



(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 Dominate WT League***

In what Peter Cassidy describes as the best supported series for a few years, EHAC won the Woodford Tuesday Walks League by an 80 point margin, provided the leading lady in Pamela Abbott and second man in Gary Smith.

The picture shows (L-R) Lynn Jones, Gary Smith, Ron Powell, Sean Pender and Pamela Abbott with the trophies: Ron holds the 'Reg Youldon' team cup and Pamela the 'Phil Embleton' ladies award

Peter Cassidy's report and full result appears in *Results Round-up* on page 3.



### ***Third u20 National Best for Wilkinson***

When winning the national Youth Development Invitation 2km walk in 2014 with a time of 7.52.9, Callum Wilkinson missed the u20 national record set by Luke Finch in 2002 by a couple of 100's of a second. At Birmingham on 5<sup>th</sup> September in this year's race he made no mistake stopping the watch at 7.41.9. This was the third national u20 best he has set this year, the others being his 6.03 1 mile in February and 41.34 10km in July.

Younger brother George was third in the u15's 1km to record a solid 5.41, ten seconds faster than he walked the previous week in the LICC meeting.

### ***EHAC/Leaguers win medals BMAF championship***

On Sunday 6<sup>th</sup> September at Leicester's Abbey Park, the **Jim Sharlott/BMAF 10km** took place. The field consisted of 5 women and 17 men, among them Arthur Thomson M75 winner in 62.29. The overall race winner was Fransisco Reis in 49.07, ahead of Ian Richards 50.26 and John Hall 56.33. Mark Culshaw 60.51, Shaun Lightman 64.21 and Maureen Noel 62.17 who was third lady behind Kate Hargreaves 56.03, also made the trip to Leicester. In the BMAF championships, in addition to Arthur's win there was victory for Fransisco, Maureen and Shaun with runner-up positions for John and Mark.

### ***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 26<sup>th</sup> September - Dacorum Track, Jarman Lane Hemel Hempstead, HP2 4JS**

**12 noon Race 1**

**1.20pm Junior/Novice One mile**

**1.50pm - Race 2**

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

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

To Ron Wallwork 35A Newmarket Road, Moulton, Suffolk, CB 8QP  
[rwallwork4@sky.com](mailto:rwallwork4@sky.com) - 01638 751869 **By Monday 21<sup>st</sup> September**

**10<sup>th</sup> October's Race is a 5 mile Yacht Handicap** at Donkey Lane, EN1 3PL start at 1pm  
1, 2 or 3 mile events for YAGS, Novices, Newcomers and anyone not wanting to do the listed distance

One more walker turned out than at the last race four weeks previously and at least four walkers posted better times than they did in that race and for Jo Miles it was her best time since 2012. Three under 15's walked, two having their first race and all three showed potential.

Men	© = Centurion - * = pb	Women
1. Steve Allen (Barnet & D)	27.47 M55	1. Grazina Narviliene (Belgrave H) 26.18 w40
2. John Hall (Belgrave H)	27.55 M65	2. Maureen Noel (Belgrave H) 30.40 w50
3. John Ralph (Enfield HAC)	28.45 M55	3. Helen Middleton (Enfield HAC) 31.25 w50
4. Gary Smith © (Enfield HAC)	30.04 M55	4. Lynn Jones (Enfield HAC) *32.41 w50
5. Amos Seddon (Enfield HAC)	30.48 M70	5. Jo Miles (Hillingdon AC) 33.38 w60
6. Shaun Lightman (Surrey WC)	30.54 M70	
7. Arthur Thomson (Enfield HAC)	31.22 M75	<i>men continued</i>
8. Dan Maskell (Surrey WC)	31.29 M65	3km
9. David Kates © (Ilford AC)	31.34 M65	Isabelle Bridge (Blackheath & Brom) 19.54 u15
10. John Borgars (Loughton AC)	32.20 M65	Bernie Hercock (Enfield HAC) 29.12 M75
11. Brian Boggenpoel (Ilford AC)	33.30 M55	
12. Russell Vroobel (Hillingdon AC)	33.36 M55	1km
13. Ron Powell (Enfield HAC)	35.01 M75	George Wilkinson (Enfield HAC) 5.52 u15
14. Tony Wilkinson (unattached))	36.58 M50	Ethan Kitteridge (Blackheath & Brom) 6.08 u13
15. Mick Barnbrook ©(Ilford AC)	38.21 M70	
16. Jon May (Enfield HAC)	40.33 M60	<i>Judges: Michael Croft, Sean Pender, Ron Wallwork</i>
17. Dave Ainsworth ©(Ilford AC)	41.25 M65	<i>Officials: LICC, Pam Ficken, Carl Lawton</i>
18. Eddie Trotter (Ilford AC)	46.24 M65	
Mark Culshaw (Belgrave H)	retired M45	

**League tables after Seven Fixtures** To date 43 women and 77 men representing 35 clubs have participated in this year's competition and have registered 282 performances

Ladies	Men
1. 425/7 Helen Middleton	1. 468/7 John Ralph
2. 319/5 Maureen Noel	2. 433/6 Fabian Deuter
3. 308/6 Jo Miles	3. 419/6 Steve Allen
4. 207/3 Grazina Narviliene	4. 368/6 Dan Maskell
5. 175/4 Jenny Middleton	5. 364/6 Andy Cox
6. 167/3 Lynn Jones	6. 336/5 John Hall
7. 164/3 Fiona Bishop	7. 317/6 Brian Poggenpoel
8. 159/3 Angela Martin	8. 308/5 Amos Seddon
9. 141/3 Diana Braverman	9. 301/5 Mark Culshaw
10. 131/2 Penelope Cummings	10. 300/5 Arthur Thomson
	11. 291/6 Ron Powell
	12. 269/7 Dave Ainsworth©
	13. 263/4 Gary Smith ©
	14. 251/4 Ken Bobbett
	15. 249/6 Jon May
	16. 248/4 Stuart Bennett ©
	17. 241/4 Shaun Lightman
	18. 239/5 David Hoben
	19. 227/3 Fransisco Reis
	20. 221/4 Sean Pender ©

Team		
1. EHAC	<b>2055</b>	468 Ralph, 425 Middleton, 308 Seddon, 300 Thomson, 291 Powell, 263 Smith
2. Hillingdon AC	<b>1740</b>	433 Deuter, 364 Cox, 308 Miles, 251 Bobbett, 209 Vroobel, 175 Middleton
3. Ilford AC	<b>1367</b>	316 Boggenpoel, 269 Ainsworth, 248 Bennett, 213 Barnbrook, 174 Kates, 147 Ryan
4. Surrey WC	<b>1346</b>	368 Maskell, 241 Lightman, 239 Hoben, 171 Flint, 168 Harran, 159 Martina
5. Belgrave H	<b>1163</b>	336 Hall, 319 Culshaw, 301 Noel, 207 Narviliene
6. EHAC 'B'	<b>1146</b>	249 May, 221 Pender, 209 Hercock, 167 Jones, 159 Wilkinson, 141 Braverman
6. Steyning AC	<b>727</b>	167 Penfold, 134 JonesT, 133 Ball, 106 Stevens, 103 JonesA, 84 Hales
8. Surrey WC 'B'H	<b>499</b>	144 MartinM, 118 Crilley, 107 Hannell, 86 Crane, 44 Campbell

### **From Andrew Fraser of Scotia RWC**

Would you mind adding our one-and-only true race (in the current Scottish Athletics calendar) to your schedule in your next edition, please? Details are as follows:

#### **SVHC 10,000m Track Championships on Sunday 18<sup>th</sup> October**

11.15 at Coatbridge Outdoor Sports Centre, Langholm Street, ML5 1ER (parking available outside)

*Although you'll enter on the day, all walkers are still required to register by Friday 16 October 2015 by e-mail*

**Invite from Pamela Abbott** In the June issue I reported on the efforts being made by Pamela Abbott to attract race walkers to the Cambridge Park Run, Well here is a personal invitation from her.

Hi Ron If the timing is right for the Enfield Walker it'd be great if you could invite anyone who'd like to race walk with me on my 100th parkrun to come along to Cambridge parkrun on Sat 3rd October at 9am (in time for the first timers briefing at 8.50).

I've set up a public event on Facebook with details: <https://www.facebook.com/events/145573895779874/>

It would be great to have some more race walkers join me and my small group of new race walkers on this special day.

It will just be as part of the regular Cambridge parkrun so no judges and not an official event but I'll be making cake and it'll be very sociable. The park has a nice cafe and we can stay on for lunch - no showers though for those who like to change afterwards. If people are coming by car they need to bring £2 for the car park.

It's at Milton Country Park. If people haven't done a parkrun before and would like an individual time they need to register on the parkrun website, print their barcode and bring it along on the day.

Here's the website and directions: <http://www.parkrun.org.uk/cambridge/course/>

*Getting there by road:* The Park is located just off the junction of the A10 and A14 and is clearly signposted from there. Take the Milton exit from the A10/A14 roundabout down into the village. At the roundabout outside Tesco turn right to drive through a small industrial estate into the car park (£2 fee).

*If you are using a Sat-nav:* the Park's postcode is CB24 6AZ however it shares it with the industrial estate so don't rely on it for the very last bit. Once you've turned into the estate at the roundabout outside Tesco go straight ahead until you reach the Park entrance (your sat-nav may encourage you to take a right turn inside the industrial estate - ignore it).

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**Barclay – Dunwoody Re-union** at The Bedford Lodge, Newmarket on 9<sup>th</sup> July.

*L to R: Sean Pender, Glyn Jones, Jon May, Joan Wallwork, Mavis & Eric Hall, Margy & Dave Young, Amos Seddon, Pam Ficken and Ron Wallwork.*



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## **Results Round-up**

In addition to *Leaguers* in action in France at the World Masters championships in Lyon, another two were also on French soil. Relatively close to Lyon, Centurions Suzanne Beardsmore and Kathy Crilley were taking part in the **Six day Jours de France**. Suzanne although troubled with a urine infection completed 414,801km, whilst battling with right leg tendonitis, Kathy covered 344,076km which she tells me was a W65 national record.

Dan King won the **Essex 10km championship** staged at Southend on 29<sup>th</sup> August. His time was a respectable 44.57 in what was virtually a time trial and with competition would have undoubtedly gone faster.

Five walkers contested the **VAC championship 3km** at Ewell Court on 29<sup>th</sup> August. They were Peter Hannell 19.11, Peter Watts 19.15, Dave Hoben 20.36, Douglas Nelson 21.33 and Dave Stevens 23.59. At this meeting Barbara Ralph took 2<sup>nd</sup> place in the W60 5km run in a time of 22.47.

**The Southend-on-Sea 1 mile** was held on a rainy August Bank Holiday Monday, which fortuitously saw a break in the downpour for about 15 minutes' each side of the walking race...and during it! Perhaps heavy rain deterred some, as a number of regulars at this event didn't attend this time...but still a double-figures (13) field showed up, boosted by members, and former members, of Southend-on-Sea AC. Barnet's Steve Allen with a time 8.24 was the only one inside double digits. Of interest to ERWL regulars was the second appearance this year of the other Steve Allen (the Ilford Centurion) 10.44, Peter Cassidy 10.57, Stephen Cartwright 11.07, Dave Ainsworth 12.04 and Eddie Trotter 13.59.

Peter Cassidy reports: On 1<sup>st</sup> September the final **Woodford Tuesday 3km** race of the series was staged on a chilly and dismal evening. It rounded off a season seeing more appearances than for the past four years. The newly rejuvenated Sophie Hales duly whipped round a quarter of a minute faster than in race No.3, nearly lapping the field. Steve Allen and Pam Abbott retained the individual titles and Enfield & Haringey ended Ilford's run of three consecutive team wins. The traditional presentation rally took place around the boot of Pam Ficken's car, her lemon drizzle and chocolate cake constituting prizes for everyone.

1 Sophie Hales 14:16, 2 Steve Allen 16:18, 3 Gary Smith 18:05, 4 Dan Maskell 18:49, 5 Lynn Jones 18:55, 6 John Borgars 19:04, 7 Sean Pender 19:23, 8 Ron Powell 19:52, 9 John Brock 20:19, 10 Pam Abbott 20:35, 11 Peter Cassidy 20:46, 12 Mick Barnbrook 22:31, 13 Dave Ainsworth 23:46.

*Final Individual Positions (best three results to count):* 1 Steve Allen 89, 2 Gary Smith 87, 3 Dan Maskell 83, 4 John Borgars 79, 5 Sean Pender 78, 6 Ron Powell 74, 7 Peter Cassidy 72, 8 John Brock 71, 9 Pamela Abbott 68, 10 Dave Ainsworth 62, Mick Barnbrook, 12 Sophie Hales 60, 13 Lynn Jones 51, 14 Françoise Fernandez 46, 15 Mike Horscroft 24, 16 Jenny Outtrim 24, 17 Len Ruddock 21, 18 Jill Payne 19.

*Final Team Positions:* 1 EHAC "A" 297, 2 Loughton 217, 3 Ilford 182, 4 Barnet & D 89, 5 EHAC "B" 87, 6 Surrey W.C. 83, 7 Southend-on-Sea 71, 8 Steyning 60, 9 Eastern Vets' 24

We are grateful to all the officials and to Woodford Green A.C. with Essex Ladies, who make the time available in their Open Graded Meetings.

See you next year! - Peter & Pauline

The weekend 4<sup>th</sup>/6<sup>th</sup> September was a busy one. In the **Sarnia 3km** road race on 4<sup>th</sup> September, used as a warm-up event for the famous Guernsey Churches 19.4 mile walk two days later, Sean Pender finished 4<sup>th</sup> of the 12 walkers in 19.01. Stuart LeNoury who finished 6<sup>th</sup> in this year's Moulton Five won the race in 15.27 from mainlander Jim Ball who recorded 16.04. Dave Hoben 20.40 also walked.

In the final stages of the **Church to Church** race on 6<sup>th</sup> September Stuart LeNoury 3.21.31 overtook long time race leader Jim Ball 3.22.41 to finish in the same order as they had two days earlier. Third was Coventry's Glyn Jones (more often these days seen in his role as an officiator) in 3.32.02. For the second year Sean Pender 3.44.11 was the first M60 to finish in 6<sup>th</sup> and *Leaguer* Dave Hoben 3.37.45 was also among the 14 who started the walk.

Dan Maskell 64.18 finished 3<sup>rd</sup> in the **Lancashire WC Goodwin Cup 10km** on 12<sup>th</sup> September. The race winner was the promoting club's G Smith in 59.18.

**Guess Who?** I don't think it will be too difficult to name the athlete on the right. Action below from Regents Park circa 1951. One of the walkers is still competing and although it is obvious which one, who is it?



The Who, Where and When? Picture in the May issue was: *Ken Livermore, Paul Ray, Ron Powell and Ian Spinks at St. Peter's Port, Guernsey for the Churches walk in 2002.*

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

27<sup>th</sup> September **SWC Gazette Cup 4 miles** at Addiscombe at 2pm *Details on Surrey WC website*

4<sup>th</sup> October UKA International and **Domestic 50km**. Details attached

10<sup>th</sup> October **ERWL 5 miles Yacht Handicap** (see front page)

17<sup>th</sup> October **Cambridge Harriers** are promoting **Open Walks** at Sutcliffe Park, Eltham, London. This is a new event and consists of. SM/SW/U20M/U20W - 10k, U17M/U17W - 5k, U15G/U15G - 3k U13G/U13B - 2k. Entry form attached.

24<sup>th</sup> October **Steyning AC Open 10km** Starts at 2.30, details from

*Details from:* Ron Penfold on 01293 520506 or Dave Stevens 01903 814422