

The Enfield Walker 2014

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP - 01638 751869 – rwallwork4@sky.com

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

December



Latest League news at <http://enfieldleague.weebly.com/>

88th Enfield Open In cold blustery conditions the race was started by Carl Lawton who won the event in 1974 and among the field were three national champions. Olympian and Centurion Dominic King dominated the race and recorded his fourth win in five years and his fifth in total, the only challenge coming from his brother Daniel also a Centurion. The first half of the race was covered at sub 50 minute pace, before conditions took its toll, but nevertheless the winning time was the second quickest of Dominic's five victories. Belgrave's Grazina Narviliene completed a hat-trick of wins in beating the hour for the first time, her progress over the three years being 61.38 and 60.17.



Grazina and Dominic (centre) flanked by on the right by Helen and Daniel, on the left by Fiona and Callum



Enfield H AC lifted the team trophy for the first time this century, whilst Belgrave H by virtue of a higher placed fourth scorer, pipped Hillingdon for the runner-up prizes.

Enfield's up and coming youngster Callum Wilkinson walked over a minute quicker than last year and his third place earned him the 'Bob Clark' award and almost assured him of the 2014 ERWL title. See 'Exciting Finish' below

Callum, John, Helen and Sean with the Bernie Hercock trophy

Giving support to the event were Enfield stalwarts Ron Powell, Paul Ray and Amos Seddon, the latter having his first walking race since the 87th Open and his 35 appearance since his debut in 1960. . *Full result on page 2*

Exciting Finish to the 2014 League The top three ladies are more or less decided, but not so the destination of the men's podium finishers. Callum Wilkinson's nine point lead will be put in jeopardy if he doesn't race at Hillingdon and more than forty-five walkers start the race. Sixty points are awarded for fields up to 45, but above this seventy points are up for allocation to offer protection to regular *Leaguers* when occasional walkers enter. So, Callum's closest rival, Fransisco, if he does the race, in theory could pick up sufficient points to drop one of his poorer races and pip the youngster. In third place is Steve Uttley whose position is under threat from current number six in the table Fabian Deuter, who has a race in hand.

Team-wise, EHAC look safe and one would fancy Ilford to hang on to second, but Surrey and Hillingdon are having a battle royal, which could lead to a further reduction in their 134 point cushion. *Tables on page 3*

The next League race is the **The HILLINGDON OPEN 10km**
Incorporating

Enfield League 10k and BMAF 20k Championships

Middlesex and Essex CountyAA 20km Championships

1pm on Saturday 29th November 2014 - Hayes Cycle Circuit, HILLINGDON, UB4 0LP

The BMAF entries close on 24th November

walkers wishing only to do the Enfield League 10k may enter on the day for the usual fee of £5

see how the BMAF race will be judged on page 3

For BMAF entry form contact John Hall, 201 Ladysmith Road, Enfield, Middlesex, EN1 3AQ, or
Email to: stroller49@gmail.com

Vets AC staged their championship in this race and are noted by a V after their age group.

Men			Women		
© = Centurion - *=-pb					
1. Dominic King ©	Colchester AC	50.53 SM	1. Grazina Narviliene	(Belgrave H)	*59.23 w40
2. Daniel King ©	Colchester AC	52.01 SM	2. Helen Middleton	(Enfield HAC)	70.29 w50
3. Callum Wilkinson	(Enfield HAC)	*56.09 u20	3. Fiona Bishop	(Woking AC)	74.52 w55
4. Fabian Deuter	(Hillingdon AC)	56.48 SM	4. Anne Jones	(Steyning AC)	75.08 w60V
5. Jonathan Hobbs	(Ashford AC)	57.27 u23	5. Kay Koeslag	(Belgrave H)	78.29 w35
6. Fransisco Reis	(Ilford AC)	58.01 M50	6. Angela Martin	(Surrey WC)	79.05 w50
7. Trevor Jones	(Steyning AC)	59.49 M55V	7. Jo Miles	(Hillingdon AC)	79.10 w55
8. Malcolm Martin	(Surrey WC)	*63.17 M55	8. Geraldine Legon	(Bexley)	*79.49 w55
9. John Hall	(Belgrave H)	65.23 M65V	9. Diana Braverman	(Enfield HAC)	81.16 w60
10. Steve Uttley	(Ilford AC)	65.26 M55	10. Norma Grimsey	(Enfield HAC)	82.20 w55
11. John Ralph	(Enfield HAC)	66.17 M55V			
12. Stuart Bennett ©	(Ilford AC)	67.42 M55			
13. Ken Bobbett	(Hillingdon AC)	67.54 M70			
14. Andrew Cox	(Hillingdon AC)	68.54 M60V			
15. Richard McChesney©	(Stragglers)	69.45 M45	28. David Hoben	(Surrey WC)	78.58 M60V
16. Richard Emsley	(Steyning AC)	70.11 M60	29. David Delaney	(Surrey WC)	81.19 M70V
17. Dan Maskell	(Surrey WC)	70.24 M65V	30. Russell Vroobel	(Hillingdon AC)	82.48 M55V
18. Sean Pender ©	(Enfield HAC)	70.40 M60	31. Mick Barnbrook©	(Ilford AC)	83.16 M70
19. Glyn Jones	(Coventry Godiva)	71.13 M70	32. Harry Corbett	(Belgrave H)	83.33 M55
20. Arthur Thomson	(Enfield HAC)	71.45 M75V	33. Jon May	(Enfield HAC)	85.28 M60
21. Amos Seddon	(Enfield HAC)	71.59 M70	34. Terry Braverman	(Enfield HAC)	88.36 M70
22. Mark Byrne ©	(Redcar R WC)	72.20 M50	35. Dave Ainsworth©	(Ilford AC)	94.41 M65
23. Paul King ©	(Belgrave H)	73.07 M60V			
24. Chris Flint ©	(Surrey WC)	73.57 M65V	4.6m Ron Penfold	(Steyning AC)	48.45 M70
25. Mark Culshaw	(Belgrave H)	74.00 M45	2.3m Dave Stevens.	(Steyning AC)	29.02 M75
26. Michael Harran	(Surrey WC)	74.45 M75	Eddie Trotter	(Ilford AC)	33.15 M60
27. Gary Smith ©	(Enfield HAC)	76.54 M55			

men continued

Teams (mixed – 4 to score)

1. 54 pts EHAC	Wilkinson, Ralph, Middleton, Pender	Bob Clark Award: Callum Wilkinson
2. 68 Belgrave H	Narviliene, Hall, King, Culshaw	
3. 68 Hillingdon AC	Deuter, Bobbett, Cox, Miles	Lol Dordoy Spot Prize: Glyn Jones
4. 71 Ilford AC	Reis, Uttley, Bennett, Barnbrook	
4. 81 Surrey WC	Martin M, Maskell, Flint, Harran	

Judges: Michael Croft, Peter Cassidy, Mick Graham, Peter Marlow

Ray Pearce(Chief), Pauline Wilson © Suz Beardsmore (Trainee)

Time-Keeper/Recorders: Phil Welch, Pam Ficken ©, Tracey Wilkinson

Marshalls: Mal Blyth ©, Bernie Hercock, Ron Powell, Ken Roost ©, Ian Spinks

Registration/refreshments: Margaret Livermore, Linda Spinks, Joan Wallwork

Get Well Soon Shaun! Olympian and Leaguer Shaun Lightman who enjoyed Enfield Open wins in 1969, 72 and 76 was taken ill in the week prior to this year's event whilst in Devon with his family. Pneumonia was diagnosed and when I spoke to him recently, he reported that he was making good progress and feeling much better.



Fancy meeting you here

Whilst race walking in a Tenerife running race just over a week before the 88th Enfield Seven, Angela and Malc Martin were urged on by some strong vociferous support and wondered who it might be from. Well, it was none other than Helen Elleker, pictured with them after the race and whose picture and reference to her 1974 Enfield Open win in a time of 58.40 appeared in this year's programme.

The following piece was written by Norman Easlea for Race Walking Record in the 1950's and I'm grateful to ERWL founder Martin Oliver for bringing it to my attention.

Enfield Greats – Cecil 'Sticker' Hyde



In 1927, a guest at the Enfield AC Annual Dinner was persuaded to join and try his hand at cross-country running. After one or two outings had convinced this young man that he would never make a great show of running, he turned to road walking and within a few weeks, started on a run of success almost without parallel in this branch of athletics. C.W.Hyde, for it is he to whom we are now referring, first broke into the headlines by winning in his first season, the big Empire Cancer Campaign, North of the Thames 20 miles qualifying race around Regents Park in 3.01.01, beating amongst others E.A.Plumb, A.A.Webb and A.H.G.Pope.

Favourite for the RWA 'Junior' 10 miles in 1928, in consequence of his numerous Open wins, Hyde by now was familiarly known in the world of walking as 'Sticker', turned out although not fully recovered from an attack of influenza and was beaten into sixth place. A fortnight later however, he gained a convincing win in the Middlesex 10 miles championships, the first of his five county road successes – leading his club-mates to gain their first team awards; the second place medals, after tying with Highgate Harriers.

There followed five Middlesex 2 mile track wins, three AAA 7 miles titles – 1928, 29, 30 and the AAA 2 miles in 1930 with a then championship best of 13.56.4. The AAA 2 miles was held at Stamford Bridge on the Friday evening followed by the 7 miles on the Saturday morning and it was undoubtedly a tremendous feat to win both titles against strong opposition within a matter of 16 hours. His record time of 52.21 achieved in the Club's Open 7 miles in 1931 was perhaps one of his best performances and stood for nearly 30 years, although subsequent winners of this race included, at their best, A.A.Cooper, J.F.Johnson, T.W.Green and H.G.Churcher.

League Tables with one fixture remaining

Ladies

1. 587/9 Helen Middleton
2. 521/9 Fiona Bishop
3. 513/9 Angela Martin
4. 387/6 Anne Jones
5. 267/8 Jenny Middleton
6. 239/5 Maureen Noel
7. 233/5 Norma Grimsey
8. 225/4 Cath Duhig ©
9. 223/5 Jo Miles
10. 210/2 Diana Braverman

Men

- | | |
|---------------------------|----------------------------|
| 1. 717/9 Callum Wilkinson | 11. 572/7 Trevor Jones |
| 2. 708/9 Fransisco Reis | 12. 570/9 John Ralph |
| 3. 679/9 Steve Uttley | 13. 559/9 Sean Pender © |
| 4. 669/9 Malc Martin | 14. 466/7 Steve Allen |
| 5. 640/9 Stuart Bennett © | 15. 417/6 John Hall |
| 6. 635/8 Fabian Deuter | 16. 411/9 Dave Ainsworth© |
| 7. 623/9 Ken Bobbett | 17. 401/6 Michael Harran |
| 8. 620/9 Arthur Thomson | 18. 394/7 Gary Smith |
| 9. 599/9 Dan Maskell | 19. 394/8 Richard McKenzie |
| 10. 577/8 Andrew Cox | 20. 386/6 Russell Vroobel |

Team

- | | | |
|------------------|-------------|---|
| 1. EHAC | 3447 | 717 Wilkinson, 620 Thomson, 587 Middleton, 570 Ralph, 559 Pender, 394 Smith |
| 2. Ilford AC | 3052 | 708 Reis, 679, Uttley, 640 Bennett, 411 Ainsworth, 318 Ryan, 296 Barnbrook |
| 3. Surrey WC | 2918 | 669 MartinM, 599 Maskell, 513 MartinA, 401 Harran, 382 Lightman, 354 Hoben |
| 4. Hillingdon AC | 2882 | 635 Deuter, 623 Bobbett, 577 Cox, 394 McKenzie, 386 Vroobel, 267 MiddletonJ |
| 5. Belgrave H | 1517 | 417 Hall, 262 King, 239 Noel, 256 Culshaw, 191 Narviliene, 152 Koeslag |
| 6. Steyning AC | 1447 | 572 JonesT, 387 JonesA, 184 Emsley, 150 Penfold, 86 Stevens 68 Richards |
| 7. EHAC 'B' | 1272 | 321 May, 233 Grimsey, 213 Livermore, 211 Lilley, 210 BravermanD, 84 Spinks |
| 8. Ilford AC 'B' | 806 | 284 Kates, 164 Ruddock, 115 Marshall, 112 Trotter, 79 Goodwin, 52 Allen |

BMAF 20km Judging at Hillingdon Judging of this Event – please read carefully:

The 20km races will be judged according to A rules i.e. full IAAF requirements. The Enfield League 10km will be judged according to the domestic B standard. In practice, as all walkers are automatically entered into the Enfield League event, during the first 10km only those walkers receiving 3 infractions (cards) for contact will be disqualified from the races. After 10km all infractions, including any for bent knees incurred during the first 10km, will count towards the total of 3 when a disqualification will be made.

Results Round-up

On 2nd November persistent heavy rain amazingly ceased between 1.30pm and 3.30pm, thus enabling the eleven competitors in the **SWC Open 7** to get in their performances in dry conditions. Mark Easton 61.24 won the race for the thirty-something time after having Richard Crane 62.11 for company for two thirds of the race. Dan Maskell 72.52, Sean Pender 73.28 the Club's lone representative, Paul King 74.57, Michael Harran 75.47, Peter Hannell 76.29, Peter Crane 79.45, Chris Flint 80.17, David Hoben 80.18 and the only women in the event Geraldine Legon 83.05 made up the field.

Well Done Grazina A week after her Enfield 7 victory Grazina was in cross country action at Parliament Hill in the London championships, where she finished a creditable 21st was third in the W40 category and also had the satisfaction of being the first Belgrave lady to finish.

Forthcoming Fixtures

December 5th Cambs Harriers League Race – 5km + Yag events - *Entries close at 1.40 at the Club House between 58A & 60 Glenhurst Ave, Bexley, DA5 3QW. Details from: Noel.Carmody@btopenworld or 020 8301 2334.*

December 13th Steyning Alf Palmer track walks at Broadbridge Heath with an 11am start.
Details from: Ron Penfold on 01293 520506 or Dave Stevens 01903 814422

2015

January 10th Southern Men & Women 10k & U20M/W 10k, u17 M/W 5k, u15 G/B 3k & u13 G/B 2k
Details from: Noel.Carmody@btopenworld or 020 8301 2334.

January 17th 2015 ERWL Opening fixture at QEII + 2014 Presentations

The Centurions 1911 AGM has been arranged to take place on Saturday 31st January 2015 at Bankside Community Space, SE1, commencing at 1pm

The location of the venue is 18 Great Guildford Street, London, SE1 0FD, and is situated off Southwark Street A3200, and is mid-way between London Bridge station and Waterloo East station. Other nearby Underground stations are Borough and Southwark. It would be advisable to check the Bankside web site (www.bankside.co.uk) for a map of the venue and/or go TfL journey planner.

Bankside will open at 12 noon and there will be teas/coffee/biscuits available. The meeting will commence at 1 pm prompt. We need to conclude by 5 pm. Bankside is a modern building in a vibrant area with plenty of restaurants and it is hoped that we can enjoy a meal afterwards. We deserve it! The Centurions committee looks forward to a useful meeting which is the ideal opportunity to discuss future qualifying events and our support to clubs wishing to host the 100 miles. We hope for a good turnout. Contact details for the venue are: Tel. No. 020.79283998 - info@betterbankside.co.uk

Chris Flint C.849 Hon. Secretary, The Centurions.

News from Barry Ingarfield

Dear Ron, Very many thanks for sending me a stark reminder (Enfield Seven programme) of my fitter, healthier and more youthful past.

My present status; after 16 hospital appointments since March, is I am frustratingly still waiting for my lifesaving keyhole surgery!

On a more positive note, and if everything goes according to the medical professionals plan ... you will hopefully see me again in 2015.

Please give everyone my heartfelt and sincerest regards.

Yours in sport, Barry

Championship dates Corrections

The Southern Area 20km will be incorporated in the National 20km at Hillingdon on 18th April, not as printed in the last issue.

The Inter-Area Match at Tamworth will be on 11th July, not as printed in the last issue.