

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

March



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

ERWL Race Two – YAG day

For the sixty walkers in the second race of the 2014 series the weather was kinder than of late; sunny and dry but with a chilly wind.

It was a YAG day! Both individual winners; Heather Butcher and Callum Wilkinson were under seventeen. In addition Callum's brother George 11.21 was delighted to break twelve minutes for the mile and Dan Spinks 12.01 was close to doing the same. George now has the eleven minute standard in his sights.

Callum Wilkinson set a pb and extended his unbeaten sequence to four since winning the October race last year. His 7.15 opening mile decimated the field and although he slowed a little after that he was never in danger of being caught. 'Super Vet' Arthur Thomson maintaining sub ten minute mile pace was the club's next man home and a little over a minute behind him was John Ralph who is currently getting in the miles in for his London marathon walk. Helen Middleton refreshed from her sabbatical looked good and wasn't too far off third place.

Ilford newcomer Iain Knight made a very encouraging race walking debut and is obviously benefitting from attending Stuart Bennett's coaching sessions at Ilford.

League tables after two fixtures

There are twenty-four ladies among the 74 walkers from thirteen clubs who have so far taken part in the league.

Ladies

1. 105/2 Maureen Noel
2. 99/2 Helen Middleton
3. 96/2 Anne Jones
4. 82/2 Fiona Bishop
5. 68/2 Linda Spinks
6. 65/2 Norma Grimsey
7. 61/2 Heather Butcher
8. 59/2 Jo Miles
9. 56/2 Kathy Crilley ©
10. 54/1 Rebecca Crossan

Men

1. 140/2 Callum Wilkinson
2. 138/2 Francisco Reis
3. 133/2 Trevor Jones
4. 131/2 Steve Uttley
5. 127/2 Steve Allen
6. 127/2 John Hall
7. 123/2 Malc Martin
8. 118/2 John Ralph
9. 117/2 Arthur Thomson
10. 116/2 Andrew Cox
11. 115/2 Stuart Bennett ©
12. 114/2 Ken Bobbett
13. 108/2 Shaun Lightman
14. 102/2 Paul King ©
15. 95/2 David Kates ©
16. 88/2 David Delaney
17. 79/2 Peter Crane
18. 79/2 Sean Pender ©
19. 78/2 Richard McKenzie
20. 71/2 John Brock

Team

- | | | |
|------------------|------------|---|
| 1. EHAC | 620 | 140 Wilkinson, 118 Ralph, 117 Thomson, 99 Middleton, 78 Pender, 68 Spinks |
| 2. Ilford AC | 607 | 138 Reis, 131 Uttley, 115 Bennett, 95 Kates, 67 Ryan, 61 Barnbrook |
| 3. Surrey WC | 511 | 123 MatrinM, 108 Lightman, 88 Delaney, 79 CraneP, 57 Maskell, 56 Crilley |
| 4. Hillingdon AC | 478 | 116 Cox, 114 Bobbett, 78 McKenzie, 68 Deuter, 58 Miles, 43 Vroobel |
| 5. Steyning AC | 464 | 133 JonesT, 96 JonesA, 68 Richards, 65Ball, 60 Emsley, 42 Penfold |
| 6. Belgrave H | 388 | 127 Hall, 105 Noel, 102 King, 54 Crossan |

The Next Fixture is the Pat Furey Meeting on

22nd March at QEII, Donkey Lane, Enfield. EN1 3PL

The Distances are **One, Two, Three, Four or Five miles**
Entries on the day **Start time 1pm**

Thanks Fabian.....Peter Ryan

I was unfortunate to have a bad fall on the last lap of the race at Enfield whilst having a real good race and as my face collided with the asphalt and right shoulder, Fabian Deuter who was racing towards me stopped to assist me. This cost him seconds in his own race even though he was a clear third, I just want it mentioned that his true sportsmanship in helping me was exactly what the Enfield league is all about.

2014 ERWL –Race 2

5 miles

LVAC – 22nd February

Men	© = Centurion	-	*=pb	Women		
1. Callum Wilkinson (Enfield HAC)			*38.29 u17	1. Heather Butcher (Cambridge H)		47.43 u17
2. Fransisco Reis (Ilford AC)			40.35 M50	2. Rebecca Crossan (Belgrave H)		49.34 sw
3. Fabian Deuter (Hillingdon AC)			42.09 SM	3. Maureen Noel (Belgrave H)		51.08 w50
4. Peter Ryan © (Ilford AC)			43.35 M55	4. Helen Middleton (Enfield HAC)		51.29 w50
5. Trevor Jones (Steyning AC)			43.51 M55	5. Anne Jones (Steyning AC)		52.53 w55
6. Steve Uttley (Ilford AC)			44.09 M55	6. Anna Vroobel (Hillingdon AC)		*53.49 sw
7. Steve Allen (Barnet DAC)			44.30 M55	7. Fiona Bishop (Woking AC)		57.18 w55
8. John Hall (Belgrave H)			44.40 M65	8. Geraldine Legon (Cambridge H)		57.25 w55
9. Malcom Martin (Surrey WC)			*45.34 M55	9. Linda Spinks (Enfield HAC)		57.47 w45
10. Richard Emsley (Steyning AC)			47.50 M65	10. Norma Grimsey (Enfield HAC)		59.24 w55
11. Arthur Thomson (Enfield HAC)			48.07 M75	11. Sandra Campbell (Surrey WC)		61.41 w45
12. Ken Bobbett (Hillingdon AC)			48.09 M65	12. Jenny Middleton (Hillingdon AC)		61.49 w40
13. Andrew Cox (Hillingdon AC)			48.39 M60	13. Kathy Crilley © (Surrey WC)		62.03 w65
14. John Ralph (Enfield HAC)			49.23 M55	14. Elizabeth Dadey (Trent Park)		66.12 w
15. Stuart Bennett © (Ilford AC)			49.33 M55	15. Fatima Ibrahim (Trent Park)		66.13 w55
16. Shaun Lightman (Surrey WC)			50.21 M70			
17. Steve Allen © (Ilford AC)			50.56 M55			
18. Paul King © (Belgrave H)			51.35 M60	1 mile George Wilkinson (Enfield HAC)		11.21 u13
19. Mark Culshaw (London FR)			51.49 M45	Daniel Spinks (Enfield HAC)		12.01 u13
20. David Kates © (Ilford AC)			52.27 M65	Alan Flavell (Enfield HAC)		13.35 w80
21. Chris Flint © (Surrey WC)			53.00 M65			
22. Iain Knight (Ilford AC)			53.31 SM			
23. Ron Penfold (Steyning AC)			54.33 M70	2 miles Luc Legon (Cambridge H)		11.21 u17
24. David Delaney (Surrey WC)			54.35 M70	Evie Butcher (Cambridge H)		19.03 u17
25. Richard McKenzie (Hillingdon AC)			*55.38 M45	Olga Carrasco (Trent Park)		31.48 w
26. Sean Pender © (Enfield HAC)			56.03 M60.			
27. Peter Crane (Surrey WC)			56.48 M65			
28. Philip Goodwin (Ilford AC)			57.21 M65	3 miles Indigo Burgin (Cambridge H)		31.10 u17
29. John Brock (Southend AC)			57.42 M65	Dave Stevens (Steyning AC)		35.54 M75
30. David Hoben (Surrey WC)			57.52 M60	Ken Livermore © (Enfield HAC)		42.02 M80
31. Len Ruddock (Ilford AC)			59.32 M60			
32. Mick Barnbrook © (Ilford AC)			61 01 M70	4 miles Jo Miles (Hillingdon AC)		56.01 w55
33. Jon May (Enfield HAC)			62.53 M60	Francis Carrasco (Trent Park)		27.16 M
34. David Ainsworth © (Ilford AC)			67.33 M65			

Judges: P.Wilson (Chief), N.Carmody P.Cassidy, R.Pearce

Recorders: P.Welch, P.Ficken - Marshalls: T.Perkins, K.Roost, B.Hercock, C.Lawton,

Registration/Refreshments: Margaret Livermore, Joan Wallwork, Enfield Town FC

Safety at Donkey Lane

Over the years there have been a number of fallers in races at Donkey Lane and the course claimed two more victims in the last race. I'm happy to report that both suffered no long term damage. John Hall had swept the corners prior to the race, but it was the unevenness of the concrete setts that seemed to be cause the problems this time. John has made representations to three local councilors about the hazards and awaits replies.

B Category for a National!

It has been announced that this year's RWA National 50km will be a B race. I suppose this move is to encourage more participants and whether it will or not remains to be seen. Currently, there is a substantial drop in the numbers turning out in events longer than 10km.

Results Round-up There was a good turn-out for the annual **Molly Barnet races** at Coventry on 1st March and some fast times recorded. In the senior men's 10km New Zealander Quentin Rew stormed to victory in a time of 39.51 and in second place, only nineteen seconds short of the forty minute barrier was Tom Bosworth. There were no club members at the event and only a couple of *Leaguers*; Shaun Lightman 61.26 and Peter Cassidy 77.44.

The following day the **Masters Inter-Area match** took place at LVAC. The walks were over 2km and the only club walker in the match was Helen Middleton who was second in the women's race in 12.09. Other ERWL regulars representing their respective areas were; Fransisco Reis 9.06, Steve Allen 10.22, Shaun Lightman 11.22, Cath Duhig 12.18 and Angela Martin 12.20.

At the **BMAF Indoor championships** at LVAC on 9th March there were runner-up category performances from Pamela Abbott (W50) 20.38 and Ken Livermore (M80) 23.52. Fastest on the day was Fransisco Reis (M50) 14.23. *Leaguers* at the championships included Angela (W45) 18.33 and Malc Martin (M55) 15.53 who headed their age groups, as did Cath Duhig (W60) 18.57 and Fiona Bishop (W50) 20.24, whilst John Hall (M65) 15.33 had to settle for silver behind the in-form Ian Richards (M65) 14.29.

For the second year running the **UKA/RWA national ten miles** took place at Victoria Park on the same day as the BMAF championships. The BMAF races were programmed early, so it was possible for anyone wishing to, to double up. Only thirty walkers of which six were women started the race and twenty-three of them were 'mentioned in dispatches' by the judges. The pit lane for three-carders was in operation and was used. As with the London walks a month earlier, the park was extremely busy which hampered some walkers.

The title was won by Dominic King 78.27 with brother Daniel 79.04 second and Ian Richards (who did double up) third in 89.30. EHAC's Arthur Thomson was seventh in 98.17 and Sean Pender seventeenth in 111.16. The leading *Leaguers* were Steve Allen 92.14 fifth, Steve Uttley 93.29 sixth Shaun Lightman 103.15 twelfth and Paul King 107.15 fourteenth. Surrey were the only club to finish three walkers; Roger Michell 103.07, Shaun Lightman and Michael Harran 108.07

Grazina Narviliene 92.28 as the Ladies winner from Fiona McGoram 93.38 and ultra-distance star Sandra Brown 98.19 was third.

Ken Bobbett and Andy Cox were also in action on the 9th March in the **Worthing 20 miles** which they walked in 3.43.56.

2014 Hundred Confirmed

The 2014 Hundred mile race will be a track race and take place at Southend on 29th/30th July and Chris Flint writes

The RWA General Committee has agreed that the Southend AC 100 miles (a *Centurion* qualifying event) would be recognised as the national UK long distance championship. The start time is 12 noon and entries will be capped at 35, because any more would make lap recording difficult. Pam Ficken is beginning to compile a list of lap recorders, and we shall need two, maybe three, teams of 7 (One recorder looking after 5 athletes) so anyone who is capable and willing to help please pass their names to Pam.

In view of the significant financial outlay for the Centurions I consider the entry fee should be £40 per athlete. Please encourage athletes you believe could complete the distance in the required time to enter and make it a competitive race on a good track with all facilities.

I'll keep you posted on any further developments.

Best wishes – Chris

flintc@scr-ltd.co.uk

see also the *Centrions 1911 website*

There is a Centurions Social walk at Canvey Island on 22nd March – details on Centurions 1911 website

ERWL Fixture Up-date

The start time for the LICC fixtures is now confirmed as 12 noon and the date for the October yacht handicap has been changed to the 11th October to avoid clashing with the opening race of the 2014/15 Cambridge H Winter League. The current fixture list now looks like this:

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 <i>(bonus points)</i>
21 st April <i>Easter Mon</i>	12 noon	5 km 1/2/3 km	LICC Track at Lee Valley Athletic Centre, EN9 0AR Young age groups and Newcomers
5 th May <i>(Bank Holiday)</i>	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 <i>(bonus points)</i>
28 th June	12 noon	5km 1/3km	LICC Track at Allianz Park (formerly Copthall) <i>map on Allianz Park website</i> Younger age groups and Newcomers
23 rd August	12 noon	5km 1/3km	LICC Track event at Allianz Park (formerly Copthall) <i>map on Allianz Park website</i> 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 - <i>Venue tbc</i>
11 th October	1pm	5 miles	Yacht Handicap <i>Venue tbc</i>
8 th November	1pm	7miles	88th Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS <i>(bonus points)</i>
29 th November	1pm	10km	Hillingdon Open Walk at Hillingdon Cycle Circuit Venue details on:

THIS SATURDAY

SLATER BRYCE WALKS

15 th March	11am	10kms	Slater Bryce Walks at Broadbridge Heath Track, Horsham, RH12 3YP Inc. Sussex championships - 5km YAG and supporting race. More details from Dave Stevens 01903-814422, Ian Richards 01903-504463 or Ron Penfold 01293-520506.
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Entries for SARWA 10km championships at Sutcliffe Park on 29th March close on 24th March

Entries to Noel CARMODY: 41 Herbert Road, Bexleyheath, Kent, DA7 4QF

Entry Fee = £3.00 – Cheques payable to N. Carmody

(Late entries or entries without the correct entry fee will NOT be accepted)

Closing date for entries = Wednesday 26th March 2014

UK Athletics and the Race Walking Association jointly present the

2014 National 20km Race Walking Championships

incorporating the

RWA Younger Age Group Championships

to be held under IAAF rules

Saturday 5th April at Forge Valley Cycle Track, Sheffield

Time Table of Events:	12.15	U13's Boys and Girls 2kms
	12.35	U15's Boys and Girls 3kms
	12.55	U17 Men and Women 5kms
	13.30	Junior Men and Women 10km
	13.30	Senior Men and Women 20km (cut off time 2hrs.30mins)

Entry Fee £10.00 seniors, £6.00 juniors to Peter Marlow Tel: 01284 754177
The Picture House, 134G Southgate Street, Bury St Edmunds, Suffolk. IP33 2AF

Cheques made payable to the Race Walking Association.

Closing date for entries Monday 31st March