. Russell Vroobel	(Hillingdon AC)	2.25.17	M50
16. John Payn	(Enfield HAC)	2.37.36	M80

Women

1. Grazina Narviliene (Belgrave H)	1.53.42	w35
2. Kate Donaldson (Leicester WC)	2.07.55	w45
3. Maureen Noel (Belgrave H)	2.08.44	w50
4. Cath Duhig © (Ryston R)	2.09.35	w55
5. Suz Beardsmore © (Abingdon A)	2.09.53	w40
6. Noel Blatchford (Abingdon A)	2.13.46	w65
7. Sarah Lightman © (Leicester WC)	2.17.50	w40
8. Angela Martin (Surrey WC)	*2.21.13	w45

David Delaney (Surrey WC)	dsq
Julian Barnett (Birchfield H)	dsq
Roger Michell (Surrey WC)	dsq
John Borgars (Herts/Phoenix)	dsq

More 2013 League Stats

Bernie Hercock who was the only walker to race in all twelve fixtures was one of the thirty-four who achieved 2013 *Leaguer* status by competing in six fixtures. Eighteen of them went on to register in nine races. The names of twenty-seven *Leaguers* appear in the Individual tables on page one and the others are listed below with the points that they scored:

479/11 Dave Ainsworth ©	421/12 Bernie Hercock	394/6 Ron Powell
476/6 Paul King ©	417/6 David Delaney	309/6 Peter Howard
		202/6 Richard McKenzie

Underling Peter Ryan's Comments; Twelve different judges attended the events of which six covered six races or more and a further forty people kept times, recorded, stood on corners marshalling or prepared and served refreshments.

Result Round-up

In the second **Cambridge H Winter league 5km** at Bexley on 7th December Cameron Corbishley continued his dominance of the event, winning in 23.06 which was faster than the first race in the series and perhaps prompted by the presence of Callum Wilkinson 23.36, who was the club's only competitor in the race. It was another day for young walkers as Luc Legon 24.58 in third place and Heather Butcher 26.58 the leading lady, were also faster than their previous outings at this meeting. Malcolm Martin 28.45, Shaun Lightman 30.02, Paul King 31.08, Michael Harran 33.09, Angela Martin 33.21, Mick Barnbrook 34.20 and Dave Ainsworth 40.10 were *Leaguers* who also did the race. Ten of the twenty-five walkers were under twenty.

Luc Legon went even quicker to win the '**Alf Palmer' 5km** at Broadheath track, Horsham a week later on 14th December. Luc's time was 24.16 and he was followed home by Ian Richards 24.25, Fransisco Reis 24.43, Trevor Jones 25.50 and EHAC's Arthur Thomson 29.54. Other *Leaguers* in action were; Dan Maskell 30.02, Ann Jones 31.09, Michael Harran 31.51, David Hoben 34.06 and Shaun Lightman 36.58. The Ladies winner was Sophie Lewis-Ward in 26.47.

LVAC Training Sessions

It is the intention to resume these sessions on Saturday 4th January. The start time is 9am and they last 2/3 hours depending upon the content of the session. **All walkers or coaches are welcome but should check with me on the Thursday before to confirm that the session is still on.** My contact details appear at the top of the first page. The only cost is the entry fee to the Centre.

Enjoy a really nice Festive Season
and may 2014 bring you lots and lots of pb's

