

# 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

**December**



Please Note that my email address is now [rwallwork4@sky.com](mailto:rwallwork4@sky.com)

## 87<sup>th</sup> Enfield Open - Club's first Winner for 79 years



Paul Nihill and Callum Wilkinson

Callum Wilkinson became the first Enfield walker to win this race since 1934. In fact only two others; C.W.Hyde with four wins (1928/1931) and J.Johnson in 1934 have their name on the trophy and he is at sixteen, the youngest ever winner of the event.

The race, in damp but mild conditions was started off by former European champion and Olympic silver medalist Paul Nihill. Fabian Deuter, Chris and Jonathon Hobbs, Callum, Grazina Narviliene and Steve Utley were the early breakaway group, which by half way had splintered into what was to be the finishing order. The latter couple were involved in a thrilling finish and given the same time, which for Grazina was over a minute quicker than her women's winning time in 2012.



Grazina Narviliene

Even with a below strength team, Ilford AC retained the team cup for the fourth consecutive year.

**Just One race to go** Sue Barnett secured her individual win with a pb in the Enfield Seven. It was an outstanding walk, because she is still suffering the effects of an attack of shingles and with the Ladies title in the bag she will be taking a break until the first race of the 2014 series on 18<sup>th</sup> January next year. In the men's section Peter Ryan only needs around twenty-five points to elevate himself to the top of the table, because he has a race in hand. The promoting club has a 173 point cushion in the league, but will it be enough? Like their main challengers they have two walkers with a race in hand, so much will depend on how they fair at Hillingdon.

### Team

1. EHAC	<b>3805</b>	695 Ralph, 666 Barnett, 629 May, 620 Thomson, 609 Spinks, 586 Wilkinson
3. Ilford AC	<b>3632</b>	751 Uttley, 741 Ryan, 642 Allen, 564 Bennett, 456 Reis, 478 Ainsworth
2. Hillingdon AC	<b>3461</b>	757 Bobbett, 756 Deuter, 739 Cox, 565 Vroobel, 469 Miles, 175 Mckenzie
4. Surrey WC	<b>2978</b>	682 CraneD, 634 Maskell, 524 Hoben, 476 Lightman, 388 Delaney, 274Flint
5. EHAC B	<b>2280</b>	523 Pender, 421 Hercock, 375 Grimsey, 361 Powell, 309, Howard, 291 Seddon
6. Belgrave H	<b>1552</b>	445 HallJ, 432 King, 369 Narviliene, 170 Noel, 50 Brown, 86 HallH

### Ladies

1. 666/9 Sue Barnett
2. 609/9 Linda Spinks
3. 530/8 Angela Martin
4. 469/7 Jo Miles
5. 466/6 Anne Jones
6. 394/4 Suz Beardsmore ©
7. 375/5 Norma Grimsey
8. 369/4 Grazinz Narviliene
9. 347/5 Cath Duhig ©
10. 306/4 Fiona Bishop

### Men

1. 757/9 Ken Bobbett
2. 756/9 Fabian Deuter
3. 751/9 Steve Uttley
4. 741/8 Peter Ryan ©
5. 739/9 Andy Cox
6. 730/9 Steve Allen
7. 695/9 John Ralph
8. 682/8 David Crane
9. 658/9 Malcolm Martin
10. 642/7 Steve Allen ©
11. 634/9 Dan Maskell
12. 629/9 Jon May
13. 620/8 Arthur Thomson
14. 586/7 Callum Wilkinson
15. 565/9 Russell Vroobel
16. 564/8 Stuart Bennett ©
17. 524/7 David Hoben
18. 523/7 Sean Pender ©
19. 478/9 Dave Ainsworth ©
20. 476/7 Shaun Lightman

The last race of the 2013 Series is

**10km at Hillingdon Cycle Track on Saturday 30<sup>th</sup> November**

<http://www.hillingdoncyclingcircuit.org.uk/>

In conjunction with the Hillingdon Open 10km/20km

**Start 1pm \* Entries taken on the day \* \* Course: virtually flat 2km**

Young walkers or Newcomers are invited to walk 2km

Men

© = Centurion - \*=pb

Women

1. Callum Wilkinson ( <i>Enfield HAC</i> )	57.46 u17	1. Grazina Narviliene ( <i>Belgrave H</i> )	*60.17 w35
2. Jonathan Hobbs ( <i>Ashford AC</i> )	58.02 u21	2. Suz Beardsmore © ( <i>Abingdon A</i> )	*71.02 w40
3. Fabian Deuter ( <i>Hillingdon AC</i> )	58.47 SM	3. Sue Barnett ( <i>Enfield HAC</i> )	*73.01 w60
4. Steve Uttley ( <i>Ilford AC</i> )	60.17 M55	3. Anne Jones ( <i>Steyning AC</i> )	74.37 w55
5. Trevor Jones ( <i>Steyning AC</i> )	60.38 M55	5. Angela Martin ( <i>Surrey WC</i> )	75.45 w45
6. Chris Hobbs ( <i>Ashford AC</i> )	60.56 M55	6. Linda Spinks ( <i>Enfield HAC</i> )	80.12 w45
7. Peter Ryan © ( <i>Ilford AC</i> )	61.50 M55	7. Norma Grimsey ( <i>Enfield HAC</i> )	80.12 w55
8. Jim Ball ( <i>Steyning AC</i> )	62.21 M50	8. Geraldine Legon ( <i>Bexley</i> )	82.26 w50
9. David Crane ( <i>Surrey WC</i> )	62.42 M35	9. Kathy Crilley © ( <i>Surrey WC</i> )	*85.17 w65
10. Steve Allen ( <i>Barnet &amp; D AC</i> )	62.48 M55		
11. John Ralph ( <i>Enfield HAC</i> )	64.19 M55		
12. Malcolm Martin ( <i>Surrey WC</i> )	64.52 M55	<i>men continued</i>	
13. Richard Emsley ( <i>Steyning AC</i> )	64.58 M60	27. David Delaney ( <i>Surrey WC</i> )	74.53 M70
14. John Hall ( <i>Belgrave H</i> )	66.12 M60	28. Russell Vroobel ( <i>Hillingdon AC</i> )	76.07 M50
15. Andrew Cox ( <i>Hillingdon AC</i> )	67.21 M60	29. David Hoben ( <i>Surrey WC</i> )	77.28 M60
16. Stuart Bennett © ( <i>Ilford AC</i> )	67.51 M50	30. Jon May ( <i>Enfield HAC</i> )	78.35 M60
17. Steve Allen © ( <i>Ilford AC</i> )	68.42 M55	31. Len Ruddock ( <i>Ilford AC</i> )	83.56 M60
18. Dan Maskell ( <i>Surrey WC</i> )	69.20 M65	32. Dave Ainsworth© ( <i>Ilford AC</i> )	93.14 M65
19. Arthur Thomson ( <i>Enfield HAC</i> )	69.31 M75	33. Mick Barnbrook© ( <i>Ilford AC</i> )	94.00 M70
20. Steve Kemp © ( <i>EVAC</i> )	69.40 M50		
21. Sean Pender © ( <i>Enfield HAC</i> )	69.44 M60	4.6m Ron Penfold ( <i>Steyning AC</i> )	49.33 M70
22. Amos Seddon ( <i>Enfield HAC</i> )	69.55 M70	2.3m Dave Stevens. ( <i>Steyning AC</i> )	27.16 M75
23. Ken Bobbett ( <i>Hillingdon AC</i> )	70.07 M65	Eddie Trotter ( <i>Ilford AC</i> )	31.09 M60
24. Paul King © ( <i>Belgrave H</i> )	70.57 M60	Ken Livermore © ( <i>Enfield HAC</i> )	35.01 M80
25. Peter Hannell ( <i>Surrey WC</i> )	72.30 M70	Bernie Hercock ( <i>Enfield HAC</i> )	35.02 M75
26. Chris Flint © ( <i>Surrey WC</i> )	73.01 M65	Shaun Lightman ( <i>Surrey WC</i> )	ret inj M65

*Teams (mixed – 4 to score)*

1. 47 <sup>pts</sup> Ilford AC	<i>Uttley, Ryan, Bennett, Allen</i>	<i>Bob Clark Award: Callum Wilkinson</i>
2. 55 EHAC	<i>Wilkinson, Ralph, Thomson, Pender</i>	
3. 60 Steyning AC	<i>Jones, Ball, Emsley, Jones A,</i>	<i>Lol Dordoy Prize: Norma Grimsey</i>
4. 69 Surrey WC	<i>Crane, Martin, Maskell, Hannell</i>	
5. 76 Hillingdon AC	<i>Deuter, Cox, Bobbett, Vroobel</i>	

*Judges:* Mick Graham, Peter Cassidy, Peter Marlow (*Chief*), Ray Pearce, Pauline Wilson

*Time-Keeper/Recorders:* Phil Welch, Pam Ficken, Carl Lawton

*Marshalls:* Mal Blyth, Peter Crane, Bill Sutherland, Tony Perkins, Jim Rooke

**Enfield Winner's Quote**

Callum Wilkinson said after the race "I'm really pleased about winning my own club's classic fixture and being the youngest to do so, but I'm very conscious that my time was not as fast as some of the past race winners, but I have every intention of improving on it next year".

**Result Round-up**

Mark Easton notched up his second win of the month with victory in **Steyning's Open 10km** on 16<sup>th</sup> November. He was well clear of the field clocking 51.21 to Trevor Jones' 52.59 and Peter Ryan's 54.30. Sean Pender finished ninth of the thirteen men who raced in 63.30 and Norma Grimsey 75.01, the only other women besides Anne Jones 64.31 to take part. *Leaguers* Dan Maskell 63.10, Dave Delaney 67.00 and David Hoben 69.00 also competed.

**Southern RWA - AGM**

Apart from elected officers, only one person attended the Southern RWA AGM held on 11<sup>th</sup> November. The positive take on this, is that southern walkers are satisfied with the way race walking is going in their area, or negatively, that they don't really care. Sean Pender was re-elected as President as were all the 2012 officers.

## ***Spotlight on Paul Ray***

Paul announced his retirement from competition at the 87<sup>th</sup> Enfield Open and because so many current walkers aren't aware of his athletic career, I thought it appropriate to spotlight him.

Taken by a friend to London's White City Stadium on Bank Holiday Monday 1946, he witnessed the great Sidney Wooderson win the three miles in the GB v France meeting. It was the first of many visits to that stadium to watch athletics and two years later the Olympic Games at Wembley, which finally hooked him into the sport and he joined Polytechnic Harriers as a runner. His pb's demonstrate that he was no slouch: 55.42 10m, 1.27.46 15m, 1.59.15 20m and 2.52.21 marathon. Over the ensuing twenty years he competed on track and road at a range of distances, won the club championship and his value to the Poly teams was recognised when he was elected captain in 1965, the year they won the team race. He also raced for RAOC when doing national service.



Paul had had a passing interest in race walking after seeing Don Thompson on television winning the 1960 Olympic 50km and when he joined Enfield Harriers in 1969 he soon found walkers easy to get along with and he was soon a regular in the team. In March 1973 he won his first Middlesex vest in the CAU inter-counties ten miles walking championship and in the historic Middlesex CC championships of that year, he and Bernie Hercock were among the first twelve finishers; why was it historic? The first twelve to finish were all Enfield Harriers!

In the late seventies as well as competing, Paul got involved in coaching and qualified as a level 4 endurance coach. In this role he helped many athletes, runners and walkers to reach their potential among them Colin Moxom (2.16.29 London marathon) and Irish cross country international Seamus Kerr.

His list of achievements is extensive, with open and representative performances including the Civil Service among them. Four London marathons, the Athens marathon, Njmegan Marches (both with Ken Livermore), are among a lengthy list of achievements, but the highlight was carrying the Olympic Torch in the 2004 Olympic Relay.

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## ***Winter Race Walk Challenge***

An initiative by British Athletics which includes EA national championships, designed to give athletes indoor competition and promote race walking as an integral part of track and field.

To register for entry information from event organisers and fixture updates contact Andi Drake: [adrake@englandathletics.org](mailto:adrake@englandathletics.org)

Round 1: Cardiff	3000m indoor, Senior/Junior - 1000 m indoor, U13/U15
Round 2: Sheffield	3000m indoor, Senior/Junior - 1000 m indoor, U13/U15 – EA championships
Round 3: Birmingham	3000m indoor, Senior/Junior - 1000 m indoor, U13/U15
Final: Coventry	10000m road, Senior/Junior - (2 km or 3 km, U13/U15)

### *Series prizes*

Senior/Junior: 1st, 2nd, 3rd. U13/U15: 1st, 2nd, 3rd.

*Coach support/novice athlete support from the England Athletics National Coach Development Programme at all events*

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## ***Forthcoming Fixtures***

7 <sup>th</sup> December	2.00pm	5km & YAG's Cambridge H Winter League details in last issue or from <a href="mailto:noel.carmody@btopenworld.com">noel.carmody@btopenworld.com</a>
14 <sup>th</sup> December	11.00am	5km Steyning's 'Alf Palmer Memorial' meeting at Horsham Details from Ron Penfold 01293 520 506
21 <sup>st</sup> December	1.00pm	5km Surrey Walking Club Christmas Race at Tonbridge track. Details on the SWC website <a href="http://www.surreywalkingclub.org.uk/fixtures.htm">http://www.surreywalkingclub.org.uk/fixtures.htm</a>

## Centurions AGM

Dear Fellow Centurion,

The AGM is on Saturday 25<sup>th</sup>. January 2014 at the West Midlands Police Sports and Social Centre, Tally Ho! Pershore Road, Edgbaston, Birmingham commencing at 1 pm. Please make every effort to come along. This year we have arranged a Midlands venue to make it more central and accessible for those living in the immediate area and beyond. This venue is about 2 miles from the City Centre, easily reached from M5/M6/M42 Motorways, 20 minutes from the Airport and Pershore Road is served by high-frequency bus routes 45 & 47 from Birmingham Centre.

Although the Centurions is not bound by any rules it is a now agreed procedure that there is an election each year at the AGM for its Officers and Committee. The current post holders are willing to stand for another year and also the committee. However, if there are nominations for any of the posts and committee I need to know as soon as possible to enable arrangements to be made for the election process. Any nomination must be accompanied by a Secunder. The current Officers and Committee are as follows:

President:	Ann Sayer
Captain:	Sandra Brown
Hon. Secretary and Merchandise Officer:	Chris Flint
Hon. Treasurer	Richard Brown
Assistant Secretary and Web Master:	Kathy Crilley
Merchandise Officer	<i>(Vacant – temporarily undertaken by Hon. Secretary)</i>
Archivist:	Sue Clements
Committee comprises the above and:	Pam Ficken, Martin Fisher

We encourage new additions to the Committee. It meets 3 times a year and also at the AGM. The Committee works to ensure the spirit of Centurionism is maintained through encouragement and active assistance to clubs willing to host the 100 miles in 24 hours race, by maintaining links to Centurions through the Captain's monthly newsletters, by organising social walks, by running an informative website, by encouraging Centurions and those keen to become Centurions to participate in overseas long distance events in France, the Netherlands and elsewhere, to provide a range of top quality merchandise embossed with the Centurions badge, to actively build our archive of Centurions memorabilia, and so on.

If you wish to be nominated yourself or you wish to nominate another Centurion for any of the posts please let me know soonest. I will then forward you a nomination form which must be seconded, and returned to me by Wednesday 4<sup>th</sup> December.

The Centurions merchandise (fleeces, polo shirts, badges, etc) are displayed on the website ([www.centurions1911.org.uk](http://www.centurions1911.org.uk)) and please contact me if you wish to purchase items.

If you know of a Centurion who is not connected to the Internet and cannot receive this email, please pass the information to them. We now have 138 Centurions who have agreed for their email addresses to be used to receive communications like this one, and we are keen to increase this number.

Best wishes, Chris Flint C849 (*Hon. Secretary, The Centurions*)

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### ERWL 2014 Provisional Fixtures

18 <sup>th</sup> January	1pm	5 miles 1/2/3 miles	<b>Opening Race &amp; 2012 Presentations</b> , QE2 Playing Fields, Donkey Lane, Enfield, EN1 3PL Young age groups and Newcomers
22 <sup>nd</sup> February	1pm	5 miles 1/2/3 miles	<b>League Race</b> at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers
22 <sup>nd</sup> March	1pm	5 miles 1/3 miles	<b>Pat Furey Open</b> at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomer <i>(bonus points)</i>
19 <sup>th</sup> April	1pm	21km 1.5/3/5/10km	<b>English Race Walking Half Marathon</b> at Hillingdon Cycle Circuit, Minet Park, UB4 0LP Younger age groups, Newcomers and Seniors
5 <sup>th</sup> May <i>(Bank Holiday)</i>	5pm	5 miles 2 miles	<b>Pednor Open</b> at Chesham LT & S Club, Pednor Road. Under 15s Details on Chiltern Harriers website
31 <sup>st</sup> May	1pm	5 miles	<b>Moulton Open</b> Moulton Village Hall, Suffolk, and CB8 <i>(bonus points)</i>
28 <sup>th</sup> June		5km 1/3km	<b>LICC Track</b> <i>(Venue to be confirmed)</i> Younger age groups and Newcomers