

The Enfield Walker 2013

(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



April

Another European Double for Arthur

A 17.22 3km and a 29.36 5km were the times posted by Arthur Thomson (M75) to pull off yet another European Masters Double when the Indoor championships were staged in San Sebastian at the end of last month and his 5km time was also a European and championship record. (*Arthur describes his highlight of the championships on page 3*)

RWA Vice-President Eric Horwill (M80) also completed the double registering times of 22.47 and 38.19. Noel Blatchford (W65) was the only British female winner, taking the 5km title in 30.45 to add to the silver she had already won in the 3km event in a time of 18.34.

A number of *Leaguers* were also in action at the championships among them Francisco Reis (M50) who won a brace of bronze medals with times of 13.59 and 23.52. There were fourth places for John Hall (M60) 15.23 and 26.24 and Steve Uttley (M55) 26.14 in the 5km, whilst Steve Allen (M55) placed fifth in 15.41 and ninth 27.07.

There were some surprising disqualifications; Cath Duhig tells me that fifty percent of the GB women were ruled out during the two walks and that Steve Uttley and Ron Penfold were two of several men to get 'the chop'. On the positive side, all the mentioned walkers managed to survive in one of the two races they contested and collected a team medal which was some consolation.

Commonwealth Games

Nothing new to report, other than questions are still being asked, an interview with Bill Sutherland (Bronze medalist in the 1970 Commonwealth Games held in Edinburgh) in *The Herald* and correspondence about the topic in *Athletics Weekly*. In fact two EHAC connections had letters published in the March 14th issue by John Ralph and Tony Wilkinson, the former's being adjudged the "Letter of the Week" see back page. The award is a Brooks Sports Voucher.

The next League Race is the **PAT FUREY Open FIVE miles**
and Junior Races 1km, 1m 3m
in conjunction with the LVAC Open Meeting

at 10am on Saturday 13th April at Lee Valley Athletic Centre, (N9 0AR)

Entry form available on LVAC website and attached - Bonus Points - Entries taken on the day



Olympic Legacy Coaching and Training Sessions

Venue: Lee Valley Athletic Centre

Start 9.30am – Finish 12.30pm

Basic Technique, Skills, Drills and Training Workout,

Next Sessions 6th and 20th April

Information from Ron Wallwork

Correction: The first 2013 VAC races at Battersea Park is on 16th April – 7pm and not as printed in the last issue

To everyone's relief the rain ceased half an hour before the race got underway and but for an occasional squall toward the end, it held off. Fabian Deuter made it two wins out of two in this year's campaign and in the absence of Fransisco Reis (racing abroad) had things all his own way. Suzanne Beardsmore and the other four *Centurions* in the race thrived at this distance and in only his second race Keith Vallis walked exceptionally well. Locals Ken Bobbett and Russell Vroobel set pbs; Ken by two minutes and Russell by over ten minutes. Sue Barnett was more than pleased with her debut at the distance.

Men	© = Centurion - *=pb	Women
1. Fabian Deuter	(Hillingdon AC) 2.00.04 SM	1. Suz Beardsmore © (Abingdon A) 2.15.34 W35
2. Peter Ryan ©	(Ilford AC) 2.09.35 M55	2. Cath Duhig © (Ryston R) 2.25.04 W55
3. John Ralph	(Enfield HAC) 2.11.43 M55	3. Sue Barnett (Enfield HAC) 2.28.49 W60
4. Ken Bobbett	(Hillingdon AC) *2.12.12 M65	4. Jo Miles (Hillingdon AC) 2.37.04 W55
5. Steve Allen ©	(Ilford AC) 2.15.25 M50	5. Linda Spinks (Enfield HAC) 2.38.07 W40
6. Paul King ©	(Belgrave H) 2.19.33 M60	6. Norma Grimsey (Enfield HAC) 2.42.30 W55
7. Keith Vallis	(Overton Harriers) 2.22.09 M45	
8. Andrew Cox	(Hillingdon AC) 2.26.37 M60	<i>also took part</i>
9. Russell Vroobel	(Hillingdon AC) *2.32.56 M50	12km Bernie Hercock (Enfield HAC) 1.44.06 M75
10. David Hoben	(Surrey WC) 2.39.21 M60	10km Steve Whelan (Headington AC) 1.05.19 M50
11. David Delaney	(Surrey WC) 2.41.26 M70	Peter Howard (Enfield HAC) 1.19.59 M70
12. Jon May	(Enfield HAC) 2.42.37 M60	Dave Ainsworth © (Ilford AC) 1.27.45 M60
		3km Callum Wilkinson (Enfield HAC) *14.29 U17

Judges: Pauline Wilson (*Chief*), Peter Cassidy, Andrew Garner, Ray Pearce – (*J/Runners*) N.Blatchford, B.Ralph

Timekeeper: P.Welch

Recorders: Pam Ficken

Refreshments: R.Spinks, J.Wallwork

Clerks of Course: Ken Bobbett, Andy Cox

League tables after two fixtures

Centurions occupy one and two in the ladies table and two in the top four of the men's. The tables may be a little distorted because of the absence of a number of *Leaguers* away competing in the European Masters Indoor championships. The next race is the Pat Furey Five which carries bonus points thus giving the current leaders the opportunity to hold their places.

Ladies	Men
1. 156/2 Suzanne Beardsmore ©	1. 180/2 Fabian Deuter
2. 145/2 Cath Duhig ©	2. 170/2 Peter Ryan ©
3. 142/2 Sue Barnett	3. 167/2 John Ralph
4. 136/2 Linda Spinks	4. 164/2 Steve Allen ©
5. 133/2 Jo Miles	5. 161/2 Ken Bobbett
6. 104/1 Norma Grimsey	6. 154/2 Andy Cox
7. 58/1 Grazina Narviliene	7. 153/2 Paul King
8. 50/1 Sabina Brown	8. 143/2 Russell Vroobel
9. 45/1 Helen Middleton	9. 131/2 David Delaney
10. 42/1 Maureen Noel	10. 127/2 Jon May
	11. 113/1 Keith Vallis
	12. 106/1 David Hoben
	13. 95/2 Callum Wilkinson
	14. 63/2 Bernie Hercock
	15. 61/2 Dave Ainsworth©
	16. 60/1 Steve Whelan
	17. 59/1 Fransisco Reis
	18. 56/1 David Crane
	19. 55/1 Steve Uttley
	20. 54/1 Chris Hobbs

Team

1. EHAC	771	167 Ralph, 142 Barnett, 136 Spinks, 127 May, 104 Grimsey, 95Wilkinson
2. Hillingdon AC	771	180 Deuter, 161 Bobbett, 154 Cox, 143 Vroobel, 133 Miles
3. Ilford AC	555	170 Ryan, 164 Allen, 61 Ainsworth, 59 Reis, 55 Uttley
4. Surrey WC	405	131 Delaney, 106 Hoben, 56 CraneD, 47 Lightman, 38 Harran, 27 CraneP
5. Belgrave H	355	153 King, 58 Narviliene, 52 Hall, 50 Brown, 42 Noel
6. EHAC B	208	163 Hercock, 60 Howard, 45 Middleton, 40 Thomson

100 mile details and entries on

<http://www.isleofman100milewalk.co.uk/index.html>

Arthur's Euro Vets Highlight

The highlight of the Championships for me came while waiting for the start of the Victory Ceremony for the 5km walk.

A tall slim Russian of about my own age, wearing an immaculate suit, came over. He congratulated me and shook hands, saying he remembered me from the European Games in Belgrade 1962! (That was my one and only full International, where I finished last but one). He then introduced himself. It was Vladimir Golubnichy, arguably the greatest race walker of all time, with two Olympic Golds, Silver and a Bronze spread over 12 years! His last Olympic medal was a silver won in 1972 when aged 36 and was his fastest Olympic time of 1:26:55.2.

Unfortunately language barriers prevented much further communication but it was good to meet him still looking fit and well. But if he decided to make yet another comeback I think I would have to say goodbye to any more Masters' records!

Arthur Thomson



Many share Arthur's admiration for the great Russian (pictured here in his prime) who set his first world record as an eighteen year old and in the ensuing eighteen years was never out of the medals in the Olympic, European and World Cup championships that took place in that time span – a truly amazing walker!

Two Nationals on Same Day

Two national championships took place on 10th March and the club managed to field walkers on both events. The BMAF 3km Indoor championship at LVAC was split into two races; a) Women and M80 plus and b) M35 – M75. The club had victories through Arthur Thomson (M75) 17.14 and Sue Barnett (W60) 19.07 and Pamela Abbott (W45) was fourth in 21.24. *Leaguers* Fransisco Reis (M50) 13.54, and Steve Allen (M55) 15.59 were also winners.

Seventy-five minutes after the start of the second race at LVAC, thirty-five competitors out of an entry of fifty-three came under starter's orders in the UKA/RWA national 10 at Victoria Park. The winner there was Ireland's Michael Doyle in 71.31 with Daniel King 72.54 and Dominic King 75.05 in second and third. John Ralph 97.29 tenth and Sean Pender 109.00 in twenty-third were the club's only walkers. The first *Leaguer* to finish was Steve Uttley 89.11 in fifth and in eighth Barnet's Steve Allen 93.50 who had successfully dashed from LVAC to notch up two national performances at different venues within four hours. David Crane 95.26, Steve Allen© 100.19, Paul King 104.24, Michael Harran 108.16 and Mick Barnbrook 119.12 were others who raced.

Jonathon Hobbs 93.52 and father Chris 84.51 backed up the winner Michael Doyle to record what I think is the first ever national team title for Ashford AC and Surrey WC occupied the minor placings.

Neringe Aidietyte 79.43, Lauren Whelan 88.06 and Becky Collins 91.42 were the women's medalists

In the **Herts, Kent and Middlesex Indoor 1km championship** at LVAC on 16th March u17 Heather Butcher 4.34 (K) was the fastest of the eleven walkers who took part in the event. S.Lewis-Ward (u15) 4.41 (K) was second and John Hall 4.51(M) third. Arthur Thomson 5.32 (H) and Sean Pender 6.06 (M) carried the club's colours in this race and the other walkers were: J.Burgin (u15) 5.38 (K), Maureen Noel 5.41 (M), Angela Martin 6.13 (K), Mal Martin 6.14 (K), Geraldine Legon 6.32 (K), James Sieloff (u17) 7.38 (K).

Forthcoming Fixtures

6 th April	11.00am	10km	Slater Bryce Memorial Race at Broad Heath
16 th April	7.00pm	5m	VAC Battersea Park – first of 2013 series – Guests of any age welcome
24 th April	6.45pm	10km	VAC inc. Herts, Middlesex, and Surrey track championships at Tooting Bec. Entries taken on the night
28 th April	1.30pm	20km	UKA/RWA National and YAG championships at Coventry Details/Entries; Peter Marlow 01284 754 177 or pmarlow@btinternet.com
29 th April	7.10pm	2km	NM/H Vets T&F league at LVAC

Chance to race twice on Bank Holiday Monday 6th May

Herts 3km Championship and Open race

12.30pm at Ridlins Stadium, Woodcock Road, Stevenage
see www.hertscaa.org.uk SG2 9PH
open race entries taken on the day

Pednor Open Five and Under 15's 2miles

5pm at Chesham LT Club, Pednor Road,
Details and entry form on Chiltern Harriers Website
entries taken on the day

This is an Enfield League fixture



Recognise anybody?

Other than Her Majesty the Queen talking to some of the competitors prior to the start of the 1962 Poly Marathon which started in the grounds of Windsor Castle.

I am aware of two ERWL stalwarts who took part and one of them is in this picture. I understand that he ran sub 2.40 that day.

Have you any idea who it might be?

Race Walking Record has been re-launched and if you haven't received it I have attached the first copy. Pre-existing subscribers who require printed hard copies will receive the next four issues (up to June 2013). Due to the increased postage costs there will be a charge of £3 payable to the RWA for issues July to November inclusive. If you are a group subscriber this rate will be calculated to cover postage costs and notified to you directly.

Grace Gear Follow-up

I'm delighted to report that Margaret and Ken Livermore's granddaughter Grace won her four matches in the Five Nations Squash Tournament in Le Mans last month. England beat France 3-2 in the key fixture, thus winning the competition. Grace has now been selected for the European championships

Walking faces a race for survival

LIKE those who were quoted in AW's February 28 issue, I am disappointed with the decision by the Glasgow Commonwealth Games organisers to omit the race walks from the programme.

I am a new convert to race walking. Having spent the best part of 30 years competing in running events I was finding it extremely difficult to "compete" in races due to a slowing down process which was eventually attributed to arthritis in the knees. Around three years ago I decided to try switching to race walking, a decision which has enabled a return to "competing" rather than just "participating".

Like Chris Maddocks, I believe top race walkers are "athletes of the highest calibre". I was an okay club runner with PBs of 2:40 (marathon), 1:15 (half), 56min (10M) and sub-34min 10km and I thought for walking I would just need to do similar training but walking rather than running. But I was wrong.

I need to spend time conditioning and mobilising virtually the whole body, much more so than running. Due to the obviously slower pace, the hours spent on the road are longer – and a five-hour Sunday session is not unusual for many walkers.

Top race walkers are very dedicated hard working people who should be encouraged, not given a slap in the face.

It seems race walking has been marginalised by mainstream athletics with few organisers or competitors having any understanding of race walking. Very few track meetings or leagues feature

a race walk. If they did then I am sure that standards and participation would rise.

Two exceptions are the Area veterans leagues and the "London Inter Club Challenge". In one of the latter events in 2010 there were 41 starters in a 3000m track race, the winners time was 14:01. You don't see fields like that for many 3000m track running races. How about a top class race walk in the meeting at the Olympic Stadium this summer?

In many major road races abroad there are "walking" categories. How about the London Marathon including a "walking" category?



We have a current English champion in the women's race (Jo Jackson) who is to be denied the opportunity to defend her Commonwealth title which she won by defeating athletes from countries like Australia, who are traditionally strong in the walks.

We need a change in mindset. Race walkers are not just a bunch of jokers who are walking because they can't run very well. Most are top class athletes who train extremely hard and should be given every opportunity to compete at the highest level.

It is not too late to reverse this absurd decision.

John Ralph, Chesham

Courtesy of AW and John Raph