



(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>

Molly Barnett Open – Poor conditions, but some fast times

Squally showers made for miserable unhelpful conditions for the Molly Barnett Open meeting at Coventry on 1st March. Nevertheless, Tom Bosworth 39.36 seemed unaffected by the weather as he totally outclassed the field, becoming the first Brit to go sub 40 minutes and eclipsing the 40.06 national record set by Ian McCombie back in 1989.

The club's particular interest was in the junior race where Callum Wilkinson displayed great pace judgment, passing 5km in 22.18 and quickening slightly thereafter to record 44.15 for yet another pb and importantly within the time standard for European Cup for Walking which takes place in Murcia, Spain in May. Apparently, qualifying times need to be set at EAA events and the Molly Barnett isn't one. However, his selection for the Lugano meeting on 15th March and Podebrady a month later provide opportunities to reproduce the time and gain valuable international experience.

This performance, coupled with his indoor results cemented his position as winner of the u20 UKA Winter Challenge Series.

George Wilkinson is not yet 13, but because of the age category rules, took part in the u15's 3km and in the worst of the conditions finished second in 21.40.

Leaguers Steve Allen 53.52 and Dan Maskell 65.52 were also there braving the weather, the former taking second place in the senior race. The number of walkers contesting the senior field was disappointing, but as usual at this event there was a good sprinkling of younger walkers, some of them setting a good standard, none more so than 5km winner Emma Achurch 23.29.

Cambridge Harriers Winter League

In the Results Round-up on page 3, I introduced the Cambridge Harriers race on 7th March as the final race of the 2014/15 series. I am saddened to report that it was also the last ever Cambridge Harriers League race, because the course fails to pass risk assessment criteria.

However, there is good news! Noel Carmody is planning to stage an annual race probably in Sutcliffe Park along with YAG events, thus continuing the club's long tradition as an open walk promoter since its first venture 93 years ago. I also understand that he is devising an alternative series of races for YAGs, so that they continue to have the opportunities to develop.

The Next Fixture is a **5miles Yacht Handicap** race

21st March at QEII, Donkey Lane, Enfield. EN1 3PL

Novices or newcomers not wishing to do 5 miles are welcome to join in and be timed at

One, Two, Three, or Four miles

Entries on the day

Start time 1pm

In cold bitter conditions GB junior international Cameron Corbishley made an impressive debut in the Enfield Race Walking League, winning comfortably, well clear of Fransisco Reis who was featured in the 19th Feb edition of *Athletics Weekly*.

Suzanne Beardsmore c1094 and Stuart Bennett c858 pushed each other all the way for the honour of being the first *Centurion* to finish and finished dead-heating. Newly elected Centurion Captain Kathy Crilley just missed bettering the hour.

Although not yet recovered and fit enough to race Steve Uttley braved the conditions to support those that could.



mid-field action: Anne Jones, Ron Penfold, Roz McKenzie, Brian Boggenpoel, Michael Harran and Shaun Lightman

Cameron Corbishley and Fransisco Reis set the pace



Men	© = Centurion - * = pb	Women	
1. Cameron Corbishley (Medway AC)	38.37 u20	1. Penelope Cummings (Aldershot FD)	46.03 w35
2. Fransisco Reis (Ilford AC)	39.32 M50	2. Suz Beardsmore © (Abingdon AC)	*48.54 w40
3. Fabian Deuter (Hillingdon AC)	42.08 M35	3. Helen Middleton (Enfield HAC)	50.36 w50
4. Trevor Jones (Steyning AC)	42.23 M55	4. Cath Duhig © (Ryston R)	52.22 w60
5. Steve Allen (Barnet DAC)	44.20 M55	5. Anne Jones (Steyning AC)	52.57 w60
6. Malcolm Martin (Surrey WC)	44.27 M60	6. Fiona Bishop (Woking AC)	53.32 w55
7. John Ralph (Enfield HAC)	47.26 M55	7. Jo Miles (Hillingdon AC)	55.07 w55
8. Stuart Bennett © (Ilford AC)	48.54 M55	8. Angela Martin (Surrey WC)	56.23 w50
9. John Hall (Belgrave H))	50.04 M65	9. Jenny Middleton (Hillingdon AC)	60.05 w40
10. Amos Seddon (Enfield HAC)	51.37 M70	10. Kathy Crilley © (Surrey WC)	60.19 w65
11. Ron Penfold (Steyning AC)	51.54 M70		
12. Shaun Lightman (Surrey WC)	52.07 M70		
13. Michael Harran (Surrey WC)	53.21 M75	<i>Other distances</i>	
14. Ken Bobbett (Hillingdon AC)	53.44 M70	4 mile Roz McKenzie (Abingdon AC)	43.41 w50
15. Brian Boggenpoel (Ilford AC)	54.53 M55		
16. Ron Powell (Enfield HAC)	55.31 M75	3 miles Dave Stevens (Steyning AC)	35.17 M75
17. Andrew Cox (Hillingdon AC)	57.11 M60	Ken Livermore © (Enfield HAC)	42.54 M80
18. David Hoben (Surrey WC)	57.59 M60		
19. Stephen Cartwright (Colchester)	64.02 M55	2 miles Noel Blatchford (Abingdon AC)	22.35 w65
20. Jon May (Enfield HAC)	64.25 M60	Bernie Hercock (Cambridge H)	32.30 M75
21. David Ainsworth © (Ilford AC)	67.04 M65		

Judges: P.Cassidy (Chief), M.Croft, R.Pearce, S.Pender

Recorders: P.Welch, P.Ficken, C.Lawton

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

League tables after two fixtures

There are seventeen ladies among the 54 walkers from fourteen clubs who have so far taken part in the league. There is a long way to go, but the team table in particular has a very competitive look to it with only 133 points covering the top five. Surrey has walkers who haven't competed yet and if Steyning were to get a sixth walker on the result sheet they would certainly be a force to be reckoned with.

Ladies

1. 113/2 Helen Middleton
2. 103/2 Anne Jones
3. 102/2 Fiona Bishop
4. 96/2 Jo Miles
5. 93/2 Angela Martin
6. 86/2 Jenny Middleton
7. 77/2 Kathy Crilley
8. 68/1 Grazina Narviliene
9. 64/1 Penny Cummings
10. 61/1 Sue Beardsmore ©

Men

1. 139/2 Fransisco Reis
2. 137/2 Fabian Deuter
3. 134/2 Trevor Jones
4. 130/2 Steve Allen
5. 126/2 John Ralph
6. 121/2 Stuart Bennett ©
7. 113/2 Amos Seddon
8. 111/2 Ken Bobbett
9. 110/2 Ron Penfold
10. 108/2 Andrew Cox
11. 108/2 Shaun Lightman
12. 95/2 Brian Boggenpoel
13. 92/2 Ron Powell
14. 79/2 Jon May
15. 73/2 Dave Ainsworth ©
16. 70/2 Cameron Corbishley
17. 70/2 Dave Stevens
18. 66/1 Peter Ryan ©
19. 65/1 Jim Ball
- 65/1 Malc Martin

Team

1. EHAC **587** 126 Ralph, 113 Seddon, 113 MiddletonH, 92 Powell, 79 May, 64 Hercock
2. Hillingdon AC **586** 137 Deuter, 111 Bobbett, 108 Cox, 96 Miles, 86 MiddletonJ, 48 Vroobel
3. Ilford AC **529** 139 Reis, 121 Bennett, 95 Boggenpoel, 73 Ainsworth, 67 Ryan, 35 Barnbrook
4. Steyning AC **482** 134 JonesT, 110 Penfold, 103 JonesA, 70 Stevens, 65Ball
5. Surrey WC **454** 108 Lightman, 93 MatrinA, 77 Crilley, 65 MartinM, 58 Maskell, 53 Harran
6. EHAC 'B' **268** 57 Smith, 51 Pender, 43 Braverman, 41 Grimsey, 39 Abbott, 37 Livermore
7. Belgrave H **245** 68 Narviliene, 61, Culshaw, 60 Hall, 65 Noel
8. Abingdon AC **136** 61 Beardsmore, 39 McKenzie, 36 Blatchford,

April – BA/RWA National Month

Entry forms available on enfieldleague@weebly.com

Saturday 4th April 10 miles at Lee Valley Athletic Centre, N9 0AR

Start time 1pm - Entry fee £10 - **Entries close: 31st March**

Saturday 18th April 20km & Young Age Group at Hillingdon Cycle Circuit, UB4 0LP

Start time 1pm - Entry fee £10 Snr, £7 Jnrs - **Entries close: 13th April**

Entries for both events to; Peter Marlow:

The Picture House 134G, Southgate Street, Bury St.Edmunds, Suffolk, IP33 2AF – 01284 754177

Entry forms available on enfieldleague@weebly.com

Results Round-up

Sean Pender, supporter of races wherever they are travelled up to Leicester on 7th February to guest in **Leicester WC's 15 miles** championship. Fiona McGorum 2.34.38 won the race from evergreen Chris Berwick 2.35.55 and Sean was third in 2.41.27.

A number of walkers who competed in the *League* race on 21st March turned out the following day at the LVAC for the **Southern Vets indoor 3km championship**. They were Steve Allen (M55) 15.47, Malc Martin (M60) 15.54, John Hall (M65) 15.55 and Angela Martin W50) 21.03 all won their age categories whilst Fransisco, through a lap recording error wasn't timed in. Dan Maskell (M65) 18.40 also walked.

The final **Cambridge Harriers 5km** winter league was staged at Bexley on Saturday 7th March. Three young walkers occupied the major places: Cameron Corbishley in 23.29, Luc Legon 24.01 and Chris Snook 24.57. Penelope Cummings 27.51 in sixth place was the first lady to finish. *Leaguers* among the 17 strong senior field were John Hall 25.02, Shaun Lightman 33.32, Mick Barnbrook and Dave Ainsworth both 41.27

The following day it was the **BMAF indoor 3km championship** at LVAC with the entries split into two races. The first race was for age categories 60 and above which attracted nine starters including the only three club members taking part in the championships. Two of them; Arthur Thomson 19.27 and Ron Powell 20.51 contested the M75 class and collected Gold and bronze medals respectively. Ken Livermore (M80) 25.06 finished runner up in his category. The quickest walker in Race one was Cath Duhig (W60) 18.52 and the W50 winner was Angela Martin.

In race two which had ten starters, Fransisco Reis (M50) walked impressively to clock 13.35, Steve Allen (M55) 15.26, Malc Martin (M60)16.01 and all three collected their age group titles.

Correspondence from Ann Lewis

Hello Ron,

Thank you for the Enfield Walker. Yes please I would like to receive it and yes, it is arriving at my preferred address.

I can sympathise with Steve Uttley as I have been suffering with Polymyalgia Rheumatica for 18 months and I am on steroids for the condition. Apart from that I am doing very well!! I had a check-up early in January and my consultant said that as I was obviously so well he could not see the point in giving me medication that would make me feel rotten.

I try to get to training at Aldershot twice a week. Sometimes I am just too tired and sometimes the Polymyalgia prevents me from going so my progress is a bit ragged to say the least.

Please remember me to everyone tomorrow. I hope you get a good turnout.

Hope to see you next month. Best Wishes from Ann

Graham Chapman writes

To walkers in the South and West of England : a new race is being started up in Swindon, a 2000m as part of the to-be-annual Mark Cawte Memorial Open Track meeting. The inaugural meeting is to be held on Sunday 22 March and as ever, it will need to be supported if it is to remain in the calendar. which would only be fitting. Mark was a walker and a judge among his athletic activities which covered competing, coaching and officiating across the full spectrum of athletic events. He will be sadly missed in the Swindon area. There are a few other walks events that weekend, of course, but links to full details of this meeting are at <http://www.swindonharriers.com/news/339-mark-cawte-memorial-open-meeting-sunday-22nd-march-2015.html>.

Forthcoming Fixtures (see Calendar on enfieldleague.weebly.com)

The annual **Slater Bryce memorial 10km walks** at Broad Heath with an 11am start are being staged on 14th March. More details are available from Ron Penfold on 01293 520506 or Dave Stevens on 01903 81442.

For those not doing the London Marathon on 26th April, there is a walk fixture at Downham Market, Norfolk. Distances vary and include the **BMAF 20km and EVAC 10km championships** and **'a come and try it' 5km**. Details from Cath or Peter Duhig on peter@peterduhig.plus.com or 01366 388188

Have you Noted The PEDNOR FIVE on 5th MAY

or

The MOULTON FIVE on 6th JUNE . . . In your diary Yet?

A number of people are still contacting me at my old email address. I get the message eventually most of the time, but delivery is not guaranteed.

The address which is sure to reach me is:

rwallwork4@sky.com