

The Enfield Walker 2013

(Newsheet of the Walking Section of Enfield & Haringey AC)

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 - randjwallwork@btinternet.com
who apologises for any errors and who welcomes contributions and comments for future issues

March



EHAC Olympic Year League Winners

Sean Pender, Helen Middleton the Ladies individual winner, John Ralph, Sue Barnett the Ladies runner-up and Arthur Thomson. Amos Seddon is the missing team member.



Pictures Francisco Reis



Ilford AC

Alan O'Rawe, Steve Allen, Francisco Reis The Men's individual winner, Steve Uttley the Men's runner-up and Peter Ryan.

Hillingdon AC

Andy Cox, Russell Vroobel, Jo Miles, Ken Bobbett and Fabian Deuter third in the individual Men's league with daughter Alissa

Praise for Officials at Opening fixture

Conditions were bitterly cold, but at least it was safe underfoot and the 2013 series finally got underway. Fabian Deuter and Francisco Reis were well clear at the head of the men's field with the usual suspects battling each other in pursuit, but a 8.03 last mile by Callum Wilkinson that improved his position from seventh to third position surprised everyone.



There was well deserved praise for the officials – here warm at last

Picture: Andy Miles

Grazina Narviliene finished third overall well clear of her rivals. However, Sabina Brown in second spot looked very impressive.

Iford AC has taken an early lead in the team table, whilst EHAC lead the chasers, but hot on their tail is Belgrave Harriers who only had five scorers. Hillingdon AC and Surrey WC make up the top five and they too would have considerably more points had they had six walkers.

1. Ilford AC	295	59 Reis, 55 Uttley, 51 Ryans, 48 Allen, 46 Bennett, 36 O'Rawe
2. EHAC	252	57 Wilkinson, 49 Ralph, 45 Middleton, 40 Thomson, 32 Barnett, 29 Spinks
3. Belgrave H	241	58 Narviliene, 52 Hall, 50 Brown, 42 Noel, 39 King
4. Hillingdon AC	206	58 Deuter, 44 Bobbett, 43 Cox, 34 Vroobel, 35 Miles
5. Surrey WC	194	56 CraneD, 47 Lightman, 38 Harran, 27 CraneP, 26 Delaney

The next Fixture is at **Hillingdon Cycle Track, UB4 0LP 16th March** (see Hillingdon Cycle Circuit website for direction)

1.5km

3km

5km

10km

English Half Marathon

for walkers training for longer races the clock will run for **3 Hours**

1pm start

Distances for everyone!

Entries on the day.

Good Luck! To any Leaguers who are competing in San Sebastian over the next week so won't be at this fixture

2013 ERWL – 23rd February

Race 1 - Five Miles

QEII, Donkey Lane Enfield

1. Fabian Deuter	(Hillingdon AC)	39.35	SM
2. Fransisco Reis	(Ilford AC)	40.27	M50
3. Callum Wilkinson	(Enfield HAC)	*43.04	U17
4. David Crane	(Surrey WC)	43.09	M35
5. Steve Uttley	(Ilford AC)	43.12	M55
6. Chris Hobbs	(Ashford AC)	43.29	M55
7. Steve Allen	(Barnet & D AC)	43.40	M55
8. John Hall	(Belgrave H)	45.02	M60
9. Peter Ryan ©	(Ilford AC)	45.47	M55
10. John Ralph	(Enfield HAC)	46.51	M55
11. Steve Allen ©	(Ilford AC)	47.06	M50
12. Shaun Lightman	(Surrey WC)	47.31	M65
13. Stuart Bennett ©	(Ilford AC)	47.56	M50
14. Ken Bobbett	(Hillingdon AC)	48.32	M65
15. Andy Cox	(Hillingdon AC)	48.35	M60
16. Arthur Thomson	(Enfield HAC)	50.07	M75
17. Paul King ©	(Belgrave H)	50.22	M60
18. Michael Harran	(Surrey WC)	51.30	M70
19. Alan O’Rawe ©	(Ilford AC)	52.03	M70
20. Russell Vroobel	(Hillingdon AC)	52.47	M50
21. Malcolm Martin	(Paddock Wood)	54.02	M55
22. Peter Crane	(Surrey WC)	55.27	M65
23. David Delaney	(Surrey WC)	55.29	M70
24. Jon May	(Enfield HAC)	58.32	M60
25. Mick Barnbrook ©	(Ilford AC)	63.37	M65
26. Dave Ainsworth ©	(Ilford AC)	64.09	M60
27. Bernie Hercock	(Enfield HAC)	66.18	M75
28. Peter Howard	(Enfield HAC)	68.48	M70
<i>also took also took part</i>			
3 miles Steve Whelan	(Headington AC)	32.11	M50
2 miles Eddie Trotter	(Ilford AC)	26.19	M60

1. Grazina Narviliene	(Belgrave H)	42.00	w35
2. Sabina Brown	(Belgrave H)	46.04	w40
3. Helen Middleton	(Enfield HAC)	48.10	w50
4. Maureen Noel	(Belgrave H)	49.24	w45
5. Sue Beardsmore ©	(Abingdon A)	49.42	w40
6. Anne Belchambers	(Steyning AC)	51.45	w55
7. Fiona Bishop	(Woking)	52.07	w50
8. Cath Duhig ©	(Ryston R)	52.59	w55
9. Sue Barnett	(Enfield HAC)	53.17	w60
10. Angela Martin	(Paddock Wood)	*53.56	w45
11. Linda Spinks	(Enfield HAC)	55.10	w45
12. Danielle Vides	(unattached)	55.26	w50
13. Jo Miles	(Hillingdon AC)	56.36	w55

Boys U11 Mile

George Wilkinson (102)	(Moulton School)	both
Daniel Spinks (101)	(Moulton School)	12.37



Picture Mark Easton

Judges: Michael Croft (*chief*), Peter Cassidy, Barry Ingarfield, Pauline Wilson – *J/Runner:* Trevor Jones
Timekeeper/Recorders: Phil Welch, Pam Ficken, Barbara Ralph, Tracy Wilkinson, Tony Perkins
Refreshments: Margaret Livermore, Rebecca Spinks – *Results:* Joan Wallwork – *Physio:* Errol Birnie

Before and after the race Errol Birney was a busy man. Errol, a fully qualified Physical Therapist gets along to as many fixtures as he can and his contribution to the ERWL package is much appreciated by the organisers as well as the athletes. Where would grass roots sport be without the people who not only freely give their time, but dip into their pockets to get to venues and give it?

Letter from John O’Connor who was a regular participant in the early days of the League

Ron, Thank you for commemorating Harvey Jaquest to members of all the clubs taking part in Saturday’s league race. I thought it was very kind of his peers to remember him with firm applause after the awards. I was impressed at the numbers of competitors I could recognise; clearly a very dedicated and consistent group of athletes.

Here’s an idea:

Every year on a Wednesday evening in June Watford Joggers hold a track night for sprints, hurdles, long jump, shot put and race walking; events to try out amongst friends. This year we’d like to commemorate Harvey by inviting any members of the clubs competing in the race walking league to join in our race walk event; it would cover 2 or 3k to accommodate our inexperience Joggers who could expect real competition from the established race walking fraternity. We would appreciate any judges to oversee the event as we have none of our own.

If you think this would have any appeal and would not clash with other race walking events could it be advertised to E+H AC Walking Section and other club members inviting them to take part?

Please let me know what you think.

With kind regards – John O’Connor

Kindly let me know what you think about John’s suggestion and whether or not you would support it

Helen Middleton Hangs up Her Shoes

Hi, It's taken a while to pluck up the courage but at last here goes.

I am hanging up the trainers. I don't know what the matter is because I just can't explain it other than it doesn't feel right. I still go out 'training' - kind of - and I want to do that but I don't want to compete. I'm not saying it's for ever but for the time being I want to do what my friends are doing; book club weekends away, weekends visiting friends, time at home... So that's it.

Sorry because I do feel I am letting the club down. Take care, Helen

I don't think Helen has let anyone down; in fact since taking up race walking almost by accident in 2007 she has been an asset race walking, notching up hundreds of races at venues throughout the country and for five years spear-headed EHAC ladies to several national team titles and numerous area and open team victories.

I think Helen has got things the wrong way about; we owe her a debt for the wonderful contribution she has made to the Enfield Race Walking League.

Fittingly, Helen's current career will wind up walking for EVAC in the inter area indoor match on 7th April – the match which in 2007, was where she made her race walking debut.

International Selections

ALEX WRIGHT, TOM BOSWORTH and JAMIE HIGGINS have been selected for the **IAAF Lugano Challenge** on 17th March. CAMERON CORBISHLEY (pictured here by Mark Easton) has also been selected for the u18 5km. ***Congratulations*** to all four.



Double Congratulations

to Grace Gear upon winning the English u15 national Squash championship and her selection for the England Under 15 team for the Five Nations tournament in Le Mans, France on 15/17th March. Grace, who has walked in the *League*, is the granddaughter of Margaret and Ken Livermore, who must be very proud of her and understandably will be in France to support her and not at Hillingdon.

Congratulations to Anne and Trevor

Two other Hillingdon absentees will be Anne Belchambers and Trevor Jones who will be on honeymoon in Paris. The much liked and respected couple will tie the knot on Wednesday 13th March and I know that the congratulations and best wishes expressed by *Enfield Walker* will be echoed by their many friends.

EHAC 2012 Walking Championships Results

3km track at LVAC on 18th August

Helen Middleton	17.21	Sue Barnett	19.12		
John Ralph	16.40	Arthur Thomson	17.11	Amos Seddon	17.53

5 miles at Moulton, Suffolk on 1st June

Helen Middleton	46.00	Sue Barnett	52.00	Diana Braverman	54.56
Alan Ellam	42.46	Arthur Thomson	45.34	Amos Seddon	47.49

7 miles at LVAC on 10th November

Sue Barnett	74.10				
John Ralph	63.56	Arthur Thomson	64.58	Amos Seddon	69.44

½ Marathon at Hillingdon on 21st July

Helen Middleton	2.09.56	Diana Braverman	2.42.14	Norma Grimsey	2.44.25
John Ralph	2.08.09	Sean Pender	2.19.04	Ron Powell	2.30.49

30km at Coventry on 14th July

Arthur Thomson 3.04.25

Long Distance at Colchester on 22nd September

Sue Clements – 55.5 miles in 12.13.41

Trophy Winners

Norman Easlea Cup

Best Walker

Arthur Thomson

the Oliver Cup

Best Newcomer

Linda Spinks

Ken Easlea Cup

Club Member of the Year

Sean Pender

The George Brown Cup

Novice

Ramish Rishikeshan

Official of the Year: Jon May

League Trophies:

Team Cup
EHAC

Pam Philips Cup
Helen Middleton

Men's Cup
Francisco Reis

Young Leaguer:
Callum Wilkinson

Results Round-up

The final **Cambridge H Winter League 5km** race was held at Bexley on 2nd March. Cameron Corbishley(u17) rounded off a fine series with his third win. His progression through the four race series is worth a mention; it was 24.14, 23.51, 23.01 and 22.46. Fransisco Reis 23.52 and Guy Thomas (u17) 25.09 occupied second and third places. Lauren Whelan (u23) 25.31 mixed it with Steve Uttley 25.24 and Chris Hobbs 25.47 to finish first woman. Of the twenty-three athletes in the 5km race seven were under u23 and a further seven youngsters took part in the in the junior 2.5km.

The following day Cameron travelled to Coventry for the **Molly Barnet Meeting** which is part of the Younger Age Group GP and won the 5km there in 23.19. In a tight finish for second place EHAC's Callum Wilkinson 24.37 had to give best to Nuneaton's Matt Redfearn 24.34, but was rewarded with another pb. Callum's brother George who had had his first race at Donkey Lane the previous week did 7.07 in the under 11's 1km.

Leaguer Steve Allen (B) also competed at Bexley where he clocked 26.27 and at Coventry where over 10km his time was 54.49

Commonwealth Games Update *Athletics Weekly* carried a front cover headline "WALKING DEAD Horror at Glasgow Commonwealth snub for 2014" and a double page spread on this topic. Protest views were expressed by top walking officials and former leading athletes. There was also a statement from Glasgow 2014 and a response from the CGF which refuted my understanding of the sequence of event as expressed in the last *Enfield Walker*. Two observations on the coverage: I found it alarming that there was no question mark after the first two words and a picture showing a walker clearly off the ground wasn't helpful to the cause. Walk enthusiasts are aware that contact discernible by the human eye is part of the definition these days, but many don't. Although the chances of reversing the decision seem unlikely, efforts are still being made.

Race Walking Record International and Olympic Judge Catharine Telling has taken over the editorship of the *Race Walking Record* and will be assisted by Peter Marlow. I understand that it will be an electronic publication and hard copies produced for those without the facilities to access it. Readers will be pleased to know that John Constandinou continues to edit much revered RaceWalkUK

IoM Hundred Confirmed Douglas on the Isle of Man is the venue for the 2013 Centurions qualifying race and RWA national long distance championship. The event will be staged over the weekend of 3rd/4th August and further details and entry forms will be available on the *Centurions 1911* website soon.

Remaining National Championships

28 th April	UKA/RWA Senior 20km and YAG	Coventry
16 th June	EA u20/u23 Track & Field	Bedford
14 th July	UKA Track & Field	Birmingham
20 th July	UKA/RWA 10km Road	Hillingdon
28 th July	UKA/RWA 50km	Coventry
3/4 th August	RWA Long Distance	Douglas, IoM
1 st September	UKA u15/u17 Track & Field	Bedford
22 nd September	English Schools Track & Field 3km/5km	Birmingham

For further information contact:

Hon Championship Secretary: Peter Marlow on 01284 754177 – pmarlow@btinternet.com

RWA Hon Secretary: Peter Cassidy on 01277 220 687 – racewalkingassociation@btinternet.com

New IAAF Rule

The Pit Lane rule recently passed by the IAAF Walking Commission will be in operation for the UKA/RWA National U17 Men and Women 5kms. Instead of being disqualified after three red cards a walker will have to serve a 45 second time penalty in the Pit Lane during the race. Walkers who received a third card late in the race will have 45 seconds added to their finishing time and their position amended accordingly. The rule has been introduced to encourage youngsters to persevere with the discipline if they have early problems with technique.

VETS AC Dave Hoben has sent in details about this coming summer's Tuesday evening fixtures at Millennium Stadium, Battersea Park: 6th April, 7th May, *18th June, 23rd July, 6th August – The start time is 7pm with the exception of the last one which is 7.30pm. Entries are taken on the night and Non VAC walkers are welcome. *18th June is the VAC championship.