



(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>

Molly Barnet - Individual & Team Victories for EHAC

Cold wintery conditions prevailed for the first major open race of the outdoor season; The Molly Barnet 10km staged at Coventry on 6th March, which also included the England senior championship.

The absence of the favourite Tom Bosworth (Tonbridge AC) who had set a national indoor 3km record the previous week, created an opportunity for the country's up and coming juniors to make their mark and it was EHAC's 18 year old Callum Wilkinson 41.31, who romped home more than a kilometre ahead of the nearest rival Guy Thomas (Tonbridge AC) 45.12 with Chris Snook (AFD) 47.45 in third. Fourth was another teenager Tom Partington (Manx H) 48.12 and then the only senior to try and mix it with the youngsters, 55 year old *Leaguer* Fransisco Reis 49.10.

The race was an important test of Wilkinson's temperament, because the previous week at the indoor championships in Sheffield he suffered a disqualification, as did other top juniors Cameron Corbishley and Guy Thomas). He passed muster on this occasion and passing through 5km in 20.52 he quickened up over the second half of the race to clock 41.31, which constitutes a new u20 national best performance as well as bettering the qualifying time for the World Cup and World Junior championship selection. Thomas too should be commended for an technically improved performance



John Ralph (15), who is currently putting in the miles in preparation for the London Marathon took 15th position and Sean Pender who curtailed a holiday in Malta to do the race finished 21st in 71.01. Eighteen clubs were represented in the 28 strong line-up, which included Malc Martin 55.37 and Steve Allen 56.03,, but only two of them had three walkers and therefore a chance of a team victory; EHAC and Manx H. Unfortunately for Manx H, with three quarters of the race completed, their challenge dissipated as their leading walker Adam Cowin was ruled out when in third place, leaving EHAC the only team to close in.

There was a full range of distances with competition for all age groups, which created a really good atmosphere and there were performances in them from George Wilkinson 19.09 in the u15 3km, current Ladies *League* leader Penelope Cummings 28.11 in the 5km and in the same race *Leaguer* Angela Martin 32.11. Dan Maskell 31.26 and Shaun Lightman 31.33 turned out in the men's 5km. Also noteworthy was the performance of Jack Childs present leader of the YAGS *League* who won the u15 boys 3km in 16.43.

.The Next League race is incorporated in

CECIL GITTINS MEMORIAL WALKS

Cyclopark, The Tollgate, Gravesend

at 1pm on 9th April.

5km/10km/15km

The ERWL distance is 10km

As usual *Leaguers* will be timed at shorter distances

Entry fee: £5 – u17's £2 Car Park £1
(Entry form attached)



Good luck and best wishes to

Club members or Leaguers off to Italy for the Euro-Masters Indoor championships

2016 ERWL - Race 2

Five Miles

QEII Playing Fields, Enfield

There was an improvement in the turnout for the second race of the 2016 series at Donkey Lane on 20th February; 39 on this occasion compared with 25 in January. Although conditions were unpleasant with cold blustery rain it didn't prevent the majority of those who raced in January from posting quicker times.

Southern President Chris Hobbs was over a minute quicker than when winning the first race, yet had to be content with third place behind Francisco Reis and David Crane who only separated in the last mile or so of the race. Grazina Narviliene easily saw-off the competition in the ladies race, but it is worth noting that all 12 ladies bettered the hour – the best since March 2014 when 13 of them accomplished this.

To everyone's delight, the redoubtable Ann Lewis the Individual League winner in 2003/04/05 and 06 and who has been battling cancer since 2005, was on the starting line. I admire Anne so much and I invited her to contribute to EnWalker and perhaps inspire others when life gets tough. Her response can be found on page 3.



Men	© = Centurion - * = pb	Women	
1. Francisco Reis (SVAC)	40.56 M55	1. Grazina Narviliene (Ealing/Southhall)	45.29 w40
2. David Crane (Surrey WC)	41.20 M35	2. Penelope Cummings (Aldershot FD)	47.58 w35
3. Chris Hobbs (Ashford AC)	42.47 M60	3. Maureen Noel (Belgrave H)	50.20 w50
4. Malc Martin (Surrey WC)	44.38 M55	4. Lynn Jones (Enfield HAC)	52.25 w50
5. Mark Culshaw (Belgrave H)	45.38 M45	5. Angela Martin (Surrey WC)	52.35 w50
6. Steve Allen (Barnet & D)	45.39 M55	6. Anne Jones (Steyning AC)	53.25 w60
7. Steve Uttley (Ilford AC)	46.32 M55	7. Joyce Crawford (Red Lodge R)	*53.39 w45
8. John Ralph (Enfield HAC)	49.44 M55	8. Sue Davies (Aldershot FD)	53.40 w50
9. Dan Maskell (Surrey WC)	52.01 M65	9. Lesley Hall (Ashford AC)	53.34 w55
10. Gary Smith © (Enfield HAC)	52.13 M55	10. Jo Miles (Hillingdon AC)	56.30 w60
11. Paul King © (Belgrave H)	52.16 M60	11. Geraldine Legon (Bexley)	57.00 w55
12. Amos Seddon (Enfield HAC)	52.31 M70	12. Jenny Middleton (Hillingdon AC)	59.20 w40
13. Shaun Lightman (Surrey WC)	52.52 M70		
14. John Borgars (Loughton AC)	53.08 M65		
15. Ken Bobbett (Hillingdon AC)	54.09 M70	3 mls Rhona Tridwell (unattached)	41.17 w55
16. Ron Penfold (Steyning AC)	54.53 M70		
17. Sean Pender © (Enfield HAC)	57.06 M60	2 mls Jack Childs (Medway)	18.19 u13
18. Dave Hoben (Surrey WC)	58.16 M60	Tony Wilkinson (unattached)	22.58 M50
19. Jon May (Enfield HAC)	62.45 M60	Ann Lewis (Aldershot FD)	26.10 w65
20. Mick Barnbrook © (Ilford AC)	67.47 M70		
21. Dave Ainsworth © (Ilford AC)	68.05 M65	1 ml George Wilkinson (Enfield HAC)	10.16 u15
		Adam Childs (Medway)	13.13 u11

Sealed Handicap: Walkers who competed in race 1 of the 2016 series were automatically entered in a sealed handicap held in conjunction with race 2. The awards for the top three;

Jenny Middleton (26.55) 32.25 Mark Culshaw (13.00) 32.38 Chris Hobbs (10.00) 32.47

will be made at the next League race, The Cecil Gittins Memorial meeting on 9th April.

Judges:

Michael Croft, Peter Cassidy, Ron Wallwork©, Pauline Wilson©

Recorders: P.Welch, P.Ficken©, C.Lawton© Judges Runner: T.Jones

Registration: Margaret Livermore, Linda Spinks

Refreshments: Enfield Town FC

Event Organisers: Ian Spinks, Ron Wallwork ©
Ian Spinks, R.Wallwork©,

Lynn Jones with the Oliver Cup for the Best EHAC Newcomer in 2015



League tables after Two Fixtures

Surrey Walking Club have got off to a flying start and after two fixtures have their noses well in front in the team table, mainly because they have six scorers. However, the league is scored on the best nine performances posted during the series and with nine races still to go there is opportunity for teams and individuals to collect a full set.

Ladies

1. 127/2 Penelope Cummings
2. 122/2 Maureen Noel
3. 110/2 Angela Martin
4. 107/2 Anne Jones
5. 98/2 Jo Miles
6. 91/2 Jenny Middleton
7. 66/1 Grazina Narviliene
8. 58/1 Cath Duhig
9. 56/1 Lynn Jones
10. 47/1 Lesley Hall

Men

1. 138/2 Chris Hobbs
2. 136/2 Malc Martin
3. 132/2 Steve Allen
4. 131/2 Mark Culshaw
5. 130/2 Steve Uttley
6. 125/2 John Ralph
7. 120/2 Dan Maskell
8. 114/2 Paul King
9. 97/2 Sean Pender
10. 87/2 Mick Barnbrook ©
11. 85/2 Dave Ainsworth ©
12. 70/1 Fransisco Reis
13. 69/1 David Crane
14. 63/1 Dan Halmstrand
15. 60/1 Roger Lilley
16. 58/1 Michael Harran
17. 58/1 Gary Smith ©
18. 55/1 Amos Seddon
19. 53/1 Shaun Lightman
20. 52/1 John Borgars

Team

1. Surrey WC **544** *136 MartinM, 120 Maskell, 110 MartinA, 69 Crane, 58 Harran, 53 Lightman*
2. EHAC **451** *125 Ralph, 97 Pender, 60 Lilley, 58 Smith, 56 Jones, 55 Seddon,*
3. Belgrave H **430** *131 Culshaw, 122 Noel, 114 King, 63 Halmstrand*
4. Ilford AC **302** *130 Uttley, 87 Barnbrook, 85 Ainsworth*
5. Hillingdon AC **237** *98 Miles, 91 Middleton, 48 Bobbett*
6. Aldershot F & DC **210** *127 Cummings, 49 Davies, 34 Lewis*

'Keep Going What Ever Hits You'

from The Inspirational Anne Lewis

Hello Ron,

Sorry I didn't reply straight away. I've been on my fortnightly visit to my mother's. I stay one night each time and take her shopping etc.

It was SO good to be back at Enfield and to see so many of my friends. Shame about the weather, but I know you can't order that!!

I certainly don't mind at all if you write about me. Maybe it will encourage someone somewhere to keep going whatever hits them.

I had breast cancer in 2005 which was sorted with surgery and radiotherapy and I've had no further problems there.

However, I was diagnosed with ovarian cancer in May 2007 and since then I have been through six courses of chemotherapy, the last of which finished at the end of November 2015. It was devastating to be told by my consultant in December 2012 that I only had 12 to 18 months to live. I promised her I would prove her wrong!

My present consultant, a very positive and enthusiastic young man, says he is hopeful that I can now enjoy another spell treatment free, but more chemotherapy is inevitable. I told him that I am back to training to get fit for the next course of treatment!

He believes that the best way to fight cancer is exercise and that I am doing all the right things. It's great for me that the "right things" are so enjoyable for me!! He also told me that there are some new drugs in the pipeline and, if a suitable one comes up for trial, he'll put my name forward.

When I am undergoing treatment and unable to train I knit premature baby clothes for a charity called BLISS and make cards to raise money for our local hospice – also things I enjoy doing!

Take care of yourself. I hope to see you again soon.

Love from Ann x



Side-lined

Fiona Bishop (see letter), John Hall, Helen Middleton and Arthur Thomson have been in touch to say that they are carrying injuries, but hope to be back in action soon.

Dear Ron

This is to let you know that on Christmas Eve I went for a walk in Yorkshire where my brother lives, and I slipped and fell. I broke my left wrist which is my main hand for writing, cutting and driving etc. I have had the plaster taken off, however I may need six weeks or more of physio until the strength and mobility of my wrist and hand is restored, so I'm presently unable to drive.

I hope to be back race walking as soon and in the meantime hope that everyone is well

Regards – Fiona

Results Round-up

Only six walkers faced the starter in the **Eastern CAA/Essex CAA Indoor Mile** championships staged at LVAC on 6th February. Steve Allen was within a second of the time he recorded last year. EHAC's Pamela Abbott was the first woman to finish. The full finishing order was: Steve Allen 8.14.66, Keith Palmer 10.17.79, Pamela Abbott 11.29.22, 4. Kasia Kostyrka-Allchorne 11.29.70, Dave Ainsworth 12.03.21 and John Brock d/q'd. The Judges were Ray Pearce (Chief), Peter Cassidy, Mike Croft, Sean Pender & Pauline Wilson.

The annual **London Walks** on 7th February promoted by Loughton AC seemed to be settling in to its new home at Hillingdon, because participation was up on last year with 51 starters against last year's 38. Looking through the full result it was pleasing to note that 30 of the 51 were aged under 20.

The races were held in clear, crisp weather with a strong wind most of the time; despite the buffeting, a number of competitors claimed personal bests. The **u17's 5kms** winners were Chris Snook 24.08, Oliver Hopkins 27.36, Jordan Price 28.08 along with Evie Butcher 28.16, Alana Zeidler 29.20 and Pagen Spooner 29.31. Emma Achurch 25.07 won the **senior Ladies 5km** ahead of Grazina Narviliene 26.24 and Natalie Myers 27.05. *Leaguers* Maureen Noel 31.41 and Angela Martin 32.33 also competed with Achurch and Noel continuing on to record 10km times of 50.02 and 63.19 respectively.

The **10km** victor was Jonathan Hobbs 50.46 well clear of rivals Steve Allen (second race in two days) 55.53 and Malc Martin 55.54. Dan Maskell 64.56, Dave Kates 64.59, Paul King 66.12, John Borgars 67.28 and Sean Pender, the club's only entry 69.53 were also in action.

Two EHAC walkers and four *Leaguers* took part in the **EAMA Inter-Area Match** at LVAC on 28th February over 2km. Their times in chronological order were: Steve Allen (M55) 10.26, Penelope Cummings (W35) 10.51, John Ralph (M55) 11.16, Cath Duhig (W60) 12.02, Helen Middleton (W50) 11.48, Angela Martin (W50) 12.48.

Stop Press: *Leaguer* Francisco Reis betters Portuguese and BMAF 3km records on consecutive days. He clocked 14.01 in Portugal on Saturday 12th March and 13.57 at LVAC the following day. Also in action at the BMAF championships were Malc Martin (M60) 15.46, Penelope Cummings (W35) 16.39, Dave Kates (M65) 18.56, Cath Duhig (W60) 18.14, Angela (W50)19.06 and Arthur Thomson (M75)19.54.

Forthcoming Fixtures

- 2nd April The Centurions are staging one of their Social Walks around Colchester. The start time is 9.30am and the distance 23/25 miles. Full details are on the Centurions web-site or email organiser Steve Kemp at racewalker@sky.com
- 12th April First meeting of the 2016 Vets AC series held at the Millennium Arena, Battersea Park. The Start time is 7pm and it's a category B race. Details on walks@vetsac.or.uk
- 23rd April BA/RWA 20km (Inc. IAAF permit) and RWA YAG Championships, Hillingdon.
Entry details attached.
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American Reader David Talcott writes - Would this Survey Interest you?

Dear Race Walker, You may be aware that numerous talented race walkers have ended their careers before possibly reaching their full potential. Because of this trend, Coach Jaime from Texas has asked the University of Texas – Rio Grande Valley – to study the Causation of Psychological Factors of Burnout in Former/Retired Female and Male Elite-Level Race Walkers in the U.S.

If you are interested in contributing to this survey which is on-line contact me at dwtalcott@juno.com

Or go straight to the survey that is found at the Qualtrics survey link

[\[https://newqtrial2015az1.az1.qualtrics.com/SE/?SID=SV_8wvDiQH0TGOMhFj\]](https://newqtrial2015az1.az1.qualtrics.com/SE/?SID=SV_8wvDiQH0TGOMhFj)