

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

September



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

Wilkinson Walks to National Title

At the England Athletics under 17's 5km championships staged at the Bedford Stadium on 1st September, Callum Wilkinson won his first national title in a time of 23.28, ending the two year unbeaten record of Cameron Corbishley (Maidstone/Medway) who finished second in 23.56. Third was Guy Thomas (Tonbridge) in 24.03.

The EHAC walker has played second fiddle to Cameron throughout the year, but made no mistake on this occasion. Deeming his rival's pace too fast in the



opening laps, he had the confidence to let him go and was 30 metres adrift at the half way point, shortly after which he started to reel him back and crossed the line well ahead.

Callum's final target race of the season is the English Schools 5km at Birmingham on 22nd September, which is likely to be the toughest of the year, as his rival endeavours to retain that title and reassert his mantle as the country's leading under 17-year-old walker.

Twenty-three walkers contested two age categories; u15's 3km and the u17's 5km, among them eight walkers from Ireland and the winners were: at 3km Sophie Lewis-Ward 15.17 and Chris Snook 15.53 and the Girls 5km Ireland's Veronica Birke 26.27 ten seconds ahead of Heather Butcher.



Cameron & Callum with 600m to go

Callum wasn't the only club junior to collect a medal at the championships. Well done too! To Will Grimsey who finished third in the high jump

Youth Development T & F League Finals

EHAC had a double interest in this meeting at Birmingham on 7th/8th September. Non-scoring walks over 1 and 2kms were included in the programme and the EHAC junior team had not only made the finals, but were strong contenders to win.

Ten year olds George Wilkinson 6.49 and Daniel Spinks 6.51 for the u13's 1km were the youngest walkers in the event and took first and second places, whilst Callum Wilkinson 8.46 was runner-up in the u17's 2km behind Cameron Corbishley 8.32.

Norma Grimsey was the Junior team manager and reports that the club was vying neck and neck with Reading AC all afternoon and the outcome of the championship depended on the relays, the final events of the competition – and YES! EHAC Juniors came out on top to win this prestigious title for the second time in four years.

The call for young walkers to support the non-scoring walk in this meeting was very well supported. Twenty-seven under 17's checked in on the day and put on a really good demonstration of the race walking discipline; one hopes good enough to encourage the powers that be to include it next year's League. The outstanding performance was that of twelve year-old Ana Garcia (City of Sheffield) who recorded an amazing 4.26 in the under 15's 1km, by far the fastest ever by a girl in this age group.

In contrast to the last race held in extremely hot conditions, light rain persisted throughout this one and times reflected this. Fabian Deuter's time was almost a minute faster. Sixteen year-old Arthur Domingos made a promising debut.

This was the last of the three races held in conjunction with LICC meetings and the ERWL on behalf of the thirty-nine race walkers who took part, is indebted to the LICC team for including a walk in their meetings.

Men	Women	© = Centurion - * = pb
1. Fabian Deuter (Hillingdon AC) 23.28 SM	1. Sue Barnett (Enfield & H AC) 31.48 W60	
2. Francisco Reis (Ilford AC) 24.23 M50	2. Angela Martin (Paddocks Wood)*32.27 W45	
3. Steve Uttley (Ilford AC) 26.26 M55	3. Jo Miles (Hillingdon AC) 34.12 W60	
4. Steve Allen (Barnet DAC) 28.06 M55	4. Linda Spinks (Enfield & H AC) 35.00 W45	
5. John Ralph (Enfield HAC) 28.37 M55		
6. Ken Bobbett (Hillingdon AC) 28.51 M65		
7. Stuart Bennett © (Ilford AC) 29.02 M55	3km Arthur Domingos(CQD) 16.39 u15	
8. Andy Cox (Hillingdon AC) 29.06 M60	Peter Howard (Enfield & H AC) 22.51 M70	
9. Steve Allen © (Ilford AC) 29.12 M55		
10. Malcolm Martin (Surrey WC) 29.14 M55		
11. Gary Smith © (Enfield HAC) 29.40 M55		
12. Shaun Lightman (Surrey WC) 29.53 M70		
13. Michael Harran (Surrey WC) 29.54 M75		
14. Dan Maskell (Surrey WC) 30.50 M65		
15. Sean Pender © (Enfield HAC) 30.52 M60		
16. Jon May (Enfield HAC) 32.22 M60		
17. Russell Vroobel (Hillingdon AC) 33.34 M50		
	Judges: Michael Croft, Ron Wallwork	
	<i>men continued</i>	
	18. Ron Powell (Enfield HAC) 33.36 M75	
	19. Bill Sutherland © (Highgate H) 38.42 M65	
	20. Dave Ainsworth ©(Ilford AC) 39.36 M65	
	21. Bernie Hercock (Enfield HAC) 41.24 M75	

League tables after Eight Fixtures

Hillingdon AC continues to press EHAC for top spot, but Ilford remain within striking distance. Sue Barnett has a forty-five point cushion ahead of Jo Miles and Linda Spinks, but Angela Martin with two races in hand could well be in the mix by the end of November. Fabian Deuter is within striking range of his club-mates Ken Bobbett and Andy Cox who currently head the men's table.

Ladies	Men	
1. 514/7 Sue Barnett	1. 580/7 Ken Bobbett	11. 453/6 Shaun Lightman
2. 469/7 Jo Miles	2. 566/7 Andy Cox	12. 426/6 Malcolm Martin
eq. 469/7 Linda Spinks	3. 559/7 Fabian Deuter	13. 425/6 Dan Maskell
4. 347/5 Angela Martin	4. 550/6 Peter Ryan ©	14. 407/5 Arthur Thomson
5. 306/4 Fiona Bishop	5. 502/6 Steve Uttley	15. 398/6 Francisco Reis
6. 279/3 Suz Beardsmore ©	6. 497/6 David Crane	16. 387/8 Bernie Hercock
7. 276/3 Anne Jones	7. 490/6 Steve Allen	17. 386/6 Russell Vroobel
8. 270/3 Cath Duhig ©	8. 484/7 Jon May	18. 361/6 Ron Powell
9. 237/3 Norma Grimsey	9. 469/5 Steve Allen ©	19. 357/4 Callum Wilkinson
10. 233/3 Grazina Narviliene	10. 459/6 John Ralph	20. 353/4 David Hoben

Team

1. EHAC	2720	514 Barnett, 484 May, 469 Spinks, 459 Ralph, 407 Thomson, 387 Hercock
2. Hillingdon AC	2669	580 Bobbett, 566 Cox, 559 Deuter, 469 Miles, 386 Vroobel, 109 Mckenzie
3. Ilford AC	2602	550 Ryan, 502 Uttley, 469 Allen, 398 Reis, 342 Ainsworth, 341 Bennett
4. Surrey WC	2214	497 CraneD, 453 Lightman, 425 Maskell, 353 Hoben, 246 CraneP, 240 Delaney
5. EHAC B	1775	361 Powell, 357 Wilkinson, 329 Pender, 301, Howard, 237 Grimsey, 192 Halsall

How Would You Feel about ERWL fixtures Starting Earlier?

The earlier starts necessitated by the Pat Furey 5 (10am) and the LICC races (noon) didn't seem to affect the number of regular walkers who turn out in the ERWL. Personally, I found advantages in the early starts; whereas the usable free time prior to setting off to a race is negligible, getting back late afternoon rather than early evening allows me more free time on the day. In addition, my experience has been that traffic going and returning from the venue seems to be lighter. In the winter it would also cut down on driving in the dark, which must be an advantage for most *Leaguers* and particularly the officials.

To me noon or 12.30pm starts seem logical, but the *League* is about people of any age or standard being able to test themselves against their peers or against the clock, **so I would be interested to hear the views of ERWL walkers on this subject. If I don't hear from you, I will assume that earlier starts as outlined would make no difference to your support of the ERWL.**

Entry in advance is a requirement for a Guaranteed Place in the

2013 ERWL ONE HOUR BADGE RACES

Badges awarded to walkers achieving for the first time
5, 6 miles, 10km and 7 miles - Plaques for 8 miles



Saturday 28th September - Dacorum Track, Jarman Lane Hemel Hempstead, HP2 4JS

12 noon Section B

1.20pm Junior/Novice One mile

1.50pm - Section A

The number of walkers per race is limited and entries on the day will only be taken if the limits have not been reached. There will be an additional £2 fee.

Entries in the form of a note with name, age, club and target distance plus, £5 fee to:

Ron Wallwork 35A Newmarket Road, Moulton, Suffolk, CB 8QP
rwallwork4@sky.com - 01638 751869

By Monday 22nd September –Entry fee £5 – on the day £7

Remaining 2013 ERWL Fixtures

12 th October	1pm	5 miles	Yacht Handicap at LVAC
9 th November	1pm	7 miles	87th Enfield Open Seven – Club Championships <i>(bonus points)</i> <i>Incorporating the VAC championship</i>
30 th November	1pm	10km + various other	Inaugural Hillingdon Open Walks at Hillingdon Cycle Circuit, including Middlesex 20km Championship, Minet Park, UB4 0LP Younger age groups, Newcomers and Seniors

Results Round-up Former EHAC second claim member **Carl Thomson** walked a sub 50 minutes 10km road walk to take an easy win on the Guernsey North Side circuit race in July. This reduced the M45 Age Best time for Guernsey by 31 seconds, breaking visitor Mark Easton's time of 49.58 set two years ago at Delancey Park. On his own throughout he walked a fast first 2.5 kms in 12.09, before slowing to record splits of 12.20, 12.31 and a final 12.27. Second home was

In the famous **Dodentocht "Death March" 100k** at Bornem, Belgium on 9th/10th August 2013 Sean Pender© was the first Brit to finish in 14.49 and three other well-known faces at the ERWL also there were Steve Allen© 15:00 (pb), Kathy Crilley© 15:31 (pb) and David Hoben 17:54.

The **South of England AA championships** at Ashford, Kent on 17th August was the best supported for many years with eighteen participants ranging in age from u15 to M55. The races were held concurrently, the seniors doing 5km and the u15's and 17's 3km. The club had two representatives in the race; Callum Wilkinson (u17) 14.18 who finished runner-up to Cameron Corbishley 13.21 in his category and Pamela Abbott attempting the distance for the first time recorded 35.24. *Leaguers* Steve Allen 27.18 and David Crane 28.26 finished third and fourth in the senior race behind a son and family one-two by Jon Hobbs 25.27 and his father Chris 26.51. Grazina Narviliene 25.36 easily won the Ladies 5km from Lesley Hall 31.02 and Penny Cummins 31.06.

Former world 5000m world record holder David Moorcroft started the **Southend One mile** race at Garrons track on bank holiday Monday 26th August. It was good to see Phil Barnard in action winning in a time of 7.47. Work and fatherhood has kept him away from the walking scene, but the good news is that he hopes to get



back into it. Steve and Steve © Allen filled the minor places with 8.34 and 8.53 respectively, whilst midfield of the sixteen starters Linda Spinks clocked 10.38 for the second ladies place behind Linda Mountford 10.31. The youngest walker was Daniel Spinks who recorded a time of 11.51.

On 27th August the **final WT 3km** was won by Steve Allen in 15.56 which clinched an overall series victory for him as well and In second place Stuart Bennett 16.14 also cemented his runner-up spot in the series. Four of the twelve strong field were EHAC walkers; Gary Smith 17.12, Sean Pender 18.53, Pamela Abbott 19.41 and Bernie Hercock 23.13. Pamela finished third overall in the series. Other *Leaguers* in the event were Mick Barnbrook 19.41 and Dave Aisnworth 22.10. EHAC were series runner-up to Ilford AC.

The **Guernsey Churches 'prologue' 3k road race** on 30th August was won by islander Stuart LeNoury ahead of a twenty-plus field which included a number of ERWL regulars; Steve Allen 16.21, Mal Martin 17.17, Angela Martin 19.35, Mick Barnbrook 20.13 and Dave Ainsworth 22.26.

Sunday 1st September was a busy day. In addition to the under17's championships at Bedford, there was the **Southern Vets League final** at Ashford in which there was a 2km walk won by John Ralph (M50) in 10.45 and Gary Smith (M55) was third in 11.00.

Meanwhile, over in **Guernsey**, just two weeks after his SoEAA 5km victory, twenty-year old Jonathan Hobbs became the youngest winner for thirty-six years of the annual **19.4 miles Churches Walk**. His time was 3.01.49. The first woman home was Angela Martin in 3.46.52. There were twenty-four starters among them EHAC's Sean Pender 3.36.46 and *Leaguers'* Steve Allen 3.24.43, Peter Ryan 3.36.15, Mal Martin 3.46.52, Mick Barnbrook 3.48.03 and Dave Hoben 4.03.29. Dave Delaney was one of three non-finishers and needed hospital treatment, but recovered enough to attend the presentation.

There was **BMAF Gold** for Sue Barnett (W60) and Ron Powell (M75) in the **10km Road championships** at Leicester on 8th September. No other details available.

Coaching/Training Opportunities Qualified Endurance Coach Stuart Bennett is keen to hear from anyone who is interested in attending sessions at Cricklefield Stadium, High Road, Ilford, on Tuesday evenings at 6pm for a 6.30pm start. Stuart welcomes helpers as well as walkers and can be contacted at stuart.bennett2@googlemail.com or 01708-700908.

Norma Grimsey and Sean Pender supervise sessions at LVAC at 6pm on Wednesdays, but advance contact with Norma is advised just to be sure that the session is going ahead that week. Her telephone number is 07814 933 644, her email address is norma.grimsey@nhs.net

Saturday morning coaching and training sessions at LVAC are arranged on a week by week basis. They start at 9.30am, last for three hours and walkers, coaches or people interested in learning about race walking are welcome. Like the Wednesday evening group a check should be made to ensure that there is a session on any particular Saturday. For these sessions Ron Wallwork is the person whose 'phone number is 01638 751869 and his email address is rwallwork4@sky.com.

Hillingdon AC also run weekly sessions and the person to contact about those is Andy Cox on 07976 355 386 or andycox52@hotmail.com

More Pics from the Past

In an earlier issue I published a picture of Jimmy Rooke prior to the start of the 1962 Poly Marathon a race in which two other ERWL stalwarts Bernie Hercock and Ken Livermore ran and who are both pictured below in their running prime.

I am indebted to David Sutcliffe who sent this 'AW' cutting from October of the same year. St.Albans, David's club won the relay, but alas he was in their B team that day.



Frank Seal (Ponders End) hands over to B. Hercock after taking his club from 18th to 4th on the third lap of the Ealing C.C. Relay and putting up the fastest time of the day.

Ed Lacey



Forthcoming Fixtures

21st September	2.00pm	3 & 6 m	Jack Fitzgerald Memorial Walks - details on www.vetsac.org.uk
28 th September	noon	One Hour	ERWL Badge Races (<i>see page 3</i>)
29 th September		1, 2, 3k	Clare Powell T&F Meeting. Details from Eric Horwill 01384 273851
5 th October	11.00am	4m	Surrey Walking Club Gazette Cup at a new venue. Details on the SWC website http://www.surreywalkingclub.org.uk/fixtures.htm