

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

Latest League news at <http://enfieldleague.weebly.com>



Enfield's ERWL Hat trick – Hillingdon spring a surprise!

In the individual competition Callum Wilkinson thought he was home and dry with a nine point lead following the eleventh race, but to avoid the outside chance that a large field in the last race of the year would make it possible for his rival Fransisco Reis to pip him, he duly turned out at Hillingdon and put the matter beyond doubt. At seventeen years of age he is the youngest ever League winner.

Helen Middleton regained the Pam Phillips trophy as the Women's victor for the fourth time equalling the number of wins recorded by Ann Lewis between 2001 and 2004. Finishing second for the sixth time was Fiona Bishop, whilst Angela Martin retained the third spot she occupied last year. It should be noted that Fiona also won the League in 2008 and 2009.

Enfield & Haringey AC were untroubled in retaining the team championship for the fifth consecutive year. However, the big surprise was Hillingdon AC's elevation to the runner-up position after occupying third place for the previous two years. The HAC walkers took full advantage of a sparse Ilford AC presence in the last race to close down and surpass the 134 points advantage the Essex club had going into the race. *More on page 2*

2014 Final Standings (a full comprehensive copy of tables available on request)

| | | |
|------------------|-------------|---|
| 1. EHAC | 3535 | 727 Wilkinson, 628 Thomson, 591 Middleton, 578 Ralph, 567 Pender, 444 Smith |
| 2. Hillingdon AC | 3103 | 703 Deuter, 631 Cox, 627 Bobbett, 431 McKenzie, 416 Vroobel, 295 Middleton |
| 3. Ilford AC | 3094 | 716 Reis, 687 Uttley, 640 Bennett, 411 Ainsworth, 322 Barnbrook, 318 Ryan, |
| 4. Surrey WC | 2950 | 669 MartinM, 599 Maskell, 513 MartinA, 401 Harran, 386 Hoben, 382 Lightman |
| 5. Belgrave H | 1713 | 417 HallJ, 312 Culshaw, 282 Noel, 262 King, 257 Narviliene, 183 Koeslag |
| 6. Steyning AC | 1665 | 637 JonesT, 427 JonesA, 194 Penfold, 184 Emsley, 137 Richards, 86 Stevens |

Ladies

1. 591/9 Helen Middleton
2. 521/9 Fiona Bishop
3. 513/9 Angela Martin
4. 427/7 Anne Jones
5. 295/9 Jenny Middleton
6. 282/6 Maureen Noel
7. 260/6 Norma Grimsey
8. 257/3 Grazina Narviliene
9. 256/6 Jo Miles
10. 225/4 Cath Duhig ©

Men

1. 727/9 Callum Wilkinson
2. 716/9 Fransisco Reis
3. 703/9 Fabian Deuter
4. 687/9 Steve Uttley
5. 669/9 Mal Martin
6. 640/9 Stuart Bennett ©
7. 637/8 Trevor Jones
8. 631/9 Andrew Cox
9. 628/9 Arthur Thomson
10. 627/9 Ken Bobbett
11. 599/9 Dan Maskell
12. 578/9 John Ralph
13. 567/9 Sean Pender ©
14. 527/8 Steve Allen
15. 444/8 Gary Smith ©
16. 431/9 Richard McKenzie
17. 417/5 John Hall
18. 416/7 Russell Vroobel
19. 411/9 Dave Ainsworth ©
20. 401/6 Michael Harran

Helen Middleton, Fiona Bishop, Angela Martin



Fransisco Reis, Callum Wilkinson, Fabian Deuter, Steve Uttley



This picture courtesy of Fransisco

League Report continued

Forty-six clubs representing 138 walkers of which 41 were women took part in the 2014 *League*. In total they collectively amassed 488 performances; an average fractionally above 40 per fixture and 34 competed at least six races to earn *Leaguer* status, among them u13 George Wilkinson. More than half of those who qualified as *Leaguers* put in nine or more appearances, with Francisco Reis, Helen Middleton and Sean Pender doing them all!



The leading Centurion was Stuart Bennett and in all 32 members of the Brother/Sisterhood took part in the series Twenty-six competed, among them seven who also officiated at some races and six who officiated only.

Thanks to all the officials, many of who put in sufficient appearances to merit *Leaguer* status themselves and of course Jon May (*pictured*) for the mountain of work he does for the *League* in compiling the tables and handicaps.

The 2015 Series Commences on 17th January

**Five miles and Junior Distances
and Newcomer 15 minute Mile Challenge**

1pm at QEII, Donkey Lane, Enfield, EN1 3PL

Result Round-up

The **Midland RWA Winter League** wound up at Coventry on 23rd November with races at varying distances for various age groups. In the 10km won by Leicester's Tanya Gabellone in 49.09 Sean Pender finished seventh in 61.40 just nine seconds behind *Leaguer* Dan Maskell, whilst David Hoben recorded 69.30. In the 5km, Peter Cassidy clocked 36.00.

There was a good turnout for the first of the **Cambridge H Winter league 5kms** at Bexley on 6th December, with 29 walkers of which 15 were under 20 years of age. Cameron Corbishley won comfortably in 22.35 from Heather Butcher in 25.02 and Jonathan Hobbs 25.07. Good showings in 5th and 6th places by the Snook Brothers; Chris (u17) 25.41 and Tim (u20) 26.52. In addition to Sean Pender on judging duty *League* interest in the event were the performances by Malc and Angela Martin 27.14 and 34.25 respectively, Dave Hoben 35.13, Mick Barnbrook 36.27 and Dave Ainsworth 40.40.

Luc Legon won the '**Alf Palmer**' 5km at Broadheath track, Horsham on 13th December. Luc's time was 24.45 and he was followed home by Ian Richards 24.52 and Chris Hobbs the new SRWA President 25.24. *Leaguers* Trevor Jones 26.42, Malc Martin 27.45, Anne Jones 32.04, Shaun Lightman 33.57, Dave Hoben 34.00 and Angela Martin 34.34 were among the 18 starters. Under 15 year-old Lucy Lewis Ward 16.49 won the 3km race.

Guy Thomas (u20) in his first race for some time won the **Surrey Christmas 5km** at Tonbridge on 20th December. His time was a swift 22.10 and he finished well clear of the main field. Francisco Reis was second in 24.10 and David Crane third in 25.23. Sean Pender was the lone club walker recording 31.34 in 7th place, whilst *Leaguers* Malc Martin 27.04, Dan Maskell 31.02, Shaun Lightman 31.37, Dave Hoben 34.08 and Angela Martin 34.20 were among the 18 strong field.

LVAC Training Sessions

Callum Wilkinson will be training at LVAC on Saturdays during the early months of 2015 and a warm welcome to walkers or coaches to join him is extended. The start time is 9am and they last 2/3 hours depending upon the content of the session. Anyone interested should contact me at rwallwork4 @sky.com so to confirm when the sessions are on.

The only cost is the entry fee to the Centre.

Enjoy a really nice Festive Season

and may 2015 bring you lots and lots of pb's



Hillingdon Open 10k/20km

2014 ERWL –Race 12

Inc BMAF, Essex & Middlesex 20km championships

29th November

The weather was kind for the time of the year and once again the BMAF along with the Essex and Middlesex 20km championships were embraced within the *League's* final event over 10km.

Callum Wilkinson won his ninth race out of the eleven he contested and in doing so became the youngest ever *League* winner. Grazina Narviliene improved her 2013 winning time by over 90 seconds to win on this occasion.



Photo by Mark Easton

Relative newcomers Keith Vallis and Richard McChesney demonstrated potential and if they can fully master the race walking technique they will, with their running fitness backgrounds improve dramatically.

| Men | © = Centurion - *=pb | Women | |
|-------------------------------------|----------------------|--------------------------------------|-----------|
| 1. Callum Wilkinson (Enfield HAC) | 50.33 u20 | 1. Grazina Narviliene (Belgrave H) | 54.05 w35 |
| 2. Ian Richards © (Steyning AC) | 51.04 uM65 | 2. Helen Middleton (Enfield HAC) | 63.51 w50 |
| 3. Fabian Deuter (Hillingdon AC) | 51.30 SM | 3. Maureen Noel (Belgrave H) | 66.07 w50 |
| 4. Fransisco Reis (Ilford AC) | 51.46 M50 | 4. Judy Howard (Abingdon) | 67.13 w55 |
| 5. Trevor Jones (Steyning AC) | 56.11 M55 | 5. Anne Jones (Steyning AC) | 67.32 w60 |
| 6. Steve Uttley (Ilford AC) | 58.02 M55 | 6. Fiona Bishop (Woking AC) | 69.15 w55 |
| 7. Graham Chapman (Abingdon) | 59.02 M55 | 7. Naomi Sharma (Abingdon) | 69.52 w45 |
| 8. Sean McMullin (Mullinger H) | 60.21 M65 | 8. Angela Martin (Surrey WC) | 71.39 w50 |
| 9. Steve Allen (Barnet & DAC) | 60.23 M55 | 9. Jo Miles (Hillingdon AC) | 71.42 w55 |
| 10. John Ralph (Enfield HAC) | 60.48 M55 | 10. Kay Koeslag (Belgrave H) | 72.53 w35 |
| 11. Keith Vallis (Ilford AC) | 61.06 M45 | 11. Jenny Middleton (Hillingdon AC) | 72.59 w40 |
| 12. Roger Michell © (Surrey WC) | 61.07 M60 | 12. Norma Grimsey (Enfield HAC) | 74.22 w55 |
| 13. Richard McChesney© (Stragglers) | 61.39 M45 | | |
| 14. Mark Culshaw (Belgrave H) | 61.43 M45 | | |
| 15. Arthur Thomson (Enfield HAC) | 62.49 M75 | men continued | |
| 16. Andrew Cox (Hillingdon AC) | 63.13 M60 | 29. Richard McKenzie (Hillingdon AC) | 69.12 M45 |
| 17. Ken Bobbett (Hillingdon AC) | 63.14 M70 | 30. David Hoben (Surrey WC) | 72.02 M60 |
| 18. Amos Seddon (Enfield HAC) | 63.39 M70 | 31. Russell Vroobel (Hillingdon AC) | 72.57 M55 |
| 19. Gary Smith © (Enfield HAC) | 64.36 M55 | 32. Norbert Will (N.Ireland M) | 74.22 M75 |
| 20. Mark Byrne © (Redcar RWC) | 65.03 M50 | 33. Mick Barnbrook © (Ilford AC) | 77.02 M70 |
| 21. Sean Pender © (Enfield HAC) | 65.13 M60 | 34. Jon May (Enfield HAC) | 77.18 M60 |
| 22. Colin Vesty (Leicester WC) | 65.13 M45 | 35. Harry Corbett (Belgrave H) | 79.00 M55 |
| 23. Peter Hannell (Surrey WC) | 65.28 M70 | 36. John Payn © (Lancs WC) | 80.27 M80 |
| 24. Chris Flint © (Surrey WC) | 65.41 M65 | 37. Dave Ainsworth© (Ilford AC) | 86.50 M65 |
| 26. Dan Maskell (Surrey WC) | 67.10 M65 | 38. Ken Livermore © (Enfield HAC) | 90.05 M80 |
| 25. Ron Penfold (Steyning AC) | 65.46 M70 | | |
| 27. John Borgars (Loughton AC) | 67.55 M65 | 5km | |
| 28. Bob Dobson © (Ilford AC) | 68.00 M70 | Ron Wallwork © (Enfield HAC) | 42.16 M70 |
| | | Bernie Hercock (Enfield HAC) | 53.56 M75 |

Officials (both events)

Starter: Mark Byrne

Judges: G.Jones (Chief), M.Croft, P.Cassidy A.Garner, M.Hague, E.Horwill, R.Jackson, R.Pearce, P.Wilson, S.Beardsmore (Trainee)

Timekeepers/Recorders: P.Welch, N.Blatchford, P.Ficken, J.Hall, L.Kelly, C.Lawton, L.Michell

Course: K.Bobbett, A.Cox

Feeding Station: M.Martin, P.Ryan, T.Wilinson

Refreshments: Margaret Livermore, Joan Wallwork

BMAF 20km Championship

Trevor Jones, second last year walked an excellent race to finish almost 10 minutes ahead of his nearest rivals, Steve Allen and John Ralph and shaved 47 seconds off the time he set last year. Maureen Noel was the ladies winner and Judy Howard, who we don't see a lot of, only two minutes behind.

John Ralph, Arthur Thomson and Sean Pender combined to ensure an Enfield team victory over Surrey WC.

As the results show, *Leaguers* Ken Bobbett, Andrew Cox, Arthur Thomson, Sean Pender all scored age category victories and others place medals.



Trevor Jones, Maureen Noel
Russell Vroobel (18)

| Men | © = Centurion - *=-pb | Women |
|--------------------|-----------------------------|--|
| 1. Trevor Jones | (Steyning AC) 1.52.53 M65 | 1. Maureen Noel (Belgrave H) 2.17.06 w50 |
| 2. Steve Allen | (Barnet & DAC) 2.02.26 M55 | 2. Judy Howard (Abingdon) 2.19.34 w55 |
| 3. John Ralph | (Enfield HAC) 2.03.36 M55 | 3. Angela Martin (Surrey WC) 2.25.49 w50 |
| 4. Keith Vallis | (Overton H) 2.05.59 M45 | 4. Kay Koeslag (Belgrave H) 2.31.00 w35 |
| 5. Ken Bobbett | (Hillingdon AC) 2.06.01 M70 | Fiona Bishop (Woking AC) dsq w55 |
| 6. Sean McMullin | (Mullinger H) 2.07.02 M65 | |
| 7. Andrew Cox | (Hillingdon AC) 2.07.42 M60 | |
| 8. Roger Michell © | (Surrey WC) 2.07.58 M65 | |
| 9. Arthur Thomson | (Enfield HAC) 2.09.05 M75 | |
| 10. Sean Pender | (Enfield HAC) 2.11.38 M60 | <i>Men continued</i> |
| 11. Colin Vesty | (Leicester WC) 2.13.08 M45 | 14. Bob Dobson © (Surrey WC) 2.18.50 M70 |
| 12. Dan Maskell | (Surrey WC) 2.15.18 M65 | 15. John Borgars (Loughton AC) 2.21.18 M65 |
| 13. Chris Flint © | (Surrey WC) 2.16.39 M65 | 16. Norbert Will (N.Ireland M) 2.26.59 M75 |
| | | 17. John Payn (Lancs WC) 2.42.07 M80 |
| | | Ian Richards © (Steyning AC) dsq M65 |

Middlesex Championship: Andrew Cox Sean Pender
Essex championship: Bob Dobson

More Hillingdon Action courtesy of Mark Easton

<http://markeaston.zenfolio.com/p865391216/he6f4>



Chris Flint leads
Colin Vesty (71) Dan Maskell. Anne Jones
and Ron Penfold



Mark Byrne (85) followed by (right to left)
Sean Pender, Ken Bobbett, Roger Michell and
Andy Cox

Congratulations to two new Presidents.

Peter Cassidy of Loughton AC, author of the recent book 'A Hundred Years A Foot' and RWA Hon. Secretary for 22 years (1991 -2013) was elected the RWA President at the Associations AGM at Birmingham on 14th December.

A month earlier at the Southern RWA AGM Christopher Hobbs (Ashford AC) was elected to be that Association's President.