

# The Enfield Walker 2016

January



(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>

## 2016 Series – Under Starters Orders



Entries for the opening fixture of the 2016 series were considerably down on previous years, perhaps because the race was a week earlier than usual. Conditions were reasonable; cold, but dry for the most part.

Southern President Chris Hobbs got the better of a close tussle with Malc Martin, whilst Penelope Cummings was over two minutes clear of her nearest challenger. In the mid-field, six walkers finished within a minute and Belgrave novice Dan Halmstrand made a promising debut.

Cath Duhig was the first of seven *Centurions* in the race to finish and four others were on the officiating team.

### Indoor Successes for Wilkinson

University life at Leeds and the opportunity to train with other top walkers on a regular basis certainly seems to be paying dividends for Callum Wilkinson. His main target for 2016 is the World Junior championships to be staged in Poland during July, so he is currently part way through a period of demanding training in preparation for that.

Nevertheless he has used two indoor meetings to ascertain how this preparation is going. The first was the EA 3km at Sheffield on 10<sup>th</sup> January where he clocked 11.39.87, which earned him selection for the ELAN meeting on 31<sup>st</sup> January in Bratislava. The latter event was over 5km where he finished sixth in 19.39.69. Both constituted national junior best performances.

Tom Bosworth was the winner on both occasions also set national best performances with 11.15.18 and 18.54.89 respectively.

Emma Achurch (Leicester WC) ducked under 14 minutes in the Bratislava women's 3km; 13.59.36 her second fastest time to finish a very creditable 3<sup>rd</sup>.

Whilst I personally remain sceptical about indoor racing, if it isn't used too often or taken too seriously it can provide a useful pointer as to an athlete's condition and it's encouraging to see young British walkers doing well abroad..

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**The Next Fixture is on**

**20th February at QEII, Donkey Lane, Enfield. EN1 3PL**

**The Distances are One, Two, Three, Four or Five miles**

**Entries on the day Start time 1pm**

**2016 ERWL - Race 1**

**Five Miles**

**QEII Playing Fields, Enfield**

Men

© = Centurion - \*=pb

Women

|                        |               |       |     |
|------------------------|---------------|-------|-----|
| 1. Chris Hobbs         | (Ashford AC)  | 43.59 | M60 |
| 2. Malc Martin         | (Surrey WC)   | 44.11 | M55 |
| 3. Steve Allen         | (Barnet & D)  | 45.43 | M55 |
| 4. Steve Uttley        | (Ilford AC)   | 46.06 | M55 |
| 5. Mark Culshaw        | (Belgrave H)  | 47.01 | M45 |
| 6. John Ralph          | (Enfield HAC) | 48.07 | M55 |
| 7. Daniel Halmstrand   | (Belgrave H)  | 50.37 | M45 |
| 8. Dan Maskell         | (Surrey WC)   | 52.06 | M65 |
| 9. Roger Lilley        | (Enfield HAC) | 52.11 | M55 |
| 10. Michael Harran     | (Surrey WC)   | 52.34 | M75 |
| 11. Paul King ©        | (Belgrave H)  | 52.48 | M60 |
| 12. Sean Pender ©      | (Enfield HAC) | 54.18 | M60 |
| 13. Chris Flint ©      | (Surrey WC)   | 58.27 | M70 |
| 14. Stephen Cartwright | (Colchester)  | 59.53 | M55 |
| 15. Mick Barnbrook ©   | (Ilford AC)   | 67.50 | M70 |
| 16. Dave Ainsworth ©   | (Ilford AC)   | 69.55 | M65 |

|                       |                 |       |     |
|-----------------------|-----------------|-------|-----|
| 1. Peneole Cummings   | (Aldershot FD)  | 48.03 | w35 |
| 2. Maureen Noel       | (Belgrave H)    | 50.47 | w50 |
| 3. Cath Duhig ©       | (Ryston R)      | 52.39 | w60 |
| 4. Anne Jones         | (Steyning AC)   | 53.07 | w60 |
| 5. Angela Martin      | (Surrey WC)     | 53.07 | w50 |
| 6. Jo Miles           | (Hillingdon AC) | 54.47 | w60 |
| 7. Jenny Middleton    | (Hillingdon AC) | 60.53 | w40 |
| 8. Kathy Crilley ©    | (Surrey WC)     | 61.59 | w65 |
| 2 miles Pamela Abbott | (Enfield HAC)   | 23.33 | w50 |

Judges: S.Beardsmore©, P.Cassidy, S.Lightman, P.Wilson©

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

Judges Runner: T.Jones

Registration/Refreshments: , Ian Spinks, Joan Wallwork

Event Organisers: R.Wallwork©, John Hall, Ian Spinks

Thanks to Enfield Town FC for allowing us to use their club room for the presentations.



2015 League Presentations

Individual winners Maureen Noel and Fabian Deuter. Officials Award: Phil Welch.

Action from the race: Chris Hobbs(36) & Malc Martin

**League Table** The Team table is set out below and individual table position reads the same as the result of the first race.

|                  |            |  |
|------------------|------------|--|
| 1. Surrey WC     | <b>346</b> | 69 Martin, 61 Maskell, 59 Harran, 56 MartinA, 52 Flint, 49 Crilley |
| 2. Belgrave H    | <b>248</b> | 66 Culshaw, 63 Halmstrand, 62 Noel, 57 King                        |
| 3. EHAC          | <b>224</b> | 64 Ralph, 60 Lilley, 54 Pender, 46 Abbott                          |
| 4. Ilford AC'    | <b>162</b> | 67 Uttley, 48Barnbrook, 47Ainsworth                                |
| 5. Hillingdon AC | <b>103</b> | 53 Miles, 50 Middleton,  |

***This and That***

The **100th International Four Days Marches Nijmegen** will take place from 19 July to 22 July 2016. Registration is possible through <http://www.4daagse.nl/en/> from Monday 1 February onwards. It is likely that even increasing the entry limit to 50,000 will not meet the demand, will offer a guide to getting a guaranteed entry. This is a do not miss event.

A feature of last year's Moulton 5 was the visit of the Sarnia walkers. Well, fifth lady to finish Olga Sinkevica 52.51 and sixth man Stuart LeNoury 42.33, announced their engagement on Christmas Day. **Congratulations** from all connected with ERWL.

## **2016 Enfield Walking League** *A warm welcome to walkers regardless of age or standard*

**Format:** A maximum of eleven events will constitute the 2016 *League* (best nine to score) each of which will carry a minimum of seventy points. However, events with more than forty-five participants will carry eighty. Points will be awarded in descending order, the winner being credited with the highest available. No race will carry bonus points

**Race Conditions:** The event referee to be appointed by the organising committee.

Senior races will be under the 'Domestic rule – Contact with a walking mode of progression.

Separately organised YAG races will be A category races.

Decisions about permissible/appropriate apparel will be made by the event referee.

The **entry fees** will be **£5** although there may be additional fees for championship or open events. There will be no entry fee for walkers under the age of 16.

**The League awards** will be presented at the first fixture of 2016 to Senior and YAG individuals, highest placed **Centurion**, senior mixed club teams of six (*which may include second claim members*) and a free race vouchers to walkers who have competed in six events taking no other award.

### **Provisional Fixture List**

|                  |           |      |                          |   |
|------------------|-----------|------|--------------------------|---|
| 20 <sup>th</sup> | February  | 1pm  | 5 miles<br>1/2/3 miles   | <b>League Race 2</b> at QE2 Playing Fields, Donkey Lane, EN1 3PL<br>Young age groups and Newcomers                      |
| 9 <sup>th</sup>  | April     | 1pm  | 10km                     | <b>*Cecil Gittins Meeting</b> (ERWL race 3 at Gravesend Cycle track<br>5/15km + Young age groups and Newcomer distances |
| 2 <sup>nd</sup>  | May       | 5pm  | 5 miles<br>2 miles U/15s | <b>Pednor Open</b> Race 4 at Chesham LT & S Club, Pednor Road.<br>Details on Chiltern Harriers website                  |
| 4 <sup>th</sup>  | June      | 1pm  | 5 miles                  | <b>Moulton Open</b> from Moulton Village Hall, Suffolk, and CB8   |
| 30 <sup>th</sup> | July      | tbc  | 5km<br>1/3km             | <b>LICC Track event</b> at Allianz Park <i>map on Allianz Park website</i><br>Younger age groups and Newcomers          |
| 27 <sup>th</sup> | August    | tbc  | 5km<br>1/3km             | <b>LICC Track event</b> at Allianz Park <i>map on Allianz Park website</i><br>Younger age groups and Newcomers          |
| 24 <sup>th</sup> | September | 12pm | Hour Walks               | <b>Badges</b> for first timers at 5, 6 and 7 miles – Plaques for 8 miles - <i>Venue tbc</i>                             |
| 8 <sup>th</sup>  | October   | 1pm  | 5 miles                  | <b>Yacht Handicap</b> <i>Venue tbc</i>  |
| 12 <sup>th</sup> | November  | 1pm  | 7miles                   | <b>90<sup>th</sup> Enfield Open Seven</b> at Lee Valley Athletic Centre, N9 0AS   |
| 26 <sup>th</sup> | November  | 1pm  | 10km                     | <b>Hillingdon Open 10km</b> at Hillingdon Cycle Circuit   |

### **Results Round-up**

There was a wonderful turnout for Steyning's **Alf Palmer Memorial meeting** at Broadbridge Heath track on 19<sup>th</sup> December; forty-nine walkers in all and 21 of them under twenty years of age. The event incorporated the Vets AC championship, but I don't think that affected the numbers because only eight took part and they were walkers who more than likely would have done the race anyway. Much credit is due to Ron Penfold and Dave Stevens for their determination and perseverance in maintaining the Steyning fixture list.

Conditions were good and in the senior 5km there was a tie involving Luc Legon and Tim Snook (both u20) for the winners spot, their time 24.11. Francisco Reis was 3<sup>rd</sup> in 24.39. Arthur Thomson 34.13 was the only EHAC walker in action, but other ERWL regulars included Malc Martin 27.41, Dan Maskell 31.43, Fiona Bishop 31.56, Angela Martin 31.58, Micky Harran 32.07, Anne Jones 32.48 and Dave Hoben 35.30. Evie Butcher u17 28.39 won the ladies race.

Centurions occupied the first and last positions in **Steyning AC's Boxing Day 5.5** mile race at Preston Park, Brighton. Ian Richards 46.40, who qualified in 2008 as Centurion 1064 finished well clear of Dan Maskell 57.31 and Ron Penfold 58.04. Thereafter, Micky Harran 58.45, Peter Hannell 61.31, Dave Delaney 63.20, Dave Hoben 63.28 and the other Centurion who qualified in 1971 with number 464, Dave Boxhall 65.11 made up the field. Dave Boxhall dominated the 'seventies' ultra-distance scene; finished 2<sup>nd</sup> when qualifying and going on to win in 1972/73/74/75 and again in 1979 and 1980 - A remarkable achievement.

Forty-seven (compared to 41 in 2015) turned out in the **SRWA Championships** staged at Sutcliffe Park, Eltham, London, on 16<sup>th</sup> January. There were nine women among the 27 starters in the senior 10kms and encouragingly, nineteen under 20's spread across the range of ages and shorter distances.

First to cross the winning line was under the 20 victor Tim Snook in 49.27 followed by Fransisco Reis 50.48 and Sophie Hales 50.59, the latter two lifting the Southern senior titles. Jonathan Hobbs 51.33 and David Crane 51.59 along with Penelope Cummings 58.56 and Maureen Noel 63.09 occupied the minor positions in their respective races. Sean Pender 70.17 was the only EHAC participant and *Leaguers* taking part were; Malc Martin 54.20, Mark Culshaw 58.21, Dan Maskell 64.55, Anne Jones 65.02, Angela Martin 65.32, David Kates 65.28, Paul King 65.35, Michael Harran 67.06, Mick Barnbrook 83.37 Dave Ainsworth 83.17. Team-wise Surrey WC had a good day with a men's' win and women's' runner up behind Steyning.

The day before **Steyning AC's open 15km** on Saturday 23<sup>rd</sup> January, stretches of the course were flooded, but by race time, although conditions were cool and damp at least the rain ceased and the lying water dispersed. Ian Richards 76.41 led from the start leaving Jonathan Hobbs 79.16 and his father Chris 81.43 to sort out the minor placings. So far as the ladies race was concerned, Suzanne Beardsmore 94.42 was well ahead of Anne Jones 100.24 and Noel Blatchford 101.10, the only three starters. *Leaguers* Mark Culshaw 90.11, Steve Allen 94.08 and Dan Maskell 99.30 were among the ten male competitors.

There was a mixed 3km walk at the **London Indoor Games** staged at LVAC on 24<sup>th</sup> January. Chris Snook 13.15, brother Tim 13.34 and Luc Legon, all under 20's occupied the first three places. Fransisco Reis (M55) 14.03 pipped the leading lady, teenager Sophie Lewis-ward 14.06 with Steve Allen (M55) 15.46 the next walker to finish. I wasn't there, but the event was well supported and encouragingly by young athletes.

### ***EHAC 2015 Walking Championships Results***

#### **3km track**

*Not Held*

#### **5 miles** at Moulton, Suffolk on 6<sup>th</sup> June

|                  |       |            |       |               |       |
|------------------|-------|------------|-------|---------------|-------|
| Helen Middleton  | 49.29 | Lynn Jones | 56.53 | Pamela Abbott | 55.19 |
| Callum Wilkinson | 35.42 | John Ralph | 46.13 | Gary Smith    | 47.25 |

#### **7 miles** at LVAC on 8th November

|                  |       |            |       |             |       |
|------------------|-------|------------|-------|-------------|-------|
| Helen Middleton  | 69.34 |            |       |             |       |
| Callum Wilkinson | 47.30 | John Ralph | 65.47 | Amos Seddon | 70.16 |

#### **20km Marathon** Nat 20km Hillingdon on 18<sup>th</sup> April

|            |         |                |         |
|------------|---------|----------------|---------|
| John Ralph | 2.02.52 | Arthur Thomson | 2.17.08 |
|------------|---------|----------------|---------|

#### **30km Arthur Thomson** (*Euro Masters, Italy, 17<sup>th</sup> May*) 3.38.26

**Long Distance** *No Qualifiers*

#### ***Trophy Winners***

|  |  |  |   |
|--|--|--|---|
| Norman Easlea Cup<br><i>Best Walker</i>      | The Oliver Cup<br><i>Best Newcomer</i>   | Ken Easlea Cup<br><i>Club Member of the Year</i> | George Brown Cup<br><i>Novice</i>                     |
| Callum Wilkinson                             | Lynn Jones                               | John Ralph                                       | Not Awarded   |
| Long Distance Trophy<br><i>Not contested</i> | Gazette Cup<br><i>Club 20km champion</i> | Club 30km champion<br>Arthur Thomson             | Borough of Enfield Cup<br><i>Club 7 mile champion</i> |
|  | John Ralph                               |  | Callum Wilkinson                                      |

#### ***More This and That***

Centurion Chris Flint is the after dinner speaker at this year's **Metropolitan Police Walking Club Dinner** at the Civil Service Members Club, Great Scotland Yard, London SW1A 2HJ on Wednesday 2<sup>nd</sup> March. Further information and tickets can be obtained from Kitty Hung on 07930 343205 or [kitty.hung@met.police.uk](mailto:kitty.hung@met.police.uk)

**Herts & North Middlesex Masters League:** There is a Men's & Women's 2km walk in the fixtures at: LVAC on Monday 24<sup>th</sup> April at 18.40 and Hemel Hempstead on 11<sup>th</sup> July at 18.30

More fixture listings on <http://enfieldleague.weebly.com>  
Plus links to *January Race Walking Record* + *Feb/March Essex Walker*