

Enfield Walker 2011

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

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Nov/December



Hugely Successful 85th Enfield Open Seven



In ideal dry, cool conditions, Colin Young c317 who competed in the event sixty-years ago sent the sixty-seven walkers on their way and like last year, the King twins dominated the race. On this occasion it was Dominic who crossed the line first. Neringa Aidietyte won the ladies race in record time and finished in front of everyone except the Colchester duo. Ilford AC with their scoring three in the first seven, were easy team winners, whilst EHAC was the only club to field a ladies and mixed team.

Seven walkers bettered the hour compared to three in 2010 and Angela Martin qualified for a five in the hour badge at her first attempt.

Thirteen *Centurions* took part, the fastest being Martin Fisher c788 and there were seven others; Colin Young, Tony Perkins c675, Carl Lawton c750, Pauline Wilson c798, Ken Roost c557, Colin Bradley c853 and Mal Blyth officiating at the event. Mal is number 384 and numbers 386 Ken Livermore and 388 John Cannell were walking; amazing that they should meet up again forty-five years after qualifying in the 1966 Leicester to Skegness.

Colin Young presented the awards and previous winners in attendance included Paul Nihill, Shaun Lightman, Carl Lawton, Mark Easton Fransisco Reis and Steve Allen. A thank you from EHAC goes to them and everyone else who took part or assisted in any way, to what was a hugely successful eighty-fifth celebration of *The Enfield Open Seven miles*. (full result on page 2)

2011 League Titles for Middleton, Uttley and EHAC



Steve Uttley was only in sixth place after the first race, moved to third after race two, second after the fourth event and following the Hillingdon half Marathon, took the lead and held it to become *2011 Individual League* winner.

He has every right to be extremely pleased with himself after finishing second two years ago and third last year. Over the final three races, defending title holder Steve Allen maximised races he had in hand to edge into second spot and it must have been a frustrating series for Fransisco Reis who, as last year led up to the Half marathon fixture when once again he succumbed to injury problems and dropped vital points.

Helen Middleton had little difficulty retaining her title with a trio of EHAC colleagues occupying the immediate places behind her and all within thirty points.

Sean Pender was the leading *Centurion* of the twenty-five who took part in the *League* during the brotherhood's Centenary year and a further eight assisted in officiating during the series.



Ilford AC had the quickest walkers, but the sheer volume of Enfield & Haringey participants who raced frequently was the telling factor in their club's retention of the Team trophy. EHAC took third place comfortably, because Hillingdon AC suffered from the loss of Ken Bobbett (through illness) for the second half of the series and Surrey WC simply didn't put enough walkers out often enough.

Thirty-two walkers completed six races or more to earn *Leaguer* status for the season and there were forty-one women among the one hundred and thirty-two who took part in the series. They registered over five hundred performances and contributed just short of £250 to the RWA Levy Scheme.

First race of the Olympic Year League and 2011 Presentation is at LVAC on 21st January at 1pm

85th Enfield Open Seven Result Sheet.

Men

1. Dominic King	(Colchester AC)	49.29 SM
2. Daniel King	(Colchester AC)	50.39 SM
3. Vilius Mikelionis	(Ilford AC)	54.43 SM
4. Fransisco Reis	(Ilford AC)	55.03 M50
5. Fabian Deuter	(Hillingdon AC)	56.50 SM
6. Trevor Jones	(Steyning AC)	59.36 M55
7. Steve Uttley	(Ilford AC)	59.45 M50
8. Steve Allen	(Barnet & D AC)	61.16 M55
9. Chris Hobbs	(Medway AC)	62.46 M55
10. John Hall	(Belgrave H)	63.03 M60
11. Arthur Thomson	(Enfield HAC)	64.53 M75
12. Martin Fisher ©	(Redcar RWC)	65.48 M45
13. Amos Seddon	(Enfield HAC)	66.12 M70
14. John Ralph	(Enfield HAC)	*66.17 M50
15. Andrew Cox	(Hillingdon AC)	66.35 M55
16. David Sharpe ©	(Ilford AC)	66.43 M55
17. David Kates ©	(Ilford AC)	66.52 M60
18. Shaun Lightman	(Surrey WC)	67.00 M65
19. Mark Culshaw	(Belgrave H)	67.12 M45
20. Ron Penfold	(Steyning AC)	67.28 M65
21. John Constandinou	(Birchfield H)	67.51 M35
22. Alan Ellam	(Enfield H AC)	68.05 M55
23. Steve Allen	(Ilford AC)	68.09 M50
24. Richard Emsley	(Steyning AC)	68.58 M55
25. Peter Hannell	(Surrey WC)	69.23 M65
26. Rod Dunn	(Enfield HAC)	69.56 M55
27. Sean Pender ©	(Enfield HAC)	70.09 M55
28. Chris Flint ©	(Surrey WC) ©	70.19 M65
29. Paul King ©	(Belgrave H)	71.11 M65
30. Glyn Jones	(Coventry Godiva H)	71.14 M65
31. Alan O'Rawe ©	(Ilford AC)	71.17 M70
32. Steve Kemp ©	(EVAC)	72.50 M50
33. Jon May	(Enfield HAC)	74.39 M60
34. Steve Whelan	(Headington AC)	74.50 M60
35. Peter Crane	(Surrey WC)	75.06 M65
36. Iain Thompson	(Surrey WC)	76.33 M60
37. Steve Crane	(Surrey WC)	79.40 SM
38. John Cannell ©	(Boundary H IoM)	79.43 SM
39. Peter Howard	(Enfield HAC)	80.40 M70
40. Brian Sturt	(Enfield HAC)	80.42 M70
41. Stuart Halsall	(EVAC)	84.51 M80
42. Peter Cassidy	(Loughton AC)	86.36 M70
43. David Hoben	(Surrey WC)	86.53 M55
44. Terry Braverman	(Enfield HAC)	87.43 M65
Bernie Hercock	(Enfield HAC)	ret inj M75
Abdi Berleen	(Ilford AC)	Disq M45

* = pb © = Centurion

1. Nerige Aidietyte	(Ilford AC)	R 53.05 SW
2. Helen Middleton	(Enfield HAC)	*64.40 W45
3. Maureen Noel	(Belgrave H)	69.35 W45
4. Judy Howard	(Abington)	70.30 W50
5. Anne Belchambers	(Steyning AC)	71.20 W55
6. Noel Blatchford	(Abington)	72.06 W60
7. Sue Barnett	(Enfield HAC)	*73.21 W60
8. Linda Spinks	(Enfield HAC)	74.47 W45
9. Jo Miles	(Hillingdon AC)	74.50 W55
10. Angela Martin	(Paddock Wood AC)	77.23 W45
11. Norma Grimsey	(Enfield HAC)	80.08 W50
12. Diana Braverman	(Enfield HAC)	80.55 W60
13. Kathy Crilley ©	(Surrey WC)	81.30 W60
14. Francois Fernandez	(Loughton AC)	84.18 W60

1 mile 1. Daniel Spinks (Moulton School) 13.49 u10

3 miles 1. Cathy Cotterill (Tonbridge AC) 30.49 u18
2. Stewart Lough (unattached) 33.31 SM

4.6 miles 1. Seamus Kerr (London Irish) 50.07 M50
2. David Ainsworth © (Ilford AC) 58.59 M55
3. Mick Barnbrook © (Ilford AC) 58.59 M65
4. Ken Livermore © (Enfield AC) 61.58 M75

Teams

Ladies: Enfield H AC Middleton, Barnett, Spinks

Men: Ilford AC Mikelionis, Reis, Uttley
Enfield H AC Thomson, Seddon, Ralph
Steyning AC Jones, Penfold, Emsley
Surrey WC Lightman, Hannell, Flint

Mixed: Enfield H AC Grimsey, D. Braverman
Ellam, Dunn

Bob Clark Award: Cathy Cotterill

George Brown Cup Stewart Lough

Judges: M.Croft, A.Garner, M.Graham, B.Ingarfield, P.Wilson

Timekeepers: P.Welch, P.Selby. **J/Runners:** O.Flynn, P.Ray

Recorders: P.Ficken, P.Kates **Course Clerk:** B.Hercock

Marshalls: M.Blyth, C.Bradley, C.Lawton, T.Perkins, K.Roost

Refreshments: M.Livermore, H.Nyman, C.Paton, J.Wallwork

Olympic Year Dates for Your Diary

7th January SRWA 10km Championships at Monks Hill – Entries Close 3rd January

18th February 10 miles - League, Middlesex and Essex championships

2nd June 5 miles – Moulton Diamond Jubilee & Olympic Year Walks

Final League Tables (A complete list will appear in the next issue)

Ladies

1. 784/11 Helen Middleton
2. 625/ 9 Angie Alstrachen ©
3. 605/12 Sue Barnett
4. 595/10 Norma Grimsey
5. 585/ 7 Anne Belchambers
6. 387/ 7 Jo Miles
7. 319/ 4 Kathy Crilley ©
8. 288/ 4 Noel Blatchford
9. 255/ 4 Maureen Noel
10. 253/ 3 Linda Spinks

Men

- | | |
|-----------------------------|---------------------------|
| 1. 839/11 Steve Uttley | 11. 653/12 Alan O'Rawe © |
| 2. 818/10 Steve Allen (Bnt) | 12. 648/11 Jon May |
| 3. 795/12 Fransisco Reis | 13. 618/ 8 Mikk Bradley |
| 4. 787/11 Amos Seddon | 14. 616/ 8 Rod Dunn |
| 5. 720/10 John Ralph | 15. 607/ 7 Trevor Jones |
| 6. 712/10 Sean Pender © | 16. 529/12 Peter Howard |
| 7. 692/10 Andrew Cox | 17. 518/ 7 Alan Ellam |
| 8. 684/08 Steve Allen | 18. 515/ 7 Arthur Thomson |
| 9. 657/08 Shaun Lightman | 19. 486/11 Bernie Hercock |
| 10. 655/10 David Sharpe © | 20. 477/ 8 Dave Hoben |

Team

- | | | |
|----------------------|-------------|--|
| 1. Enfield & H AC | 4276 | 787 Seddon, 784 Middleton, 720 Ralph, 712 Pender, 712 May, 625 Alstrachen |
| 2. Ilford AC | 4023 | 839 Uttley, 795 Reis, 684 Allen, 655 Sharpe, 653 O'Rawe, 397 Ainsworth |
| 3. Enfield & H AC B | 3481 | 618 Bradley, 616 Dunn, 605 Barnett, 595 Grimsey, 529, Howard, 518 Ellam |
| 4. Surrey WC | 2471 | 657 Lightman, 477 Hoben, 423 Harran, 324 Hannell, 319 Crilley, 271 Delaney |
| 5. Enfield & H AC C | 2232 | 515 Thomson, 486 Hercock, 401 Powell, 345 Sturt, 253 Spinks, 232 Queeney |
| 6. Hillingdon AC | 1799 | 694 Cox, 387 Miles, 341 Bobbett, 260 Deuter, 117 MilesS |
| 7. Steyning AC | 1786 | 607 Jones, 585 Belchambers, 249 Penfold, 240 Emlsey, 105 Stevens |
| 8. Belgrave H | 1555 | 448 Hall, 375 King, 277 Culshaw, 255 Noel, 109 Graham, 91 Halle |
| 9. Ilford AC'B' | 1482 | 354 Browne, 280 Barnbrook, 247 Kates, 217 Barnard, 208 Aidieyte, 176 Birleen |
| 10. Enfield & H AC D | 928 | 223 BravermanT, 217 Livermore, 157 Ray, 152 Smith, 90 Man-Rey, 89 Braverman |

Picture Parade *Courtesy of Mark Easton*



Enfield Seven outright winner Dominic King who dead-heated with his brother Daniel in 2010, record setting Nerenge Aidieyte, Martin Fisher the highest placed *Centurion* and Sean Pender who over the year emerged as the *League's* leading *Centurion*.

These pictures taken at the Open seven, along with those on the front page can be viewed with over a hundred more on Mark Eston's website:

<http://markeaston.zenfolio.com/>

Belgrave Open Seven – RIP

In previous years the result of the Belgrave Seven would be appearing in this issue. Sadly not this year. In putting together this tribute to the Belgrave Seven I'm indebted to Eric Hall and Colin Young.

The oldest of the London Open Walks, the Belgrave race was held on the fourth Saturday in November. Traditionally a seven mile event, it started out in 1919, as a ten mile race. First held on a four lap course on Albert Bridge Road, Chelsea, it was soon changed to the shorter distance, presumably to follow the example set by the RWA in holding a Seven mile championship in October. Enfield a year later and then Highgate, Cambridge and the Metropolitan WC promoted opens at the distance, creating a classic winter series that spanned the months October to mid January and attracted the leading walkers of the day and extremely tense inter-club rivalry.

The initial race had an entry of 70 and made a profit of £4 but there is no record of the result. The entry grew to almost 250 by 1928 and the race, over the years always attracted good fields of high quality.

Tommy Green, racing as an individual, won in 1927 and was placed several times. He went on to win gold in the 50k walk in the 1932 Olympics. Alf Pope, Woodford, was also a winner as was Cecil 'Sticker' Hyde and J. Johnson, both

of Enfield, on a number of occasions. Vic Stone, as a very young walker, placed 2nd behind Alf Cooper, the classic Woodford walker, in 1936. Vic won the following year and the 2nd finisher Harry Churcher, of the home club, went on to win in 1937 (setting a record of 52.05) and 1938.

The RWA Open Seven had a short life but the team trophy, the “Berman Cup” lived on and was presented to Belgrave, in 1940 and has since been awarded to the winning team. During the Second World War the race survived but it was not until 1947 that Harry Churcher was to return to win again. The following year the number of starters was well down as a real London fog shrouded everywhere making travel difficult, but Wimbledon Common and the course were fairly clear.

From early on the course was two fairly tough laps including Copse Hill, frequently known as “Corpse” Hill to the competitors. Larger fields were attracted in the post war years and the standard of races improved but it was not until 1957 that Harry Churcher’s course record fell. Ken Matthews 52.18 won and the next three, all Olympians; Stan Vickers 52.28, Eric Hall 52.32, Norman Read 52.38, also beat the previous best.

In the sixties Paul Nihill notched up two wins and in the following decade Phil Embleton and New Zealander Mike Parker did the same, whilst in the eighties Leicester’s Phil Vesty registered three wins and Jim Ball two.

In 1989 Darrell Stone registered the first of seven victories that he would enjoy over the following seventeen years, surpassing Ken Matthews total of six. However, the 1964 Olympic champion’s six wins were consecutive. In this period Mark Easton, Dave Cheeseman, Steve Hollier and Scott Davis registered two wins.

Other outstanding walkers picked at random who won the race include, in no particular order Ray Middleton, John Webb, Jose Pedraza, Chris Maddox, Carl Lawton, Shaun Lightman, Les Morton and Steve Partington.

The weight of traffic on the roads saw a number of changes to the course, but it remained very hilly, so times have little significance, but for the record the fastest ever winning time was 47.15 set by Steve Hollier in 2002.

Support from competitors is only half the requirement of a successful event. Crucial also, is the input from officials and administrators and over the years, in people like Jack Jarvis, Jack Gosden and latterly Carl Lawton, Belgrave was more than ably equipped. Many of the walkers who competed in the race up to the late sixties will remember, or perhaps will have even kept one of the amazing result sheets produced within an hour or so of the race finishing, by Jack Gosden and his wife Joan. Producing them so quickly was no mean feat! Joan typed results onto a skin, or skins if a two-sided sheet; a process that demanded pin point accuracy, before being run-off on a hand-cranked Gestetner duplicating machine. This was a service they also provided at RWA national championships.

The race, graced by so many of the sport’s greats, was supported by hundreds of walkers who never won a prize and their contribution, as the demise of this event proves, was always the vital factor of its success. The event may be no more, but nostalgia remains.

Results Round-up Bernie Hercock celebrated his seventy-fifth birthday on 29th October by taking part in **Steyning AC’s open 10km**. He finished last of the twenty starters completing the far from easy course in 76.15. **Happy Birthday Bernie!** The event winner was Trevor Jones 52.58, twenty-three seconds ahead of Jim Ball, both well clear of Barnet’s Steve Allen 55.14. EHAC’s leading walker was Helen Middleton 58.11 who was fourth overall, but first lady, with Arthur Thomson 58.40 one place behind and in twelfth position Sean Pender 63.55.

Lithuanian Neringe Aidietyte in Ilford colours was the winner of the **SWC 7 open seven** miles at Monks Hill on 5th November. Her time was 54.10. Fransisco Reis 55.49 and Mark Easton 57.49 were second and third, with Steve Uttley 60.22, Steve Allen (Bnt) 63.13 and Helen Middleton 65.28 making up the first half dozen of the twenty-one starters. For EHAC, in seventh was Arthur Thomson 66.07, twelfth Sean Pender 71.06 and nineteenth Bernie Hercock 87.50. Mark Easton won SWC’s Addington Vase for the thirtieth consecutive time.

December Fixtures

3rd 2.00pm **Cambridge Harriers Winter League race 2 over 5km.**

“A” rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent, in good time, because the start is a little distance from the clubhouse.

10th 2.00pm **Surrey Walking Club Christmas Cup 5km.** Enter on the day at the Monks Hill Sports Leisure Centre Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East Croydon). Map and directions on the Surrey Walking Club web-site.

17th 2.00pm **Iford AC All Comers 5 miles** at Redbridge Cycle track

11.00am **Steyning AC Alf Palmer 2/5km track** walks at Broadheath, Horsham.
Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506

BOXING DAY 5km at LVAC starts at 10.30 Not a League race