

The Enfield Walker 2013

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 - randjwallwork@btinternet.com
who apologises for any errors and who welcomes contributions and comments for future issues



August

International and National Championship Round-up

In the **School's International** at the Morton Stadium, Dublin on 20th July, only seven seconds covered the first three finishers in the Boys' 3km; Cameron Corbishley 13.07, Aaron Egan 13.12 and Callum Wilkinson 13.14, all of which I think were pb's.

Meanwhile, on the same day at the Hillingdon Cycle circuit Arthur Thomson 59.41 who finished thirteenth was the Club's only representative in the **UKA/RWA national 10km championships**. Tom Bosworth 41.56 won as he liked ahead of Dan 45.35 and Dom King 46.55 and the first three women home were Michelle Turner 50.40, Heather Lewis 51.46 and Alana Barber 55.08.

The leading *Leaguer* was Fransisco Reis 50.51 in fourth place and with Steve Uttley 55.52 in eighth position and Steve Allen© 60.19 in fifteenth, Ilford AC emerged as team champions with Surrey Walking Club through David Crane 59.11, former international Chris Cheeseman and Peter Hannell the runner-up. Steve Allen 56.13, John Hall 58.30, Stuart Bennett 60.38, Ken Bobbett 62.48, Shaun Lightman 67.07, Michael Harran 69.27 and Russell Vroobel 71.27 were other *Leaguers* among the twenty-eight starters.

The **UKA/RWA 50km championship** was staged a week later on 27th July in conjunction with the Midland and BMAF championships at Coventry. In unfavorably hot conditions thirty walkers started the race, fifteen of them having entered the 50km. Of the fifteen only seven finished. Guest Julian Iglesias (*Madrid*) was first across the line in 5.05.58 and Sandra Brown 5.29.04 was the leading English walker followed by Adrian Edwards 5.40.16, Richard Brown 5.55.18, Maureen Noel 5.59.44, Bob Dobson 6.04.19 and Paul King 6.08.59 (*pictured during the event by Mark Easton*), the only *Leaguer* to finish.



In the **BMAF 30km** Arthur Thomson (M75) 3.28.50 won his category as did Paul King (M60) 3.32.29, whilst Sean Pender (M55) 3.46.58 and Russell Vroobel (50) 3.53.15 won silver and bronze medals in their respective age groups. The overall winners were Julian Iglesias 2.52.50 Guest/Adrian Edwards 3.08.35 and Sandra Brown 3.12.07. Chris Berwick 3.12.08, Mike Smith 3.19.39 and John Constandinou 3.35.38 were the **Midland championship** medalists

Congratulations to Jamie Higgins on his outstanding pb of 42.56 when finishing seventh in the **European Junior championships** in Reiti, Italy, on 18th July.

The next League Fixture is on **24th August** and is a **5km track** held in conjunction with the London Inter-Club Challenge meeting at Allianz Park (*Formerly Copthall*)

Both start at 12 noon and include Young Age Group races at 1 and 3km

This year's **ONE HOUR BADGE** Races are is being staged at Hemel Hempstead on the last Saturday in September and falls on what was traditionally the Saturday on which the famous **Highgate One Hour Meeting** was held; the stage for some wonderful performances. If the current level of entries in this years *League* track races is maintained, two races be necessary **as will entries in advance**. Details and forms will be circulated when confirmed

The temperature touched 30c as the race got underway and with thirty-one walkers on the track at the same time, the recorders were kept extremely busy and they, along with all the LICC officials at the meeting deserve recognition for their endeavor. One of them was Joyce Smith (pictured recording during the race) who won the inaugural London Marathon in 1981 in a time of 2.29.57 and won it again the year after in 2.29.43.



The young Cambridge Harriers squad (pictured) had a sizeable impact on the race as the result below shows and Evie, Indigo and Sophie were attempting new distances for the first time.



Indigo, Sophie, Heather, Evie, Lucy and Luc

Men

1. Fabian Deuter	(Hillingdon AC)	24.23	SM
2. Francisco Reis	(Ilford AC)	24.47	M50
3. Luc Legon	(Cambridge H)	25.42	u17
3. Steve Uttley	(Ilford AC)	26.52	M55
4. Peter Ryan ©	(Ilford AC)	27.41	M55
5. David Crane	(Surrey WC)	28.37	M35
6. Shaun Lightman	(Surrey WC)	30.57	M70
7. Malcolm Martin	(Paddock Wood)	31.09	M55
8. Dan Maskell	(Vets AC)	31.38	M65
9. Jon May	(Enfield HAC)	33.39	M60
10. Richard McKenzie	(Hillingdon AC)	*34.49	M45
11. Phil Goodwin	(Ilford AC)	34.51	M60
12. Ron Powell	(Enfield HAC)	35.02	M75
13. David Hoben	(Surrey WC)	35.47	M65
14. Bill Sutherland ©	(Highgate H)	39.33	M60
15. Ramesh Kuhavasau	(Hillingdon AC)	40.19	M70
16. Dave Ainsworth ©	(Ilford AC)	41.24	M60
17. Eddie Trotter	(Ilford AC)	43.05	M55
17. Bernie Hercock	(Enfield HAC)	43.19	M75

Women

© = Centurion - * = pb

1. Heather Butcher	(Cambridge H)	28.37	u17
2. Sophie Lewis Ward	(Cambridge H)	30.25	u17
3. Penelope Cummings	(Surrey WC)	*31.38	w35
4. Sue Barnett	(Enfield & H AC)	32.10	w60
5. Angela Martin	(Paddocks Wood)	33.39	w45
6. Sarah Lightman ©	(Leicester WC)	34.27	w40
4. Linda Spinks	(Enfield & H AC)	35.19	w45
5. Geraldine Legon	(Cambridge H)	35.47	w50
6. Indigo Burgin	(Cambridge H)	36.11	u15

1km

Lucy Lewis-Ward (Cambridge H) *5.42 u15

3km

Evie Butcher (Cambridge H) 16.44 u13
Peter Howard (Enfield & H AC) 22.23 M70

Judges: Noel Carmody, Michael Croft

League tables after Seven Fixtures

Things couldn't be tighter at the top of all three tables. Five fixtures remain and with the intangibles created by a bonus points race and walkers with races in hand, it's going to be very interesting to follow and see how things eventually work out.

Men

1. 469/6 Sue Barnett	1. 550/6 Peter Ryan ©	11. 404/5 Shaun Lightman
2. 430/6 Linda Spinks	2. 525/6 Ken Bobbett	12. 403/5 John Ralph
3. 429/6 Jo Miles	3. 513/6 Andrew Cox	13. 378/5 Dan Maskell
4. 306/4 Fiona Bishop	4. 499/6 Fabian Deuter	14. 375/5 Malcolm Martin
5. 304/4 Angela Martin	5. 497/6 David Crane	15. 357/4 Callum Wilkinson
6. 279/3 Suz Beardsmore ©	6. 444/5 Steve Uttley	16. 353/4 David Hoben
7. 276/3 Anne Jones	7. 440/6 Jon May	17. 351/7 Bernie Hercock
8. 270/3 Cath Duhig ©	8. 433/5 Steve Allen	18. 344/5 Russell Vroobel
9. 237/3 Norma Grimsey	9. 417/4 Steve Allen ©	19. 339/5 Francisco Reis
10. 233/3 Grazina Narviliene	10. 407/5 Arthur Thomson	20. 320/5 Ron Powell

Team

1. EHAC	2504	496 Barnett, 440 May, 430 Spinks, 407 Thomson, 403 Ralph, 357 Wilkinson
2. Hillingdon AC	2419	525 Bobbett, 513 Cox, 499 Deuter, 429 Miles, 344 Vroobel, 109 Mckenzie
3. Ilford AC	2342	550 Ryan, 444 Uttley, 417 Allen, 339 Reis, 305 Ainsworth 287 Bennett
4. Surrey WC	2118	497 CraneD, 404 Lightman, 378 Maskell, 353 Hoben, 246 CraneP, 240 Delaney
5. EHAC B	1643	351 Hercock, 320 Powell, 273 Pender, 275, Howard, 237 Grimsey, 192 Halsall
6. Belgrave H	1113	319 HallJ, 275 King, 233 Narviliene, 170 Noel, 86 HallH, 50 Brown

Remaining 2013 ERWL Fixtures

24 th August	12noon	5km 1/3km	LICC Track event (<i>formerly Copthall Stadium</i>) Younger age groups and Newcomers
28 th September	12noon,	Hour Walks	Badge awards for first timers at 5, 6 and 7 miles – Plaques for 8 miles (<i>Hemel Hempstead</i>)
12 th October	1pm	5 miles	Yacht Handicap (<i>Probably at LVAC</i>)
9 th November	1pm	7 miles	87th Enfield Open Seven – Club Championships (<i>bonus points</i>) <i>Incorporating the VAC championship</i>
30 th November	1pm	10km + various other	Inaugural Hillingdon Open Walks at Hillingdon Cycle Circuit, including Middlesex 20km Championship, Minet Park, UB4 0LP Younger age groups, Newcomers and Seniors

Happy Retirement Wishes to club member GARY SMITH upon his retirement from the Metropolitan Police. Among his walking achievements is a 22.12.51 hundred miles to qualify as Centurion 856 and a gold medal in his age group at the 2011 World Police Games staged in New York.

And News of another Police Officer Dear Ron, My apologies for not attending recent race walking events, but I was seriously injured on duty in November and am still recovering from my injuries.

I was involved in an incident whereby a suspect made off from the scene seriously injuring me but, not stopping me from assisting in an area search whereby the suspect and stolen vehicle were recovered. I am delighted to let you know that I am now back at work and my rehabilitation is going well. In addition to receiving a message of thanks from the victims of the offence the judge sentencing the defendant praised my actions.

I am continuing my rehabilitation and hope to return to race walking when able to do so, after all, the next PSUK championships beckon as do the 2015 World Police and Fire Games.

Kind regards, Elizabeth Man Rey

I'm sure I express the feelings of club members and Leaguers in wishing Elizabeth all the best with her recovery and rehabilitation and look forward to seeing her back in action soon - Ron

Olympic Legacy Coaching & Training Sessions

Saturday 14th September - Saturday 19th October - Saturday 15th November
9.30am to 12.30pm at Lea Valley Athletic Centre

Sessions are open to athletes and Coaches from any club. The first segment is devoted to skills and technique the second part is about applying them in a demanding training workout followed by feedback to close the session. Places on the sessions should be booked **no later than 7pm on the Wednesday before the session** with Ron Wallwork on 01638 751869 or randjwallwork@btinternet.com. There is a session fee of £9 - under 16's just the cost of LVAC admission – coaches no charge.

This scheme is Supported by ERWL and Southern RWA

Results Round-up

As in the first race of the 2013 series ten walkers contested the second **Woodford Tuesday 3km** on 30th July. Well done to Pamela Abbott who sliced a minute of the time she posted in the first race. The result: Fransisco Reis 14.08, Steve Allen 15.37, John Hall 15.48, Stuart Bennett 16.34, Mark Culshaw 17.09, Pamela Abbott 19.42, Peter Cassidy 20.24, Mick Barnbrook 20.31, Dave Ainsworth 23.23 and Bernie Hercock 24.24.

A huge pb by Steve Whelan wasn't enough to get a medal in the **World Transplant Games 5km** in South Africa on 3rd August. Nevertheless, Steve's time of 29.56 was forty-four seconds quicker than his previous best and secured him fourth place.

The **Tower Insurance Isle of Man 100 mile** walk staged over the weekend 3rd/4th August attracted eighty-three walkers of whom thirty-six completed the distance within the time limit of twenty-four hours. For Twenty-three of them; 17 Manxmen including the first three to finish, two South Africans, two Dutch, one Swede and one Belgian, it was the first time, thus becoming *Centurions* and allocated the numbers 1106 to 1129. Richard Gerrard 18.29.40, Vinny Lynch 19.00.51 and Robbie Callister

19.19.45 were the first three walkers home. The remarkable Sandra Brown 19.57.50 completed her twenty-seventh UK hundred and Suz Beardsmore currently lying sixth in the *League* clocked 21.47.36.

Gary Smith celebrated his retirement by winning a bronze medal in the **Police & Fire Fighters Games** in Belfast on 4th August. The distance was 5km and Gary's time 29.47.

Francisco Reis 40.09, *League* leader Peter Ryan 43.37 and Stuart Bennett 48.21 just one second in front of Arthur Thomson were the leading four in the **VAC 5 mile** at Battersea Park on 6th August. Next came Andy Cox and Ken Bobbett both in 49.18, Dan Maskell 49.25, Mick Harran 49.43, Sean Pender 51.07, Paul King 52.24, Peter Hannell 52.36, Russell Vroobel 54.48, David Delaney 56.26, Mick Barnbrook 56.42 and making up the fifteen strong field was David Hoben 56.44

Congratulations to David Crane and Rachel Jones who are being married on 9th September at Ashburnham, East Sussex. Rachel has been seen supporting David at a number of races this year and I'm sure everyone connected with ERWL join me in hoping that they enjoy their special day and in wishing them every happiness in the future.

Forthcoming Fixtures

24 th August	12 noon	5km	ERWL – Allianz Park Stadium (Cophall)
25 th August	1.45pm	3km	Vets AC championship – Battersea Park
26 th August	10.30am	1 mile	Southend Open at Garons Park, SS2 4FA (A127 to Southend, A1159 to £4 enter on the day. <i>Shoebury Ness, left at 3rd roundabout</i>) <i>Details:</i> John Brock 07718 714018 or for latest news www.southend-on-sea-athleticclub.co.uk
1 st September	9.00am	19.4 miles	Sarnia Church to Church walk - St.Peters Port, Guernsey Entry forms from Jayne Le Noury, Sarnia Walking Club. (Google).
	1.30pm	8km	Hillingdon AC Club walk – Hillingdon Cycle Track - guests welcome Includes 2k/4k and 6k options for young and inexperienced walkers
	<i>Also on this day</i>		<i>EA under 15/17's championships at Bedford</i>
8 th September	11.00am	10km	Jim Sharlott Meeting - Abbey Park Leicester. Details from Colin Vesty On 07894683833 or colinvesty@leicesterwalkingclub.org.uk This event incorporates the BMAF championship and is followed by the Style & Smile Mile for beginners . <i>No fee.</i> <i>Contact Fiona McGoram on 0784580102 or Fizgr8@hotmail.com</i>
	<i>Also on this day</i>		<i>Youth Development walks at Birmingham</i>
14/15 th September			BMAF Track Championships at Birmingham (<i>see BMAF News below</i>)
21st September	2.00pm	3 & 6 m	Jack Fitzgerald Memorial Walks - details on www.vetsac.org.uk and then go to Fixtures tab or contact Dave Hoben on 07507 158605 or walks@vetsac.com .

BMAF News from John Hall Some of you had big trouble managing an online entry for the 10k track championship. Make sure you don't have the same trouble with the track & field championships, to be held in Birmingham on 14th and 15th September. All entry information can be found through the Fixtures page of the BMAF website if you look at the NATIONAL heading you will see the line: **"PLEASE NOTE: All Track and Field Championships now have an On-Line Entry system, so click [here](#) and please read."**

As Maurice Doogan would say - "do what it says on the tin" i.e. click "here", then read Maurice's stuff then click on the "reg...." link to get into the system and enter - that's where you will find closing date! I'll give you a clue - it's late in August BUT DON'T leave it late, in case you have trouble with the system - I won't be near a computer to help you after 28th August. If you don't get satisfaction from the system try Viv or Maurice - details to be found after you click "here" as indicated above!!

I am standing down from my BMAF walking secretary role at the AGM on 14th September at the Alexander Stadium, Birmingham (6 p.m.?). Ian Richards (Steyning AC) is in line to take over but why not attend to see that he receives the required support? I'm very grateful to Ian for agreeing to take over the role as I am extremely busy on several fronts and cannot do the job justice. I will however give Ian a hand with championship events until someone else can be found to do that (any volunteers?). I have enjoyed working with many of you over the last 4 years. Thank you for your cooperation and support in that time. *Best wishes, John - 020 8292 3627*