



(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

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

EA u20's championship / 49th Small Nations Match

Callum Wilkinson's fine season continued at the Bedford International stadium last Sunday (21st June) when he retained his English under 20 10km title in a time of 42.59 and secured automatic selection for the European Junior track and field championships to be staged in Sweden next month.

Wilkinson who had previously achieved the 43 minute qualifying time for the championships only had to win to guarantee his place and win he did! The manner of his victory was impressive, with no cautions or red cards and as in previous competitions this year he covered the second half of the race quicker than the first, his 5km splits on this occasion being 21.33 and 21.26.

His performance also contributed to the match winning 33pts scored by RWA England in the 49th Small Nations match which was held in conjunction with the event. English walkers won all three races; Tom Bosworth the 20km in 85.28, Emma Achurch the women's 10km in 51.40 and of course Callum in the men's 10km. The Dutch team were runners-up and Ireland third.

Among a number of guests in the races was Francisco Reis in the 20km where he recorded a very respectable 1.44.09 and among the supporters who turned up encourage the English team were *Leaguers* Steve Allen, Angela and Malc Martin and Steve Uttley.

National team bronze for EHAC and Individual Gold for Fransisco

At Hillingdon in humid conditions over a 1km lap on 28th June the British, RWA and Inter-Counties 10km championships took place. Noel Carmody is to be commended for the speedy production of a comprehensive result sheet which covered the three championships; individual and team results. The club through John Ralph 59.48, Arthur Thomson 62.28 and Sean Pender 68.23 collected national medals in this event for the second year running; last year it was silver, but this time bronze. *League* stalwart Francisco Reis 50.00 was the race winner and landed the RWA national and CAU titles from another prominent *Leaguer* Fabian Deuter 52.57 and both representing Middlesex ensured that the county would emerge as the CAU team champions. Fabian backed up by Ken Bobbett 60.25 and Any Cox 62.39 enabled Hillingdon to take the RWA third team place. Trevor Jones 53.03 was third in the RWA race and assisted Steyning AC to British and RWA team victories ahead in both, of Surrey WC (currently 3rd in the league) who's scorers were; David Crane 55.27, Malc Martin 56.14 and Shaun Lightman 63.52. Steve Allen 53.07, Steve Uttley 56.45, Angela Martin 65.58, Anne Jones 66.10 were other *Leaguers* in the race.

Stop Press:

At Birmingham on Sunday 5th July at the **British Games in the 5km walk**, Tom Bosworth clocked an amazing 19.00.73 to set a new British best performance at the distance. In his wake Callum Wilkinson finished second and improved his own pb by over half a minute with a time of 20.21.57, which augurs well for a top ten finish in Eskilstuna, Sweden at the European junior championships on 18th July. Francisco Reis at 54 the oldest competitor in the championships received a tremendous ovation as he finished in 23.55.53.

Congratulations to Gary Smith for his Age group gold medal performance in the **World Police championships** staged in Washington. Further details to follow.

A really promising development this year has been the resurgence of **The Race Walking Record** which is a credit to Noel Carmody and his team. Published promptly each month, it is well laid out with results and reports. It is only circulated on line, which is a downer if you are not on the web. If you are and don't already receive it, but would like to, email racewalkingrecordcirculation@inbox.com

The next two League Fixtures are **5km track** events held in conjunction with the LICC meetings on

1st August & 29th August

both take place at The Allianz Stadium

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

Men's 5 miles

1. Dominic King ©	(Colchester AC)	33.58	SM CR
2. Callum Wilkinson	(Enfield HAC)	*35.42	U20
3. Fransisco Reis	(Ilford AC)	39.43	M50
4. Fabian Deuter	(Hillingdon AC)	41.30	SM
5. David Crane	(Surrey WC)	41.51	M35
6. Stuart LeNoury	(Sarnia AC)	42.33	SM
7. Steve Allen	(Barnet & D AC)	43.30	M55
8. Jason LeNoury	(Sarnia AC)	44.20	SM
9. Peter Ryan ©	(Ilford AC)	44.27	M60
10. Steve Uttley	(Ilford AC)	44.39	M55
11. Malc Martin	(Surrey WC)	44.45	M55
12. John Hall	(Belgrave H)	45.33	M65
13. John Ralph	(Enfield HAC)	46.13	M55
14. Gary Smith ©	(Enfield HAC)	47.25	M55
15. Ken Bobbett	(Hillingdon AC)	47.55	M70
16. Andrew Cox	(Hillingdon AC)	48.46	M60
17. Amos Seddon	(Enfield HAC)	49.17	M70
18. Shaun Lightman	(Surrey WC)	50.04	M70
19. Arthur Thomson	(Enfield HAC)	50.11	M75
20. Dan Maskell	(Surrey WC)	51.09	M65
21. Russ Jackson	(Yoks RWC)	51.26	M65
22. Glyn Jones	(Coventry Godiva)	51.34	M70
23. Kevin LeNoury	(Sarnia AC)	52.24	M55
24. Chris Flint ©	(Surrey WC)	53.31	M65
25. Sean Pender ©	(Enfield HAC)	54.45	M60
26. Peter Beckerlegg	(Sarnia WC)	55.34	M55
27. Michael LeSavage	(Sarnia WC)	55.59	SM
28. Philip Goodwin	(Ilford AC)	56.39	M60
29. David Hoben	(Surrey WC)	57.09	M60
30. Paul Firmage	(Ryston R)	57.39	M60
31. Malcolm Smith	(unatt/Moulton)	57.41	M65
32. Len Ruddock	(Ilford AC)	57.48	M60
33. Steve Allen ©	(Ilford AC)	58.09	M55
34. Phil Nutley	(St.Eds Pacers)	58.20	M65
35. John Mc Donagh	(Unatt)	58.52	M55
36. Stephen Cartwright	(Colchester)	60.29	M55
37. Peter Cassidy	(Loughton AC)	61.09	M70
38. Mike Horscroft	(Unatt/Cambridge)	61.10	SM
39. Bill Sutherland ©	(Highgate H)	64.05	M70
40. Jon May	(Enfield HAC)	65.32	M60
41. Peter May	(unatt/Moulton)	65.45	M50
42. Tony O'Meara	(unatt/Moulton)	67.25	M70
43. Dave Ainsworth ©	(Ilford AC)	69.05	M65
44. Eddie Trotter	(Ilford AC)	71.44	M65
45. Ken Livermore ©	(Enfield HAC)	73.24	M80
46. Ray Still	(unatt/Moulton)	76.55	M65
47. Bernie Hercock	(Enfield HAC)	2.5m	M80

Women's 5 miles

© = Centurion - *=pb

1. Sophie Hales	(Steyning AC)	42.45	SW
2. Maureen Noel	(Belgrave H)	48.59	w50
3. Helen Middleton	(Enfield HAC)	49.29	w50
4. Angela Martin	(Surrey WC)	*51.29	w50
5. Olga Sinkevica	(Sarnia WC)	52.21	SW
6. Fiona Bishop	(Woking AC)	53.00	w55
7. Elizabeth Blakie	(Ryston R)	54.27	w55
8. Joyce Crawford	(Red Lodge R)	54.31	w45
9. Lynn Jones	(Enfield HAC)	55.08	w50
Jo Miles	(Hillingdon AC)	55.08	w55
11. Valerie Nutley	(St.Eds Pacers)	55.50	w55
12. Pamela Abbott	(Enfield HAC)	55.19	w50
13. Diana Braverman	(Enfield HAC)	56.40	w60
14. Jayne LeNoury	(Sarnia AC)	57.52	w50
15. Sue Clements ©	(Cambs & Col)	58.41	w60
12. Kay Coulson	(Sarnia WC)	59.40	w45
17. Joanne Outtrim	(Unatt/Cambridge)	60.27	w40
18. Clare McDonagh	(Unatt)	62.01	w50
19. Sue Smith	(Ryston R)	66.33	w50
20. Michaela Joysey	(Unatt/Cambridge)	67.31	w35
21. Rachel Webb	(Moulton)	68.02	w50
22. Sue Mills	(Moulton)	71.30	w50
23. Shelley Owen	(Moulton)	74.21	w50

Junior Races

U10's 80m	Oliver King
U12's 100m	Mia King Gema Lewis Mia King Elissia Deuter
U14's 300m	George Wilkinson Seren Palmer Emily Sargent

Suffolk championships:

Joyce Crawford	Callum Wilkinson
Val Nutley	Malcolm Smith
Rachel Webb	Phil Nutley

EVAC Champions:

Elizabeth Blakie	Paul Firmage
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Judges: M.Croft, P.Wilson, R.Wallwork

Timekeepers/Recorders: Dr.L.Jennings, J.Mower, J.Grimwood, P.Ficken, T.Wilkinson

Registrations: M.Livermore, L.Spinks, G. & T. Wilkinson

First Aid: P.Brown, M.Houghton, G.Lawes, F.Mumford, M.Woolard (BRC)

- Water Station: 1st Moulton Scout Troop

Marshalls: M. & S.Ashpole, T.Ashpole, M.Blyth, G.& J. Dobson, J.Grant, C.May-Holt, P.Nixon, D.Rabeth, B.Saddler, D.Weaver, R.Whatling, S. & S.Woolston

Catering: D.Bowes, M.Hall, M.Livermore, G.Stoneham, R.Spinks, J.Wallwork

Third Moulton Victory for Dominic King

Olympian Dominic King won the Moulton Five for the third time, seeing off a strong challenge from Moulton villager Callum Wilkinson. Following Wilkinson's outstanding performance in the recent European Cup meeting in Spain, many thought that he would triumph in his fourth outing in this popular race. However, the experienced international who is also a Centurion had other ideas and notched up his third victory in the event. Sophie Hales making a return to the discipline was an impressive ladies winner recording the fastest time since 2005.



The record Field of 70 including eight Guernsey walkers (pictured) who made the most of the sunny, but breezy conditions and 51 walkers bettered the hour compared to 31 in 2014.

Joyce Crawford from nearby Red Lodge, who failed by only 800m to become a Centurion at Southend last autumn won the Suffolk Women's championship ahead of Val Nutley and Rachel Webb, whilst Malcolm Smith and Phil Nutley took the men's place medals behind Callum Wilkinson.

Moulton resident Ray Still a former jockey who underwent a triple heart by-pass operation last November although finishing last was delighted to have met his challenge of completing the distance.



The EVAC champions were Liz Blakie and Paul Firmage.

A salver was presented to the Sarnia team to mark the fiftieth anniversary of the formation of their club

Suffolk medallists: Rachel Webb, Val Nutley, Joyce Crawford, Callum Wilkinson, Malcolm Smith and Phil Nutley with Suffolk CAA Chairman Joe Mower at the back.

League tables after five fixtures Following the Moulton Five, Hillingdon's 50pt lead after the fourth race has been cut to one by EHAC. Helen and Fabian have opened gaps and there are 41 ladies among the 118 walkers from 34 clubs who have so far taken part in this year's league.

Ladies

1. 304/5 Helen Middleton
2. 254/5 Jo Miles
3. 192/3 Maureen Noel
4. 175/4 Jenny Middleton
5. 164/3 Fiona Bishop
6. 159/3 Angela Martin
7. 141/3 Diana Braverman
8. 131/2 Penelope Cummings
9. 118/3 Kathy Crilley ©
10. 103/2 Anne Jones

Men

- | | |
|----------------------------|---------------------------|
| 1. 363/5 Fabian Deuter | 11. 190/3 Mark Cukshaw |
| 2. 334/5 John Ralph | 12. 190/4 Dave Hoben |
| 3. 301/5 Andrew Cox | 13. 188/4 Ron Powell |
| 4. 282/4 Steve Allen | 14. 186/3 Ken Bobbett |
| 5. 268/4 John Hall | 15. 178/3 Shaun Lightman |
| 6. 249/4 Dan Maskell | 16. 177/3 Arthur Thomson |
| 7. 248/4 Stuart Bennett © | 17. 175/5 Dave Ainsworth© |
| 8. 244/4 Amos Seddon | 18. 175/5 Chris Flint © |
| 9. 227/3 Fransisco Reis | 19. 168/3 Michael Harran |
| 10. 204/4 Brian Boggenpoel | 20. 167/3 Ron Penfold |

Team

- | | | |
|-------------------|-------------|---|
| 1. Hillingdon AC | 1412 | 363 Deuter, 301 Cox, 254 Miles, 186 Bobbett, 175 Middleton, 133 McKenzie |
| 2. EHAC | 1411 | 334 Ralph, 304 Middleton, 244 Seddon, 188 Powell, 177 Thomson, 164 Pender |
| 3. Surrey WC | 1115 | 249 Maskell, 190 Hoben, 178 Lightman, 171 Flint, 168 Harran, 159 MartinA |
| 4. Ilford AC | 1036 | 248 Bennett, 204 Boggenpoel, 175 Ainsworth, 148 Ryan, 146 Uttley, 116 Barnbrook |
| 5. EHAC 'B' | 802 | 159 Wilkinson, 152 May, 141 Braverman, 133 Smith, 119 Hercock, 98 Livermore |
| 6. Steyning AC | 727 | 167 Penfold, 134 JonesT, 133 Ball, 106 Stevens, 103 JonesA, 84 Hales |
| 7. Belgrave H | 718 | 268 Hall, 192 Noel, 190 Culshaw, 68 Narviliene |
| 8. Surrey WC 'B'H | 444 | 144 MartinM, 118 Crilley, 86 Crane, 52 Hannell, 44 Campbell |

Busy Pamela Abbott Most Saturday mornings, Pamela Abbott is either doing the Cambridge Park Run or officiating at it. In late April/early May she started race walk taster sessions after the run and quickly recruited half a dozen regulars. Some spent a morning at Bury St.Edmunds working out under the instruction of Callum Wilkinson and his coach Mick Graham. As a result the Cambridgeshire championships had its largest field for years, some turned out at Moulton and at the Woodford Tuesday races. Let's hope we see them at future ERWL fixtures. Pamela's been active in the EVAC league with a mile in 10.30 at Kings Lynn on 3rd June and 6.42 for the 1km at 1st July, a race won by club member Roger Lilley in 5.38. Newcomer Jo Outtrim who narrowly missed the hour at Moulton recorded 6.53.

Results Round-up

Five walkers took to the track for the **Cambridgeshire 3km championship** at the University track on 23rd May and six of whom three were YAG's for the **Suffolk championship** at Northgate stadium, Ipswich the day after. Three club members were involved and all three won. Pamela Abbott (EHAC) 19.52, won at Cambridge, whilst at Ipswich George Wilkinson won the u15's 1km in 5.49 and brother Callum the u20's 3km in 12.03.3 for a championship best by any age group. The full **Cambridge** result was Pamela Abbott 19.52, Mike Horsford 21.13, Joanne Outtrim 21.32, Katherine Wright 24.22 and Jennifer Payne 24.46 and the full **Suffolk** result was: Callum Wilkinson 12.03.3, Val Nutley 20.51, Phil Nutley 21.57, YAG's 1km George Wilkinson 5.49, 5.49 Bailey Elvin 7.27 and u13 Solomon 7.42.

The **Essex** race in which there were five walkers was won by Dan King 12.28 Sophie Hales 14.33, Keith Palmer 20.13, Peter Cassidy 21.14 and Francoise Fernandez 21.47. Amos Seddon didn't compete in the Essex walk championship, but finished 2nd in the M70 section of the **Essex marathon** event.

There was continuous rain throughout the **Middlesex** 3km, won by Fransisco Reis in 13.47 ahead of John Hall 16.58 and Shaun Lightman 17.47. Maureen Noel was the women's winner in 18.08 with Anchalee Suppavongvantana 19.44 and Lynn Jones 20.10 were second and third. Club member Sean Pender clocked 20.13. There were nine walkers.

Eight walkers turned out in the **SWC/BBHAC 3km** championship which took place at Norman Park, Bromley on 7th June. Six of them had competed at Moulton the previous day and they were David Crane 14.53, Malc Martin 16.26, Shaun Lightman 18.07, Dan Maskell 18.32, Angela Martin 18.33 and Dave Hoben 20.42.

Surrey/Sussex open vets 3km. This event was won by Carlos Corrales in 16.17 and *Leaguers* Fiona Bishop 19.01, Chris Flint 19.31 and Dave Hoben 20.30 also took part.

The **Woodford Tuesday 3km** on 9th June attracted ten walkers who were led home by Steve Allen in 15.50. EHAC had two competitors in the race; runner-up Gary Smith 17.01 and Pamela Abbott 20.11 the only woman to take part. Dan Maskell 19.07, John Borgars 19.20, Peter Cassidy 20.28, Mick Barnbrook 21.46 and Dave Ainsworth 24.52 were the *Leaguers* in action. Interestingly, the official's time for Steve Allen was 15.07, but such is the integrity of the Barnet athlete, he preferred the time on his own watch as being a more accurate time and so that is what appears in the results.

The Third **Jack Fitzgerald Memorial Walks** took place at Tilgate Park, Crawley on 13 June. The Veterans AC hosted the third running of this event on a lakeside course once used as the test bed for Britain's water speed record around popular beauty spot, Campbell's lake. With cloud cover and little wind *Leaguer* Malc Martin won the longer 10.325km race in 58.10 from Penelope Cummings 61.56, Richard Emsley 64.03 and the Enfield Super-Vet Arthur Thomson fifth in 66.33. The club's other entrant Sean Pender was 8th in 72.53. Other *Leaguers* in the race were; in 6th Dan Maskell 66.56, 7th Shaun Lightman 67.51 and 9th D. Hoben 75.14. There were a dozen starters in the race and a further eight in the short 5.9km. Full results can be found on the VAC website.

Sean Pender (M60) was the only club member and Shaun Lightman (M70) the only *leaguer* to travel north to Horwich, Lancashire, for the **BMAF 5km road** championship on 20th June. They both finished second in their respective age groups with times of 33.36 and 30.33.

Surrey Walking Club's **Johnson Bowl 4 miles** on 29th June at Blackheath was won in 35.27 by Malc Martin and other *Leaguers* of the ten who contested the race were; Shaun Lightman 41.01, Angela Martin 42.38 and David Hoben 50.49.

Steve Allen 15.32 won the **Woodford 3km** on 6th July with three EHAC men filling the next three positions: Gary Smith (literally hours after arriving back from America) 17.14, Sean Pender 19.59 and Ron Powell 20.33. Peter Cassidy 20.39, Dave Ainsworth 23.02 and Mick Barnbrook 23.22 were *Leaguers* in the ten strong field.

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

The second **SCVAC Track & Field league 2km** on 13th July is programmed for 6.30pm at Hemel Hempstead.

There is a **Vets AC 5 miles** walk at Battersea Park on 14th July. The start time is 7pm and further information is available from Dave Hoben on 07507 158605 or at www.vetsac.org.uk/

The **BMAF** track & Field championships at Alexander Stadium, Birmingham: from John Hall, (stroller49@gmail.com). The PROVISIONAL timetable has the 3k walks as 11.50 a.m. on Saturday 25th July and the 5k walks as 12.54 on Sunday 26th. The final timetable may be a little different as the number of entries for events ahead of the walks may necessitate some alteration. The closing date is 12th July. The entry system is online and the link is below. The system is quite simple, especially once you have registered on it. Anyone having difficulties should contact me or Ian Richards, the BMAF race walking secretary (ian.richards-home@tiscali.co.uk).

Looking further ahead, **The Southend Mile** takes place on Bank Holiday Monday – 31st August at 10.30