

The Enfield Walker 2014

(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

January



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

See the EHAC Website <http://www.ehac.co.uk> for the latest ERWL information

This issue is fixture orientated to assist walkers in planning their racing year. The *League* fixtures are followed by National Championship dates and then forthcoming races.

The 2014 Series Commences on 18th January

Five miles and 2km/4km/6km Junior/Newcomer races

1pm at Lee Valley Athletic Centre N9 0AS

NOTE the VENUE!

The other Fixtures provisionally arranged are

22 nd February	1pm	5 miles 1/2/3 miles	League Race at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers	
22 nd March	1pm	5 miles 1/2/3 miles	Pat Furey Open at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomer	(bonus points)
26 th April	tbc	5 km 1/2/3 km	LICC Track at Lee Valley Athletic Centre, EN9 0AR Young age groups and Newcomers	
5 th May (Bank Holiday)	5pm	5 miles 2 miles U/15s	Pednor Open at Chesham LT & S Club, Pednor Road. Details on Chiltern Harriers website	
31 st May	1pm	5 miles	Moulton Open from Moulton Village Hall, Suffolk, and CB8	(bonus points)
28 th June	tbc	5km 1/3km	LICC Track at Allianz Park (formerly Copthall) map on Allianz Park website Younger age groups and Newcomers	
23 rd August	tbc	5km 1/3km	LICC Track event at Allianz Park (formerly Copthall) map on Allianz Park website Younger age groups and Newcomers	
27 th September	12pm	Hour Walks	Badges for first timers at 5, 6 and 7 miles – Plaques for 8 miles -	Venue tbc
18 th October	1pm	5 miles	Yacht Handicap	Venue tbc
8 th November	1pm	7miles	88th Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS	(bonus points)
29 th November	1pm	10km	Hillingdon Open Walk at Hillingdon Cycle Circuit Venue details on: http://www.hillingdoncyclecircuit.org.uk	

A Historic Picture?

Only four walkers joined about sixty runners for the annual EHAC Boxing Day 5km, the lowest ever number of participants.

The winner was Fransisco Reis *Ilford AC* (3) 26.55 who was followed home by Steve Allen *Barnet* (4) 27.58 John Ralph (1) 29.12 and Sean Pender *both EHAC* 36.20.

Is this an historic photograph of the competitors who took part in the last ever EHAC Boxing Day Race Walk?

Thanks to the course markers and officials



2014 UKA Championships

9 th March	10miles	Victoria Park, London
5 th April	20km	Forge Valley Cycle Track, Sheffield + YAG championships
28 th June	5km	Alexander Stadium, Birmingham
19 th July	10km	Hillingdon Cycle Circuit
5 th October	50km	Hillingdon Cycle Circuit

Further details from: Peter Marlow 01284 754 177 or pmarlow@btinternet.com

Results Round-up A mere forty-eight hours after the Hillingdon open 10km, the race which sealed his first ERWL title, Peter Ryan was on the opposite side of the world in New Zealand and on 19th December was the first walker to finish in the **Wangahiu half marathon**. His time over what seemed to be a cross country walk was 2.07.49 a couple of minutes in from of local club walker M.Nield. There were eighty-three starters in the race.

There were no EHAC walkers at Bexley for the third of this winter's **Cambridge Harriers 5km** events. However there were ten *Leaguers* among the twenty-four competitors. The highest placed was Fransisco Reis 24.33 in third place and the others were: : Steve Uttley 26.06, John Hall 27.11, Malcolm Martin 28.18, Dan Maskell 30.16, Shaun Lightman 30.43, Paul King 30.55, Angela Martin 33.27, Mick Barnbrook 34.31, Peter Cassidy 36.09 and Dave Ainsworth 40.09.

Cameron Corbishley put in a blistering 22.10 to win by five hundred metres from Luc Legon 24.05 and in fifth place Sophie Lewis-Ward in 26.38 was the first of the seven ladies to cross the finishing line.

Forthcoming Fixtures

25 th January	2pm	15kms	Steyning Open starts from the Town Clock in the High Street, changing is at the Steyning AC Club House in Charlton Street, BN443LE, out the back of the car park opposite the Town Clock, turn right and is 100Metres down on the right. For those that have not been to Steyning before there is some parking on local roads or there is a large car park at the Medical Centre in Tanyard Lane off of the High Street, you may need to obtain a parking disc from a local shop, exit the car park via an alleyway at the back into the High Street. More details from Dave Stevens 01903-814422, Ian Richards 01903-504463 or Ron Penfold 01293-520506.
26 th January	tbc	3km	London Indoor Games at LVAC EN9 Entries on line at: visitleevalley.org.uk/athletics (forms available at ERWL race on 18 th Jan)
2 nd February	1pm	10kms	London Open Walks including YAG GP at Victoria Park Details from Peter.Cassidy@btinternet.com or 01277 220 687
8 th February	1pm	5kms	Cambridge H Walks including YAG GP at Bexley. Final race of current series. Details from noel.carmody@btopenworld.com or 020 8301 2334

EHAC Annual General Meeting takes place at LVAC on Wednesday 5th February at 7.30pm and it would be nice if few race walkers could attend. Let me know how feasible it is for you.

BMAF Request

In order that I might truly represent Masters (and Vets for those who prefer the old description), develop the service that the BMAF provides to the walking community and generally help older walkers get more out of race walking, it would be helpful for me to know the extent of older walkers participation – both racing and training, their commitment and aspirations, and general views of where masters sit in the overall walking scene. I should be most grateful, therefore, if anyone age 35 or over who has raced at least once over the last couple of years, were to complete the on line survey which can be accessed at <https://www.surveymonkey.com/s/283C5FT> . If anyone would prefer a paper copy please contact me at 24, Pevensey Road, Worthing, BN11 5NS : E-mail ianrichards.racewalker@virginmedia.com or ask me if you see me at a race.

Please do encourage others to complete the survey so that it is as representative as possible. I will publish a report with the results for the benefit of everyone and a separate report on how I propose to react to the findings.

Thank you in anticipation - Ian Richards, *BMAF Race Walking Secretary*