

The Enfield Walker 2015

May



(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>

EHAC Clubmen and Leaguers Abroad

European Cup for Race Walking

Making his GB debut in the junior 10km at the European Cup for Race Walking staged in Murcia, Spain on 17th May, Callum Wilkinson set a pb which lifted him into Europe's top dozen juniors. His time of 42.49 (previous best 44.15) also bettered the selection qualifying time for the European junior track & field championships being held in Sweden in July.

Covering the first km in 4.22 Wilkinson occupied 25th position in the 43 strong field. By 5km reached in 21.27 he had improved to 17th and walking the second half of the race slightly faster than the first (21.22) finished a very creditable twelfth.

Spaniards Diego Garcia in 40.38 and Pablo Oliva 41.19 finished first and third split by Frenchman Jean Blancheteau 41.11.

European Masters Non-Stadia championships

Meanwhile, over in Grosseto, Italy, Arthur Thomson (M75) was winning individual and team 30km gold and individual 10km bronze medals in the Euro Masters non stadia championships with times of 3.38.26 and 64.01. The women's distances were 10km and 20km. The temperature was in the 30's and the course offered no shade, so conditions were particularly difficult especially for the 30km.

Leaguers at the championships were to the fore in their events. Cath Duhig (W60) 63.58 earned a silver, whilst John Hall (M65) 56.33/3.28.12 collected two bronze and a team gold. Ken Bobbett (M70) 63.37 also collected a bronze and Dave Kates (M65) 15th 65.18/10th 3.45.54 a team gold. There were notable performances by Malcolm Martin (M60) 7th - 58.22/4th - 3.07.53, Steve Allen (M55) 6th - 55.52, Andy Cox (M60) 13th - 62.34/ 9th - 3.42.35 and Angela Martin (W50) 9th - 66.00pb/5th 2.22.44. Steyning's Ian Richards won two individual and a team gold medals. *See back page*

2015 Moulton Community Walks

Saturday 6th June /Sunday 7th June

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



Saturday **Grass Track Fun Walks** (No fee - 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** Advance Entry £5/£7 on the day - Latest check-in 12.30pm
inc. The Suffolk County AA & EVAC championships - Under Race Walking Association Rules

There will be the usual array of prizes at the Moulton Walk this year; however, there will be a deviation from the traditional way of awarding them. One of the essential contributing factors to the success of the Enfield League is the number of walkers who support it and by way of acknowledging this, the prizes this year will be distributed by the drawing of lots and there will be a prize for every walker.

SO PLEASE ENTER IN ADVANCE IF YOU CAN

Thirty-five seniors and six juniors set off on the Pednor 5 miles and two miles races around the picturesque, but challenging course. Fabian Deuter virtually led from start to finish clocking 42.44. He was followed in the early stages by a group consisting of Steve Allen, John Hall, Keith Vallis and John Ralph with Steve Uttley not far behind them. By the steep climb just past the two mile point the group began to spread out and John Ralph had to give ground and was passed by Steve Uttley. Meanwhile, Steve Allen reached the top and secured his runner-up position, eventually putting just over a minute between himself and John Hall. The race incorporated the Bucks championship and was won by John Ralph ahead of Alan Roberts

The first three ladies; Helen Middleton and Hillingdon duo Jo Miles and Jenny Middleton finished in the same order as their positions in the *League*.

George Bancroft (Hawridge & Cholsbury School) and Talien van Kuijk (Chiltern H) 24.17 were the 2wo mile junior winners.

A five mile run follows the walk and trophies awarded for the woman and man with the fastest combined times. There were four women and four men who took on the challenge this year and the winners were Melanie Bolden 106.02 (61.58/44.04) and Keith Vallis 82.37 (46.29/36.08). John Ralph was third in 96.40 (47.07/49/33)

Men

© = Centurion - *=pb

1. Fabian Deuter	(Hillingdon AC)	42.44	M35
2. Steve Allen	(Barnet & D AC)	44.54	M55
3. John Hall	(Belgrave H)	45.59	M65
4. Keith Vallis	(Overton H)	46.29	M45
5. Steve Uttley	(Ilford AC)	46.53	M55
6. John Ralph	(Enfield HAC)	47.07	M55
7. Mark Culshaw	(Belgrave H)	49.24	M45
8. Stuart Bennett ©	(Ilford AC)	50.23	M55
9. Dan Maskell	(Surrey WC)	51.05	M65
10. Andrew Cox	(Hillingdon AC)	51.18	M60
11. Michael Harran	(Surrey WC)	52.20	M75
12. Arthur Thomson	(Enfield HAC)	52.38	M75
12. David Kates	(Ilford AC)	52.58	M65
13. Arthur Thomson	(Enfield HAC)	52.38	M75
14. Chris Flint ©	(Surrey WC)	53.49	M70
15. Alan Roberts	(Vale of Aylesbury)	54.20	M50
16. John Borgars	(Loughton AC)	55.43	M65
17. Brian Boggenpoel	(Ilford AC)	56.24	M55
18. Russell Vroobel	(Hillingdon AC)	56.29	M55
19. David Hoben	(Surrey WC)	56.37	M60
20. Ron Powell	(Enfield HAC)	57.17	M75
21. Richard McKenzie	(Hillingdon AC)	57.24	M45
22. Trevor Brawn	(Chiltern H AC)	59.32	M65
23. Terry Morris	(Nuneaton H)	61.14	M70

Women

1. Helen Middleton	(Enfield H AC)	51.26	w50
2. Jo Miles	(Hillingdon AC)	56.35	w55
3. Jenny Middleton	(Hillingdon AC)	60.56	w40
4. Melanie Bolden	(Unattached)	61.58	w45
5. Jenny Zaremba	(Burnham J)	62.30	w40
6. Elspeth Attwood	(unattached)	68.06	w55
7. Patricia Keene	(Burnham J)	72.10	w55

Junior Boys 2 miles

George Bancroft	(H & C School)	24.07	u11
Alexander Stone	(Chiltern H)	24.33	u11

Junior Girls 2 miles

Talien van Kuijk	(St.Clements D School)	24.17	u15
Rachel Stone	(Chiltern H)	24.24	u15
Emily Bancroft	(Dr.Challanos School)	24.29	u15
Rebecca Stone	(Chiltern H)	24.51	u13

Men continued

24. Mick Barnbrook ©	(Ilford AC)	62.52	M70
25. Stephen Cartwright	(Colch & Tend)	63.26	M55
26. Martyn Cartwright	(Chiltern H AC)	63.40	M70
27. Mike Morgan	(Burnham J)	65.46	M75
28. Dave Ainsworth ©	(Ilford AC)	70.09	M65

Race Organiser: Martyn Cartwright

- Judges: Peter Cassidy, Sean Pender, Pauline Wilson

Who Where and When?



League tables after four fixtures Hillingdon have nosed ahead, Helen and Fabian have opened gaps and there are 28 ladies among the 81 walkers from 25 clubs who have so far taken part in this year's league.

Ladies

1. 233/4 Helen Middleton
2. 198/4 Jo Miles
3. 175/4 Jenny Middleton
4. 131/2 Penelope Cummings
5. 119/2 Maureen Noel
6. 118/3 Kathy Crilley ©
7. 103/2 Anne Jones
8. 102/2 Fiona Bishop
9. 93/2 Angela Martin
10. 91/2 Diana Braverman

Men

- | | |
|---------------------------|----------------------------|
| 1. 276/4 Fabian Deuter | 11. 172/3 Amos Seddon |
| 2. 257/4 John Ralph | 12. 168/3 Michael Harran |
| 3. 248/4 Stuart Bennett © | 13. 167/3 Ron Penfold |
| 4. 227/4 Andy Cox | 14. 148/4 Dave Ainsworth© |
| 5. 204/4 Brian Boggenpoel | 15. 141/3 Dave Hoben |
| 6. 199/3 Steve Allen | 16. 139/2 Fransisco Reis |
| 7. 190/3 John Hall | 17. 134/2 Trevor Jones |
| 8. 190/3 Mark Culshaw | 18. 133/3 Richard McKenzie |
| 9. 188/4 Ron Powell | 19. 133/2 Jim Ball |
| 10. 181/3 Dan Maskell | 20. 119/3 Jon May |

Team

- | | | |
|------------------|-------------|------------------------------------------------------------------------------------|
| 1. Hillingdon AC | 1120 | 276 Deuter, 227 Cox, 198 Miles, 175 Middleton, 133 McKenzie, 111 Bobbett |
| 2. EHAC | 1077 | 1077 257 Ralph, 233 Middleton, 172 Seddon, 188 Powell, 119 May, 108 Thomson |
| 3. Ilford AC | 921 | 248 Bennett, 204 Boggenpoel, 139 Reis, 148 Ainsworth, 116 Barnbrook, 66 Ryan |
| 5. Surrey WC | 826 | 181 Maskell, 118 Crilley, 168 Harran, 141 Hoben, 110 Flint, 108 Lightman |
| 4. Steyning AC | 643 | 167 Penfold, 134 JonesT, 133 Ball, 106 Stevens, 103 JonesA |
| 6. Belgrave H | 567 | 190 Culshaw, 190 Hall, 119 Noel, 68 Narviliene |
| 7. EHAC 'B' | 496 | 106 Pender, 98 Hercock, 91 Braverman, 74 Livermore, 70 Wilkinson, 57 Smith |
| 8. Surrey WC 'B' | 254 | 93 MartinM, 65 MartinM, 52 Hannell, 44 Campbell |
-

Results Round up The **SCVAC Herts & N/Middlesex** track league got underway at LVAC on 27th April. The 2km walk attracted 18 entries of which seven were women. The Club had a good night with EHAC newcomer Lynn Jones 13.09 and Pamela Abbott 13.12 leading home their respective age groups as did John Ralph 11.03 in the men's race. Gary Smith also walked and clocked 11.48.

The **Veterans AC 10k track walk** on 29th April at the Millennium Arena, Battersea Park, London also incorporated various county championships and amongst the ten starters were the Club's two M75 walkers Arthur Thomson 66.42 and Ron Powell 70.36. Steve Allen (M55) 53.38, John Hall (M65) 56.42 and Penelope Cummings (W35) 59.21 occupied the first three finishing positions. Maureen Noel (W50) 62.57 and Shaun Lightman (M70) 63.59 also took part.

Margaret and Ken Livermore were on hand to present the Herts Cup to Steve and a Herts medal to Arthur. The Judges were John Powell (Chief), Michael Croft, Sean Pender

Belgravians Mark Culshaw 49:20 and Maureen Noel 50.40 occupied the first two places in the **Veterans AC 5 miles** at Battersea Park on 12th May. The other competitors were: Michael Harran 52.12, Chris Flint 52.55, Peter Hannell 53.46, Enfield's Ron Powell 55.57, Kay Koeslag and Dave Hoben both 57.32.

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

On Tuesday 2nd June the **VAC 5 mile championships** are to take place at Battersea Park and details can be obtained from www.vetsac.org.uk/

There is a **Woodford Tuesday 3km** on 9th June and start time and details can be had from Peter Cassidy at Petercassidy@btinternet.com or 01277 220687.

The **Jack Fitzgerald memorial walks**; 3 and 6 miles are on Sunday 13th June from Tilgate Forest Golf Centre, Titmus Drive, Crawley, West Sussex, RH10 5EU. The start time is 12.30pm and proceeds to "Help for Heroes". Entries will be taken on the day, but are preferred in advance to Dave Hoben on 07507 158605 or at www.vetsac.org.uk/

Leaguers in action at Grosseto

Arthur Thomson, Ken Bobbett, Angela and Malcolm Martin, Cath Duhig (*centre*) Steve Allen, Andy Dave Kates and John Hall on the team victory podium with Ian Richards and Andy Cox.

