

Enfield Walker 2012

(Newsheet of the Walking Section of Enfield & Haringey AC)

April

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who apologises for any errors and who welcomes contributions and comments for future issues



Successful Pat Furey Five

Neringe Aidietyte who had recently attained an Olympic qualifying time totally dominated the third race of the 2012 series. Pat Furey the event sponsor was on hand to start the race and was assisted at the presentation by EHAC chairman John Mercer.

Francisco Reis retained the trophy he won last year and among a number of interesting duels that took place was the struggle for second place. Fabian Deuter registering his best time since he resumed race walking last year.



Front: Pat Furey, Neringe Aidietyte, John Mercer, Francisco Reis and Helen Middleton
back: Arthur Thomson, Jon May and Allen Ellam

A number of other walker set pb's, including John Ralph who respectfully commented 'that even with that he couldn't get on terms with Super-vet Arthur Thomson', who is obviously on a high following his recent M75 world indoor 3km record. In addition, catching the eye was David Crane who as a youth was one of the county's top performers. Out of the sport for some years he turned out in the January Five at Donkey Lane, but was forced to retire with an injury. He had obviously put some training in since and on this occasion bettered ten minute mile pace.

Peter Ryan was the first *Centurion* home in his first *League* appearance since last year's Pat Furey Five. Ilford easily won the team race, but it was a close call for third between Hillingdon and Belgrave. *Full result page 2*

WMA Gold for Gary Smith whilst Helen and Sue collect more National Gold

Gary Smith was a scorer in the GB M55 team triumph in the World Masters Championships held recently in Finland. He finished 12th in the indoor 3km in 17.22 and thirteenth in the 10km road event clocking 60.32.

Here at home, under the Lugano Rules in operation at the UKA/RWA national 20km championships staged at Redbridge on 14th October, Helen Middleton 2.04.47 in fourth place and Sue Barnet 2.28.45 in seventh won the Ladies team title. Sue's time was over two and half minutes faster than her previous best. Arthur Thomson 1.58.41 in eleventh and John Ralph 2.03.20 in thirteenth place were fourth in the men's team event.

The next League Race is an **Open FIVE miles**

at **1.30pm on Saturday 28th April** at Lee Valley Athletic Centre, (N9 0AR)

Entries taken on the day - Walkers wishing to race 2.5 miles only will be welcome

News from Sean Pender was forced to retired at 70.380km in 11.04.49 in the Australian Coberg Harriers twenty four hour race in Melbourne 13th/14th April. I emailed him to see if he was alright and this is his reply.

Hi Ron, I'm disappointed, but fine. The weather was so hot you could grill kippers and it is reportedly the worst conditions and consequently the biggest ever drop out rate in the event's history. I felt fine and was going OK for the first five hours reaching the 42km point. However over the next couple of hours the wheels were coming off fast and although I tried to keep going I was well off the necessary pace and thought it best to retire.

My consolation prize was being asked to judge the Australian Masters championship.

Will see you and everyone on the Saturday 28th – Dead or alive, Sean

2012 Enfield RW League

Race Three Five miles

31st March at Lee Valley AC

Ladies

* = Personal Best

© = Centurion

1. Neringe Aidietyte	(Ilford AC)	37.10	sw	14. Amos Seddon	(Enfield H AC)	47.40	M70
2 Helen Middleton	(Enfield HAC)	46.17	W45	15. Ken Bobbett	(Hillingdon AC)	48.12	M65
3. Cath Duhig ©	(Ryston R)	48.04	W55	16. Mark Culshaw	(Belgrave H)	48.33	M45
4. Maureen Noel	(Belgrave H)	48.38	W45	17. Alan O'Rawe ©	(Ilford AC)	48.53	M70
5. Sue Barnett	(Enfield HAC)	51.53	W60	18. David Crane	(Surrey WC)	49.07	SM
6. Anne Pickard	(Loughton AC)	*53.16	W45	19. Paul King ©	(Belgrave H)	49.22	M60
7. Jo Miles	(Hillingdon AC)	53.49	W55	20. Michael Harran	(Surrey WC)	50.36	M70
8. Diana Braverman	(Enfield HAC)	*56.22	W60	21. Sean Pender	(Enfield HAC)	51.01	M55
9. Sue Clements ©	(Enfield HAC)	57.55	W55	22. Steve Crane	(Surrey WC)	53.17	SM
Diane Bradley	(Tonbridge AC))	retired	W50	23. Ron Powell	(Enfield H AC)	53.32	M75
Linda Spinks	(Enfield HAC)	retired	W45	24. Jon May	(Enfield H AC)	54.10	M60

Men

1. Fransisco Reis	(Ilford AC)	39.17	M50	27. David Hoben	(Surrey WC)	57.32	M55
2. Fabian Deuter	(Hillingdon AC)	40.09	SM	28. Mick Barnbrook ©	(Ilford AC)	58.50	M65
3. Jim Ball	(Steyning AC)	40.21	M45	29. Peter Cassidy	(Loughton AC)	59.51	M70
4. Steve Uttley	(Ilford AC))	42.12	M50	30. Peter Howard	(Enfield H AC)	59.55	M65
5. John Hall	(Belgrave H)	42.26	M60	31. Stuart Halsall	(Enfield H AC)	59.56	M80.
6. Peter Ryan ©	(Ilford AC)	42.39	M55	32. Bernie Hercock	(Enfield H AC)	62.24	M75
7. Arthur Thomson	(Enfield HAC)	44.41	M75	33. Bill Sutherland ©	(Highgate H)	62.31	M65
8. John Ralph	(Enfield H AC)	*45.29	M55	34. David Ainsworth©	(Ilford AC)	64.48	M60
9. Alan Ellam	(Enfield H AC)	45.52	M55				
10. Shaun Lightman	(Surrey WC)	46.08	M65				
11. Abdi Berleen	(Ilford AC)	46.15	M45	2.5 miles . Katrina Johnson	(Radley AC)	26.29	U20
12. David Kates ©	(Ilford AC)	47.29	M60	Paul Ray	(Enfield H AC)	33.34	M75
13. Andrew Cox	(Hillingdon AC)	47.32	M55	Ken Livermore ©	(Enfield H AC)	33.34	M75

Team	1. Ilford AC	15	2. Enfield H AC	40	3. Hillingdon AC	66
(mixed	4. Belgrave Harriers	68	5. Surrey Walking C	81	6. Ilford AC 'b'	83
4 to score)	7. Enfield H AC 'b'	95	8. Enfield H AC 'c'	140		

Judges: A.Garner, B. Ingarfield, R.Pearce, P.Wilson - *Timekeepers:* P.Welch. - *Recorders:* P.Kates, P.Ficken
Marshalls: Carl Lawton, Tony Perkins, Jim Rooke, Ken Roost - *Course:* Bernie Hercock
Registrations/Results: Margaret Livermore, Hilda Nyman, Joan Wallwork

Tribute to Stan Mantor c304

Hello Ron and Joan, I trust you are both well. Thank you for another great Enfield Newsletter mentioning so many top names from the past. I was just reflecting the other day on how we give due praise to leading walkers, but often not the Coaches who play such a big part in their success.

The Late Great Stan MANTOR of Enfield Harriers was certainly a Truly Outstanding Coach. He spent countless hours with watch in hand timing and observing Walking Styles in all weathers as well as motivating so many with letters and telephone conversations. To mention but a few top walkers that he trained over many years besides myself; Brian ELEY (7th in the 1968 Mexico Olympics), Peter and Mary WORTH, GB International over 24 Hrs and Multi-World Veterans Champion), evergreen top International Amos SEDDON (6th in the European Championships) and Alex ROSS (Scottish International Walker).

One of his secrets was that he would never divulge to you what training he had planned until you arrived and probably most would have thought twice about coming had they known in advance! Many past Enfield walkers will remember him for his friendly, sharp wit and advice from his many years experience as a great Club Walker and outstanding Centurion (1960 Leicester to Skegness 20.36.58). May he Rest in Peace.

Here's hoping you may be able to include some mention of this really great Coach and Mentor. Hoping to see you on Sat, 31st March. With love, Bill, Kath and our 2 pussies.

In the piece about the 1977 100 mile relay I omitted to mention Bill Sutherland's name when listing walkers who took part and are still about today. Bill walked in Ilford colours and his average mile time was 7.17. John Hall was another not mentioned. .see next page

Ron, Thank you for another excellent Enfield Walker. I was interested in the bit about the 100 mile relay (10 x 10 x 1, not 100 x 10!). I too did that at 7+ minutes per mile and with a bit of searching have found my record of it; did 7:19 per mile and was so stiff with lactic acid afterwards that I had to have treatment before being able to do the National 20k two weeks later! Regards, John

An Olympic Torch for the Friendship Walks

Ron, Please find attached my entry for the 5 miles Friendship Walk at Enfield on 7th August, hoping that it is not yet oversubscribed. The cheque is in the post.

As you may be aware I have been selected as an Olympic Torchbearer and I will be getting the Torch that I will be using after my stint on the 16th July. Assuming that you have no objection I will bring it with me to this race to enable anyone who wants, to have a photo of themselves holding an Olympic Torch.

Kind regards, Ian Richards

2012 League Positions after Three Races

Sixteen women are among the sixty-eight walkers from eighteen clubs who have taken part in this year's *League* and the only significant change is Surrey's jump from fifth to third in the team placings.

Ladies

1. 240/3 Helen Middleton
2. 220/3 Maureen Noel
3. 210/2 Neringe Aidietyte
4. 203/3 Sue Barnett
5. 178/2 Cath Duhig ©
6. 150/2 Anne Pickard
7. 147/2 Diana Braverman
8. 143/2 Jo Miles
9. 105/1 Sue Clements
10. 68/2 Linda Spinks

Men

1. 265/3 Fransisco Reis
2. 258/3 Steve Uttley
3. 252/3 John Hall
4. 250/3 John Ralph
5. 243/3 Arthur Thomson
6. 235/3 Andrew Cox
7. 232/3 Amos Seddon
8. 220/3 Ken Bobbett
9. 214/3 Paul King
10. 211/3 Mark Culshaw
11. 209/3 Michael Harran
12. 205/2 Fabian Deuter
13. 204/2 Jim Ball
14. 193/3 Ron Powell
15. 187/2 Shaun Lightman
16. 185/2 Dave Kates ©
17. 181/3 Alan Ellam
18. 173/3 Alan O'Rawe ©
19. 172/3 Mick Barnbrook ©
20. 167/3 Bernie Hercocock

Team

1. Enfield & H AC **1326** 250 Ralph, 243 Thomson, 240 Middleton, 232 Seddon, 203 Barnett, 193 Powell
2. Ilford AC **1263** 265 Reis, 258 Uttley, 210 Aidietyte, 185 Kates, 173 O'Rawe, 172 Barnbrook
3. Surrey WC **984** 209 Harran, 187 Lightman, 155 Crane S, 148 Crane P, 143 Crane D, 142 Hoben
4. Enfield & H AC B **965** 181 Ellam, 167 Hercocock, 162 Pender, 160 Howard, 148 May, 147 Braverman
5. Belgrave H **897** 252 Hall, 220 Noel, 214 King, 211 Culshaw
6. Hillingdon AC **803** 235 Cox, 220 Bobbett, 205 Deuter, 143 Miles
7. Ilford AC 'B' **529** 134 Ryan, 129 Birleen, 126 Ainsworth, 116 Allen, 24 Mikelionis
8. Enfield & H AC C **409** 105 Clements, 81 Ray, 77 Livermore, 68 Spinks, 43 Dunn, 35 Grimsey
9. Steyning AC **311** 204 Ball, 58 Richards, 49 Belchambers
10. Loughton AC **287** 150 Pickard, 137 Cassidy

Results Round-up

Helen Middleton was the club's only walker who travelled to Bexley on 10th March for the final event of the **Cambridge Harriers 5km** Winter series. She was the first lady home in 28.46 and finished sixth overall. Race winner in 23.31 was Mark Easton who prevented young Cameron Corbishley's 24.04, clean sweep of series victories. Steve Uttley 25.47 in fourth and Steve Allen (*Bnt*) 27.55 in fifth were the other *Leaguers* competing.

Six Women and twelve men contested nine categories in the **BMAF Indoor 3km championships** at LVAC on Sunday 17th March. There were gold medals for Helen Middleton W45 17.04, Sue Barnett W60 18.52 and Arthur Thomson M75 16.45 and silvers for Sean Pender M55 18.50 and Ron Powell M75 19.49. *Leaguer* John Hall M60 15.16, won his age group, whilst Steve Allen (*Bnt*) M55 15.44 and Cath Duhig W55 17.24 picked up second place medals.

Nineteen seniors and four YAG's were in action at Steyning's **Slater/Bryce Walks** at Broadheath Track on 24th March. Helen Middleton was the club's only representative finishing second of the four women clocking 60.28 for the 10km. The promoting club provided the individual winners in Joan Lennon 58.36 and Ian Richards 49.38. Third was John Hall 54.56, eighth Shaun Lightman 61.31, eleventh Peter Hannell 65.20, Anne Belchambers third lady 68.38.

The **World Masters championships** took place in Jyvaskyla, Finland 3rd/8th April. There was an indoor 3km and 10km road race. Gary Smith's performances are documented on the first page. Stalwart *Leaguer* John Hall M60 collected a brace of bronze medals with times of 14.22 and 54.00 There were double event silver medals for Ian Richards M60 14.21/ 50.10, Noel Blatchford W60 17.50/62.16 and a 10km bronze for Ron Penfold M70 59.25. Barnet's Steve Allen M55 8th in both races 15.48/54.46 and collected a team winner's medal.

Thirty-three men and eight women came under starters orders for the **RWA/UKA national 20km championships** on 14th April. Conditions were good for racing over a 500m stretch of the Redbridge Cycle circuit. Neringe Aidietyte 98.21 and Ben Wears 89.33 emerged as the national individual champions. At one stage Tom Bosworth who also bettered 90 minutes by eight seconds, look to have victory in his grasp but stopped with a suspected injury. Wears took full advantage of the opportunity and gained the advantage before the Tonbridge athlete managed to get going again. Becky Collins 1.57.34 was the second women home and I understand that ultra distance star Sandra Brown recorded a Masters W60 record when clocking 1.59.37 in third place

Congratulations to EHAC's great rivals Ilford AC, who through Steve Uttley 1.53.11, Dave Kates 2.03.41 and Steve Allen 2.06.59 took the men's team trophy from Belgrave; Stuart Kelgellon 99.54, Mark Culshaw 2.11.13 and Paul King 2.11.23 with Surrey WC; Mick Harran 2.10.10, Shaun Lightman 2.10.44 and Peter Hannell 2.14.06 in third place. Congratulations also to Peter Cassidy and his team on the excellent arrangements for the event.

A couple of personal after- thoughts: One, any casual observer would have had no difficulty in recognizing that it was a race walking event and yet eighteen of the forty-one walkers all received one or more red cards for **not** breaking contact. Two, is a U-turn every five hundred metres (39 in total) helpful in the quest for fast times?

Forthcoming Fixtures - Support Your County Championship

The weekend of 12th/13th May is County championship weekend and walkers are urged to support theirs. These events are usually selection races for the Inter-Counties this year being staged at Bedford in August. Both the county and inter-counties need support, because once they are removed from the programme they are lost forever. Below is useful contact information

www.middlesexaa.org.uk – www.hertscaa.org.uk – www.Suffolkathletics.org.uk – www.surreyathletics.org.uk

Essex; Already closed – Norfolk: Cath@peterduhig.plus.com

April 30th 7.20pm 2km - SCVAC/Herts/NMiddlesex Div at LVAC

May 20th London Walks at Victoria Park - Details from peter.cassidy@btinternet.com

May 26th Southern RWA One Hour championship – Details from N. Carmody

Enfield Walking League 2012 – Remaining Fixtures

28 th April	1.00pm (4)	5 miles League Race <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS.</i>
2nd June	2.00pm (5)	Moulton Open Five <i>Amblers, Ramblers, Power & Race Walkers</i> Bonus points <i>Moulton Village Hall, Suffolk, CB8 8QP inc. EHAC Club championship</i>
16th June	11.45am (6)	5km track & YAG 1km inn the LICC meeting <i>Copthall Barnet Stadium</i>
21st July	1.00pm (7)	Half Marathon and shorter distances Bonus points for completion of full distance <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
7th August (Tuesday)	1.00pm	2012 Friendship Walks in celebration of the London Games <i>QE2 Stadium, Donkey Lane, Enfield</i>
18th August	1.00pm (8)	3km League Race & Club championship + 45 minute Parlauf 1km Youngsters and Newcomer Taster event. <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>
29th September	1.00pm (9)	10km League Race <i>venue to be confirmed</i>
13th October	1.00pm (10)	One Hour Badge Races/ <i>Venue to be confirmed.</i>
10 th November	1.00pm (11)	86th Enfield Open Seven – Club Championships Bonus points <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 OAS</i>