



(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>

EHAC Walkers Abroad

Gary in America: Congratulations once again to Gary Smith on his World Police & Fire Games victory at Fairfax County, Washington, USA. The temperature during the race was a testing and challenging 35c and Gary's 30.18 in the Grandmaster 5km walk won him his age group championship.

The day after returning from America he was in action at The LICC 5km and three days later finished second in the penultimate Woodford Tuesday 3km race and to days later was off to Lyon to take part in the World Masters. How he fared in the latter can be seen on page 3

The picture shows Gary proudly wearing EHAC's red and gold colours on the victory rostrum in Fairfax.



European Junior Championships: For the first time in many years two walkers, Emma Achurch (Leicester) and Callum Wilkinson were included in the British squad and a couple of others narrowly missed qualifying for selection. This championship was Callum's main target for the year and his seventh place in 41.34.36, which shaved 18 seconds off Darrell Stone's national under 20 best performance set when finishing fourth in the 1987 edition of the championships, was just reward for his dedication and application over the past 12 months.

Three seconds covered 5th, 6th and 7th places, but although losing out in the final lap battle, he was more than pleased with his performance. Five of the six walkers in front of him were in their final year in this age group.

The winner Diego Garcia (Spain) was always in control of the race passing 5km in 20.10, to Wilkinson's 20.40 and although the Suffolk and Enfield walker slowed slightly around the 6km mark, he rallied to a final 5km of 20.53.

The field was made up of 28 walkers from 16 countries – 11 received a red card (including Callum), six got two cards and three of them three. With the leading 15 athletes bettering 43 minutes competition was keen to which four national records and 16 pb's bears testimony.

The next League Fixture is a **5km track** event held in conjunction with the LICC meeting on

29th August at The Allianz Stadium

It starts at 12noon and includes Young Age Group races at 1 and 3km

Some Good & Some Not So Good News

The good news is that Fiona Bishop had the honour of carrying the flag for the BMAF team at the opening ceremony of the World Masters championships.

The not so good news is that Andy Cox and Chris Flint had to be hospitalised after recent races. Andy was very distressed upon finishing the World Masters 20km and since competing in the 100 miles on the Isle of Man, Chris has spent over a week in Margate hospital with a severe knee problem.

I'm sure everyone connected with the ERWL will want to wish them both a speedy recovery.

The latest news about Andy from Ken Bobbett

Some of you may be aware that Andy finished the World Masters 20k in poor condition and spent the following 7 days in a French hospital. I attach the latest update (attached) from Trevor Jones who has been acting as our communications officer in order to avoid any over stressing for Andy, in particular, and his family, that repeated enquiries may cause. At this time Andy's rehabilitation is unknown.

I know that in the near future we have a number of events scheduled for the Hillingdon cycle track, I will do my best to "fill his shoes" until Andy is back on his feet.

A number of regulars were absent, some to race the following day at the Inter-counties championships at Bedford and some keeping their powder dry for the World Masters championships in Lyon, France, which were scheduled to commence just a few days later. Fabian won easily and Grazina was comfortably clear of the second man. However, there had been quite a tussle in the early stages between the top five walkers, as indeed there was right up to the end for the four who were chasing tenth position.

<i>Men</i>	© = Centurion - * = pb	<i>Women</i>	
1. Fabian Deuter (Hillingdon AC)	24.44 SM	1. Grazina Narviliene (Belgrave H)	26.49 w40
2. Steve Allen (Barnet & D)	27.23 M55	2. Maureen Noel (Belgrave H)	30.30 w50
3. John Ralph (Enfield HAC)	28.28 M55	3. Helen Middleton (Enfield HAC)	30.49 w50
4. Mark Culshaw (Belgrave H)	28.57 M45	4. Lynn Jones (Enfield HAC)	33.38 w50
5. Ken Bobbett (Hillingdon AC)	29.24 M70	5. Geraldine Legon (Bexley)	34.08 w55
6. Gary Smith © (Enfield HAC)	29.42 M55		
7. Andrew Cox (Hillingdon AC)	29.55 M60	<i>men continued</i>	
8. Arthur Thomson (Enfield HAC)	30.42 M75	16. Ron Powell (Enfield HAC)	34.52 M75
9. Dan Maskell (Surrey WC)	32.10 M65	17. David Hoben (Surrey WC)	35.45 M65
10. David Kates © (Ilford AC)	32.19 M65	18. Stephen Cartwright (Colchester)	37.11 M55
11. Sean Pender © (Enfield HAC)	33.01 M60	19. Jon May (Enfield HAC)	39.13 M60
12. Brian Boggenpoel (Ilford AC)	33.03 M55	20. Mick Barnbrook © (Ilford AC)	39.58 M70
13. Peter Hannell (Surrey WC)	33.05 M70	21. Dave Ainsworth © (Ilford AC)	40.20 M65
14. Russell Vroobel (Hillingdon AC)	33.13 M55		
15. Phil Goodwin (Ilford AC)	34.21 M60	3km Bernie Hercock (Enfield HAC)	34.52 M75

Judges: Peter Cassidy, Pauline Wilson

Recorders: LICC Officials, Pam Ficken, Carl Lawton

League tables after Six Fixtures

To date 42 women and 75 men representing 36 clubs have participated in this year's competition and have registered 254 performances.

<i>Ladies</i>	<i>Men</i>
1. 364/6 Helen Middleton	1. 433/6 Fabian Deuter
2. 254/4 Maureen Noel	2. 401/6 John Ralph
3. 254/5 Jo Miles	3. 364/6 Andrew Cox
4. 175/4 Jenny Middleton	4. 350/5 Steve Allen
5. 164/3 Fiona Bishop	5. 308/5 Dan Maskell
6. 159/3 Angela Martin	6. 268/4 John Hall
7. 141/3 Diana Braverman	7. 260/5 Brian Poggenpoel
8. 137/2 Grazina Narviliene	8. 256/4 Mark Culshaw
9. 131/2 Penelope Cummings	9. 251/4 Ken Bobbett
10. 118/3 Kathy Crilley ©	10. 248/4 Stuart Bennett ©
	11. 244/4 Amos Seddon
	12. 239/5 Dave Hoben
	13. 238/5 Ron Powell
	14. 238/4 Arthur Thomson
	15. 227/3 Fransisco Reis
	16. 221/4 Sean Pender ©
	17. 220/6 Dave Ainsworth©
	18. 199/5 Jon May
	19. 197/3 Gary Smith
	20. 178/3 Shaun Lightman

Team

2. EHAC	1706	401 Ralph, 364 Middleton, 244 Seddon, 238 Powell, 238 Thomson, 221 Pender
1. Hillingdon AC	1631	433 Deuter, 364 Cox, 254 Miles, 251 Bobbett, 175 Middleton, 154 McKenzie
3. Surrey WC	1223	308 Maskell, 239 Hoben, 178 Lightman, 171 Flint, 168 Harran, 159 MartinA
4. Ilford AC	1036	260 Boggenpoel, 248 Bennett, 220 Ainsworth, 162 Barnbrook, 147 Ryan, 146 Uttley
5. EHAC 'B'	802	199 May, 197 Smith, 163 Hercock, 159 Wilkinson, 141 Braverman, 110 Jones
6. Steyning AC	727	167 Penfold, 134 JonesT, 133 Ball, 106 Stevens, 103 JonesA, 84 Hales
7. Belgrave H	915	268 Hall, 256 Culshaw, 254 Noel, 137 Narviliene
8. Surrey WC 'B'H	499	144 MartinM, 118 Crilley, 107 Hannell, 86 Crane, 44 Campbell

World Masters Championships

There were over 500 walkers among the 8,000 athletes who assembled in Lyon, France, for the **Masters World championships** twixt 6th and 17th August. Thirty-five British Masters took part including club member Gary Smith and thirteen others who are regulars at ERWL fixtures. There were some excellent performances by all members of the team and several medals were won by them. There is a comprehensive list of results on the BMAF website, but I've extracted the details below which will be of particular interest to Enfield Leaguers. It hasn't been a straight forward task getting this information, so I apologise for any errors and welcome any corrections people care to send me.

Allen Steve	M55	8 th	27.20	7 th	53.53	6 th	1.56.35	
Bishop Fiona	W55	21 st	36.12	19 th	69.50	15 th	2.28.24	10km & 20km Team Bronze
Blatchford Noel	W65	4 th	32.56	4 th	66.53	4 th	2.17.43	
Bobbett Ken	M70	5 th	30.26	5 th	63.42	2 nd	2.11.01	20km Ind Silver & Team Gold
Cox Andy	M60	-----		22 nd	62.43	20 th	2.16.52	Team Gold
Duhig Cath	W60	11 th	31.48	16 th	65.29	-----		
Jones Anne	W60	-----		19 th	66.45	12 th	2.19.24	
Legon Geraldine	W55	22 nd	36.16	-----		-----		
Martin Angela	W50	22 nd	33.44	16 th	67.34	16 th	2.19.24	
Martin Malcolm	M60	13 th	27.57	15 th	59.16	8 th	2.02.04	
Noel Maureen	W50	-----		12 th	52.56	11 th	2.08.35	
Reis Fransisco	M55	dnf		6 th	49.44	dnf		
Gary Smith	M55	-----		26 th	62.08	18 th	2.12.33	
Vroobel Russell	M55	-----		-----	23 rd	2.28.36		

Results Round-up

Leaguers Fransisco Reis 50.12 and Steve Allen 55.08 were members of the Southern RWA team that triumphed in the annual **Inter-Area match** held at Tamworth on 11th July. As well as the 10km in which they competed and which was won by Tom Bosworth in 42.02, the match involved races for all age groups.

Two club members and six *Leaguers* were among the 30 competitors who took part in the **BMAF track championships** at Birmingham on 25th/26th July. The 3km took place on the first day and the 5km on the second. In the M75 Arthur Thomson 18.36/31.06 completed the double with club mate Ron Powell 20.39/33.58 second on both occasions.

Leaguers achieving the double were: M50 Fransisco Reis 13.38/23.24, M55 Steve Allen 15.22/26.57, W40 Angela Martin 19.08/32.28 and in the W60 Cath Duhig 18.22/31.21.

M60 Malc Martin 16.22 finished runner up to New Zealander Mike Parker in the 3km, but with 27.44 won the 5km. Ken Bobbett who had been unwell in the week leading up to the championships only contested the M70 3km which he won with 17.42.

Amos Seddon and Centurion Sean Pender took part in the 99th **Njmeagan Four Day Marches** covering 30kms a day. In addition to Sean, three other members of the Centurion brotherhood took part; former EHAC member Sue Clements, Chris Flint who both did 50km per day and Kathy Crilley who did 4 x 40km.

SCVAC – Herts/N.Middlesex meeting on Monday 13th July at Hemel Hempstead. 2km walk result: Steve Uttley 10.19, Steve Allen 10.34, Stuart Bennett 11.12, Gary Smith 11.15, John Borgars 12.28, Sean Pender 12.47 and Pamela Abbott 13.18.

Roger Lilley 11.46 and Cath Duhig 12.20 were the leading walkers at the **EVAC league** 2km at Cambridge on 29th July. In all there were nine starters among them Pamela Abbott who is currently carrying an injury, but walked for the points clocking 13.38.

East Anglian walkers dominated the men's race at the **CAU/AAA 3km championships** at the Bedford International stadium on Sunday 2nd August. Representing Essex, Olympian Dominic King 12.07.14 and twin Daniel 12.49.56 finished first and third respectively, but were split by Suffolk's Callum Wilkinson who clocked 12.35.22.

In addition to Callum, the club was represented in the women's race, which was won by Bethan Davies in a new Welsh Best Performance of 13.03.66, by Helen Middleton (Bedfordshire) 17.53.25 and Pamela Abbott (Cambridge) 20.43.27.

Leaguers who gained their county colours for this event were Fransico Reis (Middlesex) who finished 6th in 13.39.35, Steve Allen (Hertfordshire) 15.29.75, Steve Uttley (Oxfordshire) 15.47.11 and Roger Lilley (Cambridge) who unfortunately collected three red cards.

Sophie Hales 14.32 was the winner of the penultimate **Woodford Tuesday 3km** on 4th August. The club had five walkers in action; Gary Smith 2nd 17.21, Sean Pender 5th 19.14, Lynn Jones 6th (1st lady) 19.36, Ron Powell 7th 20.08 and Pamela Abbott 10th 22.43. There were twelve finishers in all the remainder were; Dan Maskell 3rd 18.45, John Borgars 4th 19.04, John Brock 8th 20.40, Peter Cassidy 9th 20.42, David Ainsworth 22.43 and Mick Barnbrook 23.15.

Eleven walkers came under starter's orders for the **SWC 5km** at Tonbridge on 5th August and the winner was the outstanding youngster Cameron Corbishley in 21.27. David Crane 25.17 was runner-up and other *Leaguers* in action were Shaun Lightman 30.43, Michael Harran 31.43, Dan Maskell 31.46 and Dave Hoben 35.10.

Dan Maskell competed in the **Lancashire WC's annual One hour** race at Bury on 15th August and finished 4th with a distance of 9.137m. The race was won by the promoting club's Adrian Edwards with 10.344m

Bethan Davies was the outstanding walker at the **Welsh championships** held at Newport on 16th August. Her time for the 3km was 13.18, a new Welsh record. Ken Bobbett won the men's titles in 2013 and 2014, but was busy collecting medals at the World Masters championships this year. However, the title remained with a *Leaguer* in the form of Dave Ainsworth in 21.57, who sadly was the only senior man to enter the event. On a brighter note there were six under 17 year olds in the eight strong-field.

There was a very poor entry for the **South of England AA track walk championships** at Ashford on 15th August. This event has been dropped from the main championships held earlier in the summer and is now included in this mid-August fixture, which slap bang in the middle of the holiday period doesn't really help in terms of walker availability. The situation was exacerbated this year by the clash with the World Masters races in France. Callum Wilkinson won the 5km in 21.10 breaking his own u20 championship best performance in the process, with Tim Snook 24.31 (also u20) his nearest challenger. Shaun Lightman 31.16 won the senior event and Penelope Cummings 29.00 the women's title. There were some u17's racing over 3km, but I can't locate the results.

Arthur Thomson and Ron Powell represented the club at the **Veterans AC 5M Walk 18th August** at Battersea Park. Dave Hoben reports: Grey skies and no wind again made ideal conditions for racing in the 5th and final fixture of the season. Minor engineering works following a recent event on the Carriage Drives meant navigating barriers and missing tarmac where the racing circuit had not yet been restored. Notwithstanding that, with a similar field to the previous fixture finishing times and positions had scarcely changed. Mark Culshaw from Belgrave Harriers had third win of the season in this event. Due to the World Masters Championships in Lyon which ended the weekend before a few regulars were absent.

1 Mark Culshaw (Bel) (G) M45 47:12, John Hall (Bel) M65 48:20. 3 Shaun Lightman (SWC) M70 50.29, 4 Arthur Thomson (Enf) M70 51:18. 5 Dan Maskell (SWC) M65 51:54, 6 Mick Harran (SWC) M75 53.21, 7 Peter Hannell (SWC) M70 55:06, 8 Paul King (Bel) M60 55:45, 9 Ron Powell (Enf) M75 56:12, 10 David Hoben (SWC) M60 57:12, 11 Dave Delaney (SWC) (G) M70 57:21

Entry in advance is a requirement for a Guaranteed Place in the

2015 ERWL ONE HOUR BADGE RACES

Badges awarded to walkers achieving for the first time

5, 6 miles, 10km and 7 miles - Plaques for 8 miles

Saturday 26th September - Dacorum Track, Jarman Lane Hemel Hempstead, HP2 4JS

The number of walkers per race is limited and entries on the day will only be taken if the limits have not been reached.

12 noon Race 1

Domestic Rules

1.20pm Junior/Novice One mile

Domestic Rules

1.50pm - Race 2

International Rules

Entries in the form of an email or note with name, age, club and which race to

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

The Southend Mile takes place at Garons Track on Bank Holiday Monday – 31st August at 10.30.

The Final Woodford Tuesday 3km takes place at Ashton Playing Field on 1st September at 8.30pm.