

The Enfield Walker 2014

(Newsheet of the Walking Section of Enfield & Haringey AC)

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 – rwallwork4@sky.com
who apologises for any errors and who welcomes contributions and comments for future issues

July/August



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

Severe storms in the Newmarket area on 18th July knocked out my land-line and therefore my computer. It took almost two weeks to get reinstated, by which time I was away on holiday, so my apologies for the delay in this issue and for any incomplete or missing results that involve club members or *Leaguers*.

Great National 10km for EHAC

At seventeen Callum Wilkinson, subject to confirmation became the youngest winner of this championship (which also incorporated the CAU championships) in a time 46.22. Ably backed up by John Ralph 60.29 in thirteenth position and the oldest walker in the race Arthur Thomson (M75) 62.25 in fourteenth, combined to win the runner-up team medals. Sean Pender also took part finishing twentieth in 68.41.

Leaguers Fabian Deuter 52.29 and Fransisco Reis 53.20 occupied fourth and fifth places, Trevor Jones 55.01 and Steve Uttley 55.55 seventh and eighth. Steve Allen 10th 58.50, Stuart Bennett 12th 60.14, Shaun Lightman 15th 63.40 and Dan Maskell 18th 66.29 were other *Leaguers* in the race.

Middlesex emerged as the CAU overall team champions and a picture of Sean Pender with the trophy, appears on page 3.

The individual runner-up was Dan King 47.59 and Ian Richards was third in 50.48, whilst the team championship read like an ERWL result with Ilford AC emerging as champions just two points ahead of EHAC with Surrey WC third.



Callum Wilkinson, Arthur Thomson, John Ralph, and George Wilkinson

The League Fixture is a **5km track** event held in conjunction with the London Inter-Club Challenge meeting on

30th August*

at The Allianz Stadium, (Formerly Cophall - map on Allianz Park website)

12 noon start and includes Young Age Group races at 1 and 3km

*** NOTE that the LICC MEETING scheduled for 23rd August HAS been changed to 30th August**

Badge Race News

The venue for this event is now confirmed as the Dacorum Track at Hemel Hempstead on Saturday 27th September. There will be at least two separate hour races one of which will be under the A rule. The *League*, as in previous years will be the amalgamation of the results.

The inclusion of an A race in the meeting creates the opportunity for walkers to chase National Best Performances at 10km and One hour. If walkers with record breaking intentions contact me by 6th September, I will try and guarantee that the appropriate officials are in attendance. See back page

Well done Tom Bosworth on a very creditable 12th place in the European championships in Zurich.

The same number of walkers as the corresponding race last year; twenty-four took part in this fixture in wet rainy conditions. Young Indigo Burgin impressed walking over five minutes faster than she did when she last walked in this event in July last year.

Men	© = Centurion - * = pb	Women	
1. Fransisco Reis (Ilford AC)	24.11 M50	1. Indigo Burgin (Cambridge H)	30.51 u17
2. Malcom Martin (Surrey WC)	25.19 M55	2. Helen Middleton (Enfield HAC)	30.57 w50
3. Steve Uttley (Ilford AC)	26.25 M55	3. Fiona Bishop (Woking AC)	32.06 w55
4. Steve Allen (Barnet & DAC)	26.58 M55	4. Angela Martin (Surrey WC)	33.02 w50
5. Stuart Bennett © (Ilford AC)	28.26 M55	5. Linda Spinks (Enfield HAC)	34.53 w45
6. John Ralph (Enfield HAC)	28.26 M55	6. Jenny Middleton (Hillingdon AC)	35.10 w40
7. Shaun Lightman (Surrey WC)	29.05 M70	7. Sandra Campbell (Surrey WC)	36.33 w45
8. Ken Bobbett (Hillingdon AC)	29.29 M65		
9. Dan Maskell (Surrey WC)	30.40 M65		
10. Peter Hannell (Surrey WC)	31.25 M65		
11. Michael Harran (Surrey WC)	32.02 M75	<hr/>	
12. Richard McKenzie (Hillingdon AC)	32.28 M45	1km George Wilkinson (Enfield HAC)	6.29 u13
13. Sean Pender © (Enfield HAC)	33.03 M60		
14. Russell Vroobel (Hillingdon AC)	34.16 M50		
15. Ron Powell (Enfield HAC)	34.47 M75	<i>Judge:</i> R.Wallwork	
16. Bill Sutherland © (Highgate H)	38.49 M65	<i>Recorders:</i> LICC Officials, P.Ficken, C.Lawton, M. & K.Livermore	

League tables after Seven fixtures

There are thirty-nine ladies and nine YAGS among the 118 walkers from thirty-seven clubs who have so far taken part in this year's league and their aggregate number of performances stands at 298. The current table-leaders are:

Ladies	Men	
1. 404/7 Helen Middleton	1. 513/7 Fransisco Reis	11. 346/5 Andy Cox
2. 363/7 Fiona Bishop	2. 480/7 Malcolm Martin	12. 333/6 John Ralph
3. 321/6 Angela Martin	3. 458/7 Stuart Bennett ©	13. 333/5 Sean Lightman
4. 236/4 Anne Jones	4. 429/6 Steve Allen	14. 325/4 Trevor Jones
5. 195/4 Maureen Noel	5. 399/5 Callum Wilkinson	15. 323/4 Fabian Deuter
6. 187/3 Cath Duhig ©	6. 395/6 Arthur Thomson	16. 318/4 Peter Ryan ©
7. 184/5 Linda Spinks	7. 394/6 Ken Bobbett	17. 301/6 Richard McKenzie
8. 179/3 Pamela Abbott	8. 380/5 Steve Uttley	18. 262/4 David Kates
9. 166/5 Jenny Middleton	9. 380/6 Dan Maskell	19. 232/6 Dave Ainsworth ©
10. 109/1 Elizabeth Blakie	10. 373/7 Sean Pender ©	20. 231/4 John Hall

Team

1. Ilford AC	2163	513 Reis, 458 Bennett, 380 Uttley, 318 Ryan, 262 Kates, 232 Ainsworth
2. EHAC	2115	399 Wilkinson, 395 Thomson, 404 Middleton, 373 Pender, 333 Ralph, 211 Lilley
3. Surrey WC	1729	480 MartinM, 308 Maskell, 333 Lightman, 321 MartinA, 199 M.Harran, 169 Hoben
4. Hillingdon AC	1726	394 Bobbett, 346 Cox, 323 Deuter, 301 McKenzie, 196 Vroobel, 166 MiddletonJ
5. EHAC 'B'	939	184 Spinks, 184 Smith, 179 Abbott, 177 Livermore, 150 May, 106 Braverman
6. Steyning AC	837	325 JonesT, 236 JonesA, 83 Penfold, 68 Richards, 65 Ball, 60 Emsley

Wilkinson Bounces Back Putting his disappointing York GP behind him Callum Wilkinson added the **national u20 10km track title** to the road championship he won in April. The walk was the first event on the second day of the EA championships at Bedford on 15th June and the 10am start afforded the walkers ideal conditions for the early part of their race.

Callum was led by his friend and rival Cameron Corbishley in the early laps and they passed 3km in 13.36, where after they swapped the lead a couple of times. Just after 4km as the temperature began to rise Cameron faltered slightly and the Suffolk athlete pressed on relentlessly and although he too faded a little, he set a pb of 46.09.

Just seven days later he took full advantage of his invitation to compete in the 5km walk at the **British Games** staged at Alexander Stadium, Birmingham. In an extremely fast race which was won by guesting Australian Dane Bird-Smith in 19.14 and in which GB international Tom Bosworth set a new

British record of 19.16, Callum ducked under 22 minutes to finish third Briton and collect his first national senior medal.

The huge positive from this performance of 21.52 was not the time, but the lack of any cautions or cards and the award of the prestigious *Fowler Dixon* medal.

The purple patch continued with victory in the **UKA/RWA/CAU senior 10km** championship at Hillingdon on 19th July. Coping well with the conditions he clocked 46.22 ahead of Dan King 47.49 and M65 vet Ian Richards 50.48. Callum was the first to acknowledge the absence of Tom Bosworth and Jamie Higgins who were altitude training in France, contributed to his win and that his winning time was the slowest for four years, but nevertheless was delighted to add a national senior title to the two u20's he has won this year.

Results Round-up

The second **EVAC T & F** match of the summer on 2nd July was hosted by Bedford AC and twelve walkers took part in the **1 mile walk**. Roger Lilley repeated the win he registered at Cambridge in June, only this time walking thirteen seconds faster in 8.59.

The **Yorkshire WC 35km Open** and Northern championship was staged at Dalton near Richmond on 6th July and attracted fourteen competitors, among them Sean Pender 4.16.55 and Steve Allen 3.56.34. Ashford's Jonathan Hobbs made the long journey north and won in a time of 3.29.34 from Lancastrian Adrian Edwards 3.54.10 who won the northern title.



Lack of sufficient entries resulted in the cancellation of the **SRWA 20km championships** on 5th July.

The second of the summers **Woodford Tuesday 3kms** took place on 8th July and Steve Allen was the first home in 16.18 twenty-four seconds ahead of Stuart Bennett. Ron Powell 21.01 was the only club-man in the race and the other four walkers in action were John Borgars 18.52, Peter Cassidy 20.49, Mick Barnbrook 22.31 and Dave Ainsworth 23.46.

Only eleven walkers took part in the **BMAF/Midland 30km championships** at Coventry on 13th July. The winner was Steve Allen (M55) 3.12.08 and there were two other *Leaguers*; Ken Bobbett (M70) 3.30.32 and Russell Vroobel (M55) 4.12.25. Steve and Ken were obvious winners of their age categories and Russell was third in his. Maureen Noel 3.26.25 was the only female competitor.

The **SCVAC Herts & N/Middlesex** track league 2km walk at Hemel Hempstead 14th July attracted thirteen walkers. Steve Allen 10.47 won and John Ralph 11.07, Roger Lilley 11.30, Gary Smith 12.09, Pamela Abbott 14.06 and Ron Powell 14.18 were the club's representatives in the race. *John Ralph writes: It was an eventful day for Barbara. The shower screen on the bath fell off onto her foot during the day, so I dropped her at Hemel Hospital while I was on the way to the track because her GP was concerned she might have broken something. By the time I had raced and got showered she was being seen at the hospital and when I went to pick her up she was just as going in for an X ray which confirmed that nothing was broken. So, she got me to drive her to the track and with no warm-up and flats instead of spikes, she finished first V60 in the 3000m run.*

In the **VAC 5km** evening race at Battersea Park on 15th July Dan Maskell 31.28 Paul King 32.20 and David Delaney 34.14 constituted what must be the lowest ever turn out for a race in this series.

During the third week of July Amos Seddon and Sean Pender were over in Holland doing the Nymegan Marches. Amongst others there were Sue Clements and Dave Hoben.

A total of twenty-one walkers of which only three were female contested the two distances; 3km/5km in the **BMAF track championships** at Birmingham on 9th/10th August. Ten of them had *League* connections. There were double category wins for Arthur Thomson (M75) 17.35/30.00, Fransisco Reis (M55) 13.57/24.15, Trevor Jones (M55) 15.32/26.34, Ken Bobbett (M70) 17.49/30.16 and Cath Duhig (W55) 18.46/32.46. Ken Livermore won the M80 3km in 24.04 and there were place medals for Ron Powell (M75) 20.53/35.11, Steve Uttley (M55) 3km 15.41 and Steve Allen (M55) 3km 16.06.

Ron Powell 58.10 was the only club walker competing in the **VAC 5 miles** at Battersea Park on 13th August. The winner was Stuart Bennett 47.04 from Andy Cox 48.40 and Mark Culshaw 50.33. Peter Hanell 52.30, Paul King 54.17 David Delaney 55.58 and David Hoben 57.28 made up the field.

On 16th August at Crystal Palace in the **South of England championships** Callum Wilkinson improved on the 21.52 pb he set at Birmingham when leading the field home in 21.38 and in the process broke Alex Wright's cbp set in 2012. The winner of the senior race was Ian Richards in 24.43, from Steve Allen 28.15 and Arthur Thomson 29.05. *Leaguers* in action at this meeting were: Shaun Lightman 30.42, John Borgars 33.17 and Angela Martin who was third lady in 33.15.

Roger Lilley 17.43 in third, Gary Smith 18.07 in fourth and Pamela Abbott 21.12 the only lady in the race, made up a third of the field in the final Woodford Tuesday 3km walk of 2014. Steve Allen 15.58 and Stuart Bennett 16.21 occupied the first two places and the other four walkers were John Borgars 18.55, Peter Cassidy 20.46, Mick Barnbrook 22.43 and Dave Ainsworth 23.44.

Letter from Bernie Hercock Dear Ron, I would like to thank you, members of the club and all the *League* walkers for their help, support and words of encouragement over the last few months which has been a great help to me.

They say that my lung cancer is now eradicated and so I start a new way of life at one third of the pace that it used to be. *Thanks again, Bernard.*

News from Jim Ball Hi Ron, Congratulations on your selection to carry the Commonwealth Games torch. I have seen the photo on the Centurions website. It was a great shame that there were no walks in Glasgow despite everyone's best efforts to turn around the decision.

I am now back in light training after my knee arthroscopy in March. I am surprised at how long it has taken to recover enough to be able to straighten without discomfort.

Simone and I are getting married at the end of August and will honeymoon in Guernsey, including the Church Walk weekend. I am hoping to start and see how far I can get but after a year-long injury and being unable to train properly, my hopes are limited.

See you at a League race soon, Jim

From everyone connected with ERWL, Congratulations to Simone and You

Forthcoming Fixtures There are three Events on Bank holiday Monday 25th August:
Southend One Mile for the George Woods Trophy at Garron Park track. Start 10.30 entry on the day.

Tonbridge AC's 3km for the Bill Collins trophy. It starts at noon and entries will be taken up to 11.30am. The race under the domestic rule will incorporate a novice 1km and will be held on a tarmac path. Entries on line at <http://www.tonbridgeac.co.uk/index.shtm> will cost £3 and on the day £4.

Herne Hill Harriers, Tooting Bec track, 3k track walk, 4 pm Saturday 23 August, entries on day, enter at least 45m before kick off <http://hernehillharriers.org>

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

2014 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 27th September - Dacorum Track, Jarman Lane Hemel Hempstead, HP2 4JS

12 noon Race 1
Domestic Rules

1.20pm Junior/Novice One mile
Domestic Rules

1.50pm - Race 2
International Rules

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 21st September –Entry fee £5 – on the day £7