

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

November



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

Carl Lawton at the 88th Enfield Open

The 88th Enfield Open Seven (see details on page three) will be started and the prizes presented by Carl Lawton c740 winner of the race forty-years ago in 50.56

Yacht Handicap / Latest League Tables

The rain forecast for the early afternoon never materialized and conditions were ideal. Belgrave newcomer Harry Corbett almost beat the handicapper. As always with this format of racing there were some tremendous battles and it was pleasing to see *League* stalwart David Hoben lead the field home.



Credit is due to ladies winner Sandra Campbell who has been steadily improving through the year, and to Mark Culshaw and Maureen Noel who performed well bearing in mind that this event took place only six days after winning medals in the RWA 50km at Hillingdon. (the full result overleaf)

In the Centre Yacht Handicap Winners David Hoben and Sandra Campbell flanked by runners-up Liz Blakie and Mark Culshaw

An excellent showing by Hillingdon walkers enabled their team to leap-frog Surrey WC in the *League* team table, but only by two points.

Congratulations to handicapper Jon May for providing the ingredients for so many tight finishes; none more so than Helen Middleton's feisty attempt to stave off Callum Wilkinson's finishing burst. Her effort secured the leading lady spot on the day and stretched her *League* lead, with two races to go, to what would seem an unasailable 64 points. The men's section remains close with third and fourth placers holding a race advantage over the top two, Francisco Reis and the much improved Malc Martin.

The promoting club is beginning to look secure at the head of the team table as does Ilford AC in the runner-up position, but the third spot couldn't be tighter. The current table-leaders are:

Ladies

1. 508/9 Helen Middleton
2. 446/9 Fiona Bishop
3. 441/9 Angela Martin
4. 276/5 Anne Jones
5. 267/8 Jenny Middleton
6. 239/5 Maureen Noel
7. 225/4 Cath Duhig ©
8. 184/5 Linda Spinks
9. 179/3 Pamela Abbott
10. 165/5 Sandra Campbell

Men

- | | |
|---------------------------|----------------------------|
| 1. 631/9 Francisco Reis | 11. 466/7 Steve Allen |
| 2. 591/9 Malcolm Martin | 12. 451/7 Andrew Cox |
| 3. 579/8 Callum Wilkinson | 13. 441/8 John Ralph |
| 4. 549/8 Steve Uttley | 14. 439/6 Trevor Jones |
| 5. 535/9 Arthur Thomson | 15. 394/9 Richard McKenzie |
| 6. 531/9 Ken Bobbett | 16. 382/6 Shaun Lightman |
| 7. 512/8 Stuart Bennett © | 17. 337/9 Dave Ainsworth© |
| 8. 498/7 Fabian Deuter | 18. 318/4 Peter Ryan © |
| 9. 478/9 Sean Pender © | 19. 312/7 John Borgars |
| 10. 476/8 Dan Maskell | 20. 288/5 Michael Harran |

Team

- | | | |
|------------------|-------------|---|
| 1. EHAC | 2825 | 579 Wilkinson, 508 Middleton, 535 Thomson, 478 Pender, 441 Ralph, 284 Smith |
| 2. Ilford AC | 2631 | 631 Reis, 549, Uttley, 512 Bennett, 337 Ainsworth, 318 Ryan, 284 Kates |
| 3. Hillingdon AC | 2426 | 531 Bobbett, 498 Deuter, 451 Cox, 394 McKenzie, 285 Vroobel, 267 MiddletonJ |
| 4. Surrey WC | 2424 | 591 MartinM, 476 Maskell, 441 MartinA, 382 Lightman, 288 Harran, 246 Hoben |
| 5. EHAC 'B' | 1141 | 223 May, 213 Livermore, 211 Lilley, 184 Spinks, 179 Abbott, 131 Grimsey |
| 6. Steyning AC | 1035 | 439 JonesT, 276 JonesA, 125 Penfold, 68 Richards, 65Ball, 62 Stevens |
| 7. Belgrave H | 825 | 286 Hall, 239 Noel, 146 King, 57 Narviliene, 54 Crossan, 43 Koeslag |

Handicap Result	<i>allow</i>		Scratch Result		
1. Dave Hoben	9.10	63.39	1. Callum Wilkinson	(Enfield HAC)	*37.08 u20
2. Mark Culshaw	15.10	64.05	2. Fabian Deuter	(Hillingdon AC)	39.32 SM
3. Harry Corbett	7.30	64.32	3. Fransisco Reis	(Ilford AC)	39.33 M55
4. Sandra Campbell	14.20	64.45 L1	4. Trevor Jones	(Steyning AC)	42.33 M55
5. Liz Blakie	11.40	65.01 L2	5. Steve Uttley	(Ilford AC)	43.28 M55
6. Cath Duhig (C)	11.40	65.02 L3	6. John Hall	(Belgrave H)	43.55 M55
7. Jenny Middleton	8.00	65.18 L4	7. Malc Martin	(Surrey WC)	44.32 M55
8. Sean Pender (C)	15.10	65.19	8. John Ralph	(Enfield HAC)	46.33 M55
9. Callum Wilkinson	28.30	65.38	9. Andy Cox	(Hillingdon AC)	47.36 M60
Helen Middleton	15.30	65.38 L5	10. Ken Bobbett	(Hillingdon AC)	47.55 M65
11. Gary Smith (C)	16.00	66.03	11. Mark Culshaw	(London FR)	48.55 M45
12. John Borgars	15.00	66.10	12. Shaun Lightman	(Surrey WC)	49.37 M70
13. Fabian Deuter	26.40	66.12	13. Gary Smith (C)	(Enfield HAC)	50.03 M55
14. John Hall	22.40	66.35	14. Helen Middleton	(Enfield HAC)	50.08 M50 L1
15. Anne Jones	14.20	66.38 L6	15. Dan Maskell	(Surrey WC)	50.09 M65
16. Trevor Jones	24.10	66.43	Sean Pender (C)	(Enfield HAC)	50.09 M60
17. Ken Bobbett	18.50	66.45	17. Maureen Noel	(Belgrave H)	50.55 W50 L2
18. Andrew Cox	19.10	66.46	18. John Borgars	(Loughton AC)	51.10 M65
19. Ron Penfold	15.10	66.53	19. Ron Penfold	(Steyning AC)	51.43 M70
20. Fransisco Reis	27.20	66.54	20. Michael Harran	(Surrey WC)	52.25 M70
21. Dave Ainsworth (C)	00.00	66.59	21. Anne Jones	(Steyning AC)	52.28 W55 L3
22. Steve Uttley	23.40	67.08	22. Liz Blakie	(Ryston R)	*53.21 W60 L4
23. John Ralph	20.50	67.23	23. Cath Duhig (C)	(Ryston R)	53.22 W55 L5
24. Michael Harran	15.10	67.35	24. Fiona Bishop	(Woking AC)	53.51 W50 L6
25. Malc Martin	23.40	67.42	25. David Hoben	(Surrey WC)	54.29 M60
26. Shaun Lightman	18.20	67.57	26. Angela Martin	(Surrey WC)	54.30 W45 L7
27. Dan Maskell	18.00	68.09	27. Arthur Thomson	(Enfield H AC)	56.48 W75
28. Maureen Noel	17.20	68.15 L7	28. Harry Corbett	(Belgrave H)	57.02 M
29. Fiona Bishop	14.30	68.21 L8	29. Sandra Campbell	(Surrey WC)	*57.15 W45 L8
30. Mick Barnbrook (C)	8.30	68.26	30. Jenny Middleton	(Hillingdon AC)	*57.15 W45 L9
31. Jo Miles	11.00	68.43 L9	31. Jo Miles	(Hillingdon AC)	57.43 W55 L10
32. Angela Martin	14.40	69.10 L10	32. Jon May	(Enfield H AC)	57.59 M70
33. Jon May	14.40	72.39	33. Mick Barnbrook(C)	(Ilford AC)	59.56 M70
34. Arthur Thomson	19.10	75.58	34. Dave Ainsworth (C)	(Ilford AC)	66.59 M65
			David Kates	(Ilford AC)	M65

(c) = Centurion * = Pb

2.5 Mile			
1. George Wilkinson	(Enfield HAC)	28.49	u13
2. Tony Wilkinson	(Moulton)	28.59	M50
3. Norma Grimsey	(Enfield HAC)	29.45	W55
4. Dave Stevens	(Steyning AC)	31.04	M75

Judges: Peter Cassidy, Michael Croft, Ray Pearce, Pauline Wilson

Timekeeper/Recorders: Phil Welch, Pam Ficken,

Course/Marshalls: Ken Roost, Peter Ryan, Ian Spinks

Publications

Peter Cassidy tells me that copies of his book **A Hundred Years Afoot** have been released by the printer and that distribution to those who ordered one has commenced. If you haven't ordered one they will be available for purchase at most southern events.

It has been my good fortune to get a copy of a NUTS booklet entitled **The Walks**. It was compiled by John Powell and Peter Matthews who are to be congratulated on what is in my view an outstanding piece of work. The detail is amazing and this publication along with Peter Cassidy's book should be a must for anyone with an interest in race walking. For those of my generation it will evoke many memories and for the few youngsters who compete today, a sense of pride in their chosen discipline and the knowledge that it's continuance is very much in their hands.

The next ERWL fixture is the

88th Enfield Open Seven Miles

also incorporating SVAC championships

Saturday 8th November 2014 at 1pm

Lee Valley Athletic Centre – 61 Meridian Way - Pickets Lock - N9 OAS

Newcomers Novices 3.756km/7.512km

First three Individual (Women/Men), First 4 Teams (mixed 4 to score)

Bob Clark Younger Walker Award - Lol Dordoy Prize

Entries £5 taken on the day

Course 3 x 2 1/3rd miles

2013 Winners: Grazina Narvilene 60.17 – Callum Wilkinson 57.46 – Team: Ladies EHAC Men Ilford AC Mixed EHAC

THE WALKS – By John Powell and Peter Matthews

In stock is the latest in the NUTS series of Event Booklets. This deals with British race walking, honouring the rich history of the deeds of British walkers. All British performances in international championships and Games are given, together with British performances in all international matches – senior and junior, men and women – for Britain or England and there is a directory of all these international walkers. Then John Powell has done a huge amount of work in producing the top sixes for all national and inter-counties championships, with winners of Scottish, Welsh, Northern Irish and English area championships and of other major races in Britain. Also shown are progressions of British records plus deep all-time lists. Information has been included up to June 2014 in this 128 page booklet. Appropriately Paul Nihill and Don Thompson are featured on the cover.

The booklet is on sale for £8 including postage in the UK or £10 in Europe, £12 in the rest of the world. Available from Don Turner (donturner@btinternet.com), 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH, UK. Sterling cheques payable to NUTS. See the NUTS web-site at www.nuts.org.uk/walksbook.htm for Paypal payments from outside the UK (or contact sales@nuts.org.uk).

Results Round-up

BA & RWA 50km Championships – 4th October

I was unable to get to Hillingdon for the dual national 50km championships; BA under the international rule and the RWA version under the domestic rule. This forward looking initiative attracted thirty starters, the best for some years and it seemed to go off quite well.

Spaniards occupied the top three places in the BA category, the winner Mikel Odriozola Dominquez clocking 3.59.02, but the BA title went to Dominic King who finished fourth in a time of 4.12.41 and sadly no other British walker finished.

Jonathon Hobbs was the winner of the RWA title in 5.12.24 well ahead of Mark Cushaw 5.50.43 who was closely followed by Lancashire's David Crompton 5.51.18. Lancashire WC won the team championship with Crompton and Greg Smith 6.00.26 the only club with two walkers of the six that finished.

Maureen Noel added a seventh RWA 50km title in nine years, recording 6.01.35 not that far ahead of Sarah Lightman 6.03.23.

There was supporting 10km and 20km races both won by *Leaguers*. Fransisco Reis covered his 10km in 51.11 ahead of LucLagon 51.39, whilst Malc Martin who had not beaten two hours for 20km prior to the race smashed through the barrier clocking 1.56.40.

The first race of the 2014/15 **Cambridge Harriers league** on 18th October at Bexley had to be cancelled at the eleventh hour because of major road and pavement works. The rules provide for this eventuality and the series will now be scored on a best two from three race format.

The **Steyning AC Open 10km** on 25th October attracted seventeen competitors, among them Sean Pender who finished ninth in 64.17. The home club provided three of the first four to finish: Ian Richrds 51.03, Trevor Jones 53.05 and Jim Ball 53.38. Ilford invader Peter Ryan with 53.30 foiled a clean-sweep. In fifth place Penelope Cummings got close to the hour with 60.23, followed by Mark Culshaw 61.12, Dan Maskell 62.33, Shaun Lightman 63.07 and Sean Pender. *Leaguers* Michael Harran 65.27, Fiona Bishop 70.28 and David Hoben 70.33 also took part.

Forthcoming Fixtures

December 5 th	Cambs Harriers League Race – 5km + Yag events - <i>Entries close at 1.40 at the Club House between 58A & 60 Glenhurst Ave, Bexley, DA5 3QW. Details from: Noel.Carmody@btopenworld or 020 8301 2334.</i>
December 13 th	Steyning Alf Palmer track walks at Broadbridge Heath with an 11am start. <i>Details from: Ron Penfold on 01293 520506 or Dave Stevens 01903 814422</i>
2015	
January 10 th	Southern Men & Women 10k & U20M/W 10k, u17 M/W 5k, u15 G/B 3k & u13 G/B 2k <i>Details from: Noel.Carmody@btopenworld or 020 8301 2334.</i>

The HILLINGDON OPEN 10/20km

Incorporating

Enfield League 10k and BMAF 20k Championships

Middlesex and Essex CountyAA 20km Championships

1pm on Saturday 29th November 2014 - Hayes Cycle Circuit, HILLINGDON, UB4 0LP

Judging of this Event – please read carefully:

The 20km races will be judged according to A rules i.e. full IAAF requirements. The Enfield League 10km will be judged according to the domestic B standard. In practice, as all walkers are automatically entered into the Enfield League event, during the first 10km only those walkers receiving 3 infractions (cards) for contact will be disqualified from the races. After 10km all infractions, including any for bent knees incurred during the first 10km, will count towards the total of 3 when a disqualification will be made.

The BMAF entries close on 24th November

walkers wishing only to do the Enfield League 10k may enter on the day for the usual fee of £5

For BMAF entry form contact John Hall, 201 Ladysmith Road, Enfield, Middlesex, EN1 3AQ, or Email to: stroller49@gmail.com

Forms will be available at the 88th Enfield Open on 8th November

CENTURIONS SOCIAL WALK The latest in a long succession of social events, is to be staged on Sunday 7th December around North London commencing 9.30am from Archway Tube Station (Northern Line), is being led by Centurion 898 Jill Green. Over 12-to-15 miles, it'll pass the grave in Highgate Cemetery of Centurion No.1 J.E.Fowler-Dixon who clocked 20.36.08 at a 100 Miles Challenge track race at Lille Bridge on August 21st/22nd 1877. All are welcomed to this social stroll during which they'll be coffee stops - though please bring packed lunches.

2015 Championship Dates (as currently announced)

10 th January	Southern 10km + YAGS	<i>venue to be confirmed</i>
4 th April	National 10 miles	Lee Valley Athletic Centre, N9 0AS
18 th April	National 20km	Hillingdon Cycle Circuit, UB4 0LP www.hillingdoncyclecircuit.org.uk
9 th May	Southern 20km	<i>venue to be confirmed</i>
20 th June	EA u20/23's 10km Small Nations	<i>venue to be confirmed</i> Bedford
27 th June	National 10k	Hillingdon Cycle Circuit, UB4 0LP
4/5 th July	UKA 5km	Alexander Stadium, Birmingham
11 th July	Inter-Area Match	Tamworth
2 nd August	CAU 3km	Bedford
4 th October	National 50km	Hillingdon Cycle Circuit, UB4 0LP