

# 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

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May



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

## Wilkinsons' March On!

Representing the South of England in the RWA Inter-Area match at QEII Stadium, on Saturday 10<sup>th</sup> March, EHAC's George and Callum Wilkinson both set pb's in their respective events and made a twelve point contribution to the South's victory points total.

In the under 13's 2km George who finished second in 12.45, sliced over a minute and a half off his pb which he set when winning the national title at Sheffield a month ago. The u20's 5km race was held in conjunction with the senior event and in reducing his pb by over 20 seconds to 22.27 Callum easily won his category with only Olympian Dominic King 21.51 ahead of him.

More about this event in Results round-up

## League tables after Five fixtures

There are twenty-nine ladies among the ninety-two walkers from twenty-six clubs who have so far taken part in this year's league.

### Ladies

1. 233/5 Helen Middleton
2. 202/5 Fiona Bishop
3. 195/4 Maureen Noel
4. 164/4 Angela Martin
5. 143/4 Linda Spinks
6. 126/4 Jenny Middleton
7. 119/3 Anne Jones
8. 87/3 Jo Miles
9. 75/2 Pamela Abbott
10. 68/2 Cath Duhig ©

### Men

1. 315/5 Francisco Reis
2. 289/5 Malcolm Martin
3. 278/5 John Ralph
4. 271/5 Stuart Bennett ©
5. 265/5 Arthur Thomson
6. 260/4 Callum Wilkinson
7. 239/4 Steve Allen
8. 231/4 John Hall
9. 217/4 Andrew Cox
10. 213/4 Ken Bobbett
11. 209/5 Sean Pender ©
12. 202/4 Dan Maskell
13. 189/3 Trevor Jones
14. 188/3 Steve Uttley
15. 186/3 Fabian Deuter
16. 184/4 Gary Smith
17. 183/3 Peter Ryan ©
18. 172/4 John Borgars
19. 157/3 Sean Lightman
20. 146/3 Paul King ©

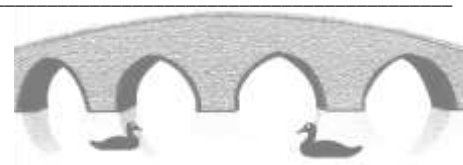
### Team

1. EHAC **1429** 278 Ralph, 265 Thomson, 260 Wilkinson, 233 Middleton, 209 Pender, 184 Smith
2. Ilford AC **1230** 315 Reis, 271 Bennett, 188 Uttley, 183 Ryan, 138 Kates, 135 Ainsworth
3. Surrey WC **1014** 289 MartinM, 202 Maskell, 164 MartinA, 157 Lightman, 121 Delaney, 81 Flint
4. Hillingdon AC **973** 217 Cox, 213 Bobbett, 186 Deuter, 144 McKenzie, 126 MiddletonJ, 87 Miles
5. Belgrave H **683** 231 Hall, 195 Noel, 146 King, 57 Narviliene, 54 Crossan
6. Steyning AC **584** 189 JonesT, 119 JonesA, 83 Penfold, 68 Richards, 65 Ball, 60 Emsley

## 2014 Moulton Community Walks

Saturday 31st May/Sunday 1<sup>st</sup> June

The Village Hall, Bridge Street, Moulton, Suffolk, CB8 8SP



- Saturday **Grass Track Fun Walks** (Register on the day before 12.15)  
12.30pm **Under 8's 100m under 10's 200m under 13's 300m Parents' 300m**
- 1.00pm **Five miles Road Walk Challenge** Entry £6 - Latest check-in 12.30pm  
inc. The Suffolk County AA championship - Under Race Walking Association Rules
- Sunday  
10 am **Moulton Amble & Ramble** (Register on the day)

**RIP - I am sure that everyone connected with the ERWL will endorse the condolences sent to Ron Powell upon the recent death of his wife Mary**

A number of regulars were missing from this event and on what turned out to be a rather warm day, three newcomers; Roger Lilley, Pamela Abbott and Elaina Crehan acquitted themselves well.

Men	© = Centurion - * = pb	Women	
1. Callum Wilkinson (Enfield HAC)	24.03 u20	1. Helen Middleton (Enfield HAC)	31.58 w50
2. Fransisco Reis (Ilford AC)	24.20 M50	2. Angela Martin (Surrey WC)	32.21 w45
3. Peter Ryan © (Ilford AC)	26.22 M55	3. Fiona Bishop (Woking AC)	32.42 w55
4. Steve Allen (Barnet & DAC)	26.41 M55	4. Pamela Abbott (Enfield HAC)	34.39 w50
5. Malcom Martin (Surrey WC)	27.50 M55	5. Linda Spinks (Enfield HAC)	35.28 w45
6. John Ralph (Enfield HAC)	28.23 M55	6. Jenny Middleton (Hillingdon AC)	36.20 w40
7. Stuart Bennett © (Ilford AC)	28.35 M55	7. Elaina Crehan (Loughton AC)	38.02 SW
8. Arthur Thomson (Enfield HAC)	29.14 M75		
9. Dan Maskell (Surrey WC)	30.38 M65		
10. Gary Smith © (Enfield HAC)	30.46 M55	<b>1km</b> George Wilkinson (Enfield HAC)	6.29 u13
11. Roger Lilley (Cambs.Col AC)	31.16 M50	Daniel Spinks (Enfield HAC)	7.30 u13
12. Sean Pender © (Enfield HAC)	32.06 M60		
13. John Borgars (Loughton AC)	32.14 M65		
14. Mick Barnbrook © (Ilford AC)	35.03 M70		
15. Tony Wilkinson (Enfield HAC)	36.12 M50	<i>Judges:</i> M.Croft (Chief), P.Cassidy M.Graham, P.Wilson	
16. David Ainsworth © (Ilford AC)	40.21 M65	<i>Recorders:</i> LICC Officials, C.Lawton, B.Ralph,	

## 2014 ERWL –Race 5

## Pednor 5 miles

Chesham – 5<sup>th</sup> May

The winners of this popular event Maureen Noel and Fransisco Reis both recorded quicker winning times than last year. Popular it certainly is and a quarter of the forty-one strong starting line-up was made up of local athletes not normally seen at *League* races. Part of this was probably due to the inclusion of the Buckinghamshire AAA championship which was won by John Ralph, less than twenty seconds ahead of Keith Vallis with Ken Bobbett third.

A five mile run follows the walk and trophies awarded for the man and women with the fastest combined times. The recipients on this occasion were Fiona Bishop 106.44 (52.55/53.49) and Keith Vallis 81.13 (47.31/33.42)

Men	© = Centurion - * = pb	Women	
1. Fransisco Reis (Ilford AC)	40.26 M50	1. Maureen Noel (Belgrave H)	51.10 w50
2. Fabian Deuter (Hillingdon AC)	42.59 SM	2. Helen Middleton (Enfield HAC)	52.15 w50
3. Peter Ryan © (Ilford AC)	44.17 M60	3. Fiona Bishop (Woking AC)	52.55 w50
4. Steve Uttley (Ilford AC)	45.20 M55	4. Angela Martin (Surrey WC)	52.56 w45
5. Malc Martin (Surrey WC)	45.32 M55	5. Jenney Middleton (Hillingdon AC)	59.02 w35
6. Steve Allen (Barnet & DAC)	45.48 M55	6. Elspeth Attwood (unattached)	66.03 w55
7. Stuart Bennett © (Ilford AC)	46.47 M55		
8. John Ralph (Enfield HAC)	47.12 M55	<b>Junior 2 miles</b>	
9. Keith Vallis (Overton H)	47.31 M45	Talien van Kuijk (Chiltern H)	28.05 u9
10. John Hall (Belgrave H)	47.32 M65	Luke Richardson (Tring School)	27.22 u13
11. Andrew Cox (Hillingdon AC)	48.34 M60		
12. Ken Bobbett (Hillingdon AC)	48.36 M65		
13. Arthur Thomson (Enfield HAC)	48.41 M75		
14. Dan Maskell (Vets AC)	49.30 M65	<i>Men continued</i>	
15. Gary Smith © (Enfield HAC)	50.48 M50	25. David Delaney (Surrey WC)	56.14 M70
16. Mark Culshaw (London FR)	51.21 M45	26. Richard McKenzie (Hillingdon AC)	57.17 M45
17. David Kates © (Ilford AC)	52.05 M65	27. Paul Richardson (unattached)	58.53 M50
18. Allan Stewart (Chiltern H)	52.13 M	28. David Hoben (Surrey WC)	59.02 M60
19. Alan Roberts (Vale of Aylesbury)	52.22 M50	29. Trevor Brawn (Chiltern HAC)	59.04 M60
20. Sean Pender © (Enfield HAC)	52.43 M60	30. Terry Morris (Nuneaton H)	60.52 M65
21. John Borgars (Loughton AC)	52.49 M65	31. Mike Morgan (Burnham Joggers)	65.29 M70
22. Chris Flint © (Surrey WC)	53.02 M65	32. Martyn Cartwright (Chiltern HAC)	66.13 M70
23. Michael Harran (Surrey WC)	53.43 M75	33. Dave Ainsworth © (Ilford AC)	67.04 M65
24. Peter Taylor (Chiltern HAC)	55.55 M45	34. Bill Sutherland © (Highgate H)	67.22 M65
		35. Ken Livermore © (Enfield HAC)	72.41 M80

## **Results Round-up**

There was an excellent entry of twenty-five for the walks in the **Tonbridge Open** Track meeting on Easter Monday and most of them were under 25. There were no EHAC people there, because it clashed with the LICC *League* fixture at Lee Valley. The 3km was won by u20 Guy Thomas in 14.06 from u17 Luc Legon 14.21 and leading lady u17 Heather Butcher 14.46. *Leaguers* Shaun Lightman and Peter Crane recorded times of 17.29 and 20.20 respectively.

Sean Pender and *Leaguer* Dan Maskell finished in the top half of the field in the Lancashire WC '**Macclesfield Shield**' 20km on 26<sup>th</sup> April. The race was won by Russ Jackson in 2.08.41, who these days is better known as a hard working northern official. In a sixteen strong field, Dan finished fourth in 2.13.17 and Sean sixth in 2.15.56.

*(At this venue on 17<sup>th</sup> May 1958 just a few days before my 17<sup>th</sup> birthday I made my race Walking debut. The distance was 10 miles. Joe Barraclough, one of many walkers of that era who, because of the scarcity of international opportunity never got the GB vest they deserved, won in 71.56. The runner-up was Ken Matthews 73.03 and Lol Allen 75.57 occupied third place. Over a tough and probably short course I recorded 86.15 in fifteenth position and won the Novice prize which was a butter-dish, which I still possess. Ron Wallwork)*

The **SCVAC Herts & N/Middlesex** track league got underway at LVAC on 29<sup>th</sup> April. The 2km walk was won by Fransisco Reis 9.24 from Steve Allen 10.22, Stuart Bennett 10.45 and John Ralph 11.02. Gary Smith 11.45 and Ken Livermore 15.40 along with Pamela Abbott who was second woman recording a pb of 13.05, were the other club members taking part.

There were sixteen entries for the **VAC's 10km championships** at Battersea Park on 30<sup>th</sup> April and the event incorporated various county Vets championships as well. Of the club's three walkers Arthur Thomson 59.20 did the best in fourth position to easily win his age category and collect silver in the Herts championship. Gary Smith 62.46 walked as a guest and finished eighth, whilst Sean Pender 64.03 won his category and finished second in the Middlesex championship. In a race won by Ian Richards in 49.49, there was a heavy *Leaguer* presence; guesting in second place was Steve Allen 55.49 who took the Herts title and behind him winning his age group was Stuart Bennett in 58.07. Among others were Shaun Lightman 61.52 an age group and Middlesex winner, Dan Maskell 62.44, Micky Harran 63.54 and Paul King 64.07.

All five of the men; Steve Allen 16.04, Arthur Thomson 17.22, Gary Smith 17.41, John Borgars 18.54 and Ken Livermore 24.19 who contested the **Herts AAA 3km championship** at Stevenage on the 5<sup>th</sup> May Bank holiday Monday, went on to complete the double by racing in the **Pednor Five** later in the day. *Pednor result on page 2.*

*A jubilant Southern team after victory in the Inter-Area Match*



Despite a series of heavy downpours, there was some fine racing at QEII on 10<sup>th</sup> May in the annual **Inter-Area Match**. It was a pity that in some of the events the Areas were unable to put out a full complement of walkers.

Going into the last event; the senior, u20 and u17 men, the match was tied between the North and Southern teams. However, such was the strength of the home team in this segment of the match, they cruised to an easy victory scoring 79 points, 26 ahead of their northern rivals with the

Midlands a distant third. The South provided winners in six of the ten events. They were; Lucy Lewis Ward u13's 2km 10.40, u15's 3km Evie Butcher 16.19, Chris Snook 15.47 – 5km: u17's Luc Legon 24.09, u20's Callum Wilkinson and senior men Dominic King 21.51. The other four event winners were; Stephen Waddington 12.36 (North) Ana Garcia 24.58 u15's (North), Emma Achurch 25.03 u20's 5km and Alana Barber 23.38 Sen 5km (North).

I feel that special mention must be made about Emma Achurch of Leicester WC. First of all congratulations to her upon her GB selection for the recently held World Cup Walks in China, where the 16 year-old clocked a creditable 50.20 and great credit to her for turning out in this match only a couple of days after returning from China.

There were two EHAC members in the first race of the 2014 **Woodford Tuesday Walks** at Ashton Playing Fields on 13<sup>th</sup> May. The distance was 3km. Gary Smith 17.44 finished second with Pamela Abbott 20.18 in fourth and also the first woman in the race. The winner was Stuart Bennett 17.03 and in third spot John Borgars 19.03. The other walkers in the event were: Mick Barnbrook 21.11, Peter Cassidy 21.41 and Dave Ainsworth 23.36. Four of the seven walkers were Centurions.

Trevor Jones 42.05 was the winner of the **VAC 5m road race** Battersea Park on the same evening as the WTW. Unfortunately, Arthur Thomson arrived late and retired after two laps. *Leaguers* occupied places from second to seventh; Peter Ryan 42.23, John Hall 46.34, Andy Cox 47.09, Ken Bobbett 47.12, Shaun Lightman 47.24 and Dan Maskell 50.18. There were two other *Leaguers* among the fourteen starters and they were Paul King 50.48 and Dave Hoben 57.16. Full result on [walks@vetsac.org.uk](mailto:walks@vetsac.org.uk)

Club member and Southern President Sean Pender made the trip to Guernsey on 18<sup>th</sup> May to take part in a 2km track race for the **Sean Pender Trophy**. The first winner of the trophy was Marie Macdonald, who in her first race, took advantage of her scratch handicap to cross the line in 14.38. Sean finished ninth with an actual time of 12.27.

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### ***Congratulations to Neringe Aidietyte***

In the Women's World Cup 20km in Taicang (4<sup>th</sup>/5<sup>th</sup> May) Neringe Aidietyte set a new national Lithuanian record of 89.37. For several seasons, when she lived in London, Neringe graced the ERWL in Ilford colours and I'm sure her many friends here will be delighted to see her progress.

### ***A letter from John Brock***

***SOUTHEND ONE MILE inc. the GEORGE WOODS Trophy.***

If walking a hundred miles\* is a bit too much for you, then why not visit Southend AC on Late August Bank Holiday Monday 25<sup>th</sup> for a One Mile Race, start time 10:30. This is the first event in the Southend AC Club Championships and Open Meeting being held at Garon Park. The race will also incorporate competition for the George Woods Trophy to be presented to the first Essex based Centurion to finish. George became Centurion 683 in 1979 in a time of 23 hours 43minutes and 42 seconds.

\*The 100 miles is being staged on the same track over the weekend of 3<sup>rd</sup>/4<sup>th</sup> August. Details on the Centurions 1911 website.

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### ***Forthcoming Fixtures***

**8<sup>th</sup> June.** Taking place at the York Sports Village is the **British Grand Prix/EAA Permit meeting**.

The time standards are; 20km senior men/women 1.59.59, Under 20's 10km men and women 59.59.

There is also an open age group 3km. details available on the dedicated website

<https://sites.google.com/site/britishgrandprixofracewalking> If you require further information please email: [yorkracewalking@gmail.com](mailto:yorkracewalking@gmail.com)

**14<sup>th</sup> June.** Being staged at Tilgate Park, Crawley, RH10 5EU are **The Jack Fitzgerald Memorial Walks** which start at 1pm. The distances are 3/6 miles (approx.) and details are available on [walks@vetsac.org.uk](mailto:walks@vetsac.org.uk) or from David Hoben. Any proceeds will go to 'Help for Heroes'.

**28<sup>th</sup> June.** At the Allianz Stadium (formerly Cophall) **2014 ERWL race 7 – 5km** incorporated in the LICC meeting. Start time 12 noon – Entries on the day.

**15<sup>th</sup> June.** Horwich, near Bolton in Greater Manchester, is the venue for the **BMAF 5km championships**. A 10.30 start for a race that consists of three laps around the town centre. Entries close on 5<sup>th</sup> June. Details and forms on the BMAF website.