

# Enfield Walker 2011

(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

February



## ***The Fourteenth Enfield League Series Gets Underway***

The 2011 *League* got off to a tremendous start with fifty-one walkers, twenty of them wearing EHAC colours, enduring cold, raw conditions.

Twenty-seven year old Lithuanian Neringe Aidityte(50) had the company of Fransisco Reis(2) for the first mile and then impressively outpaced him and everyone else to win and set a women's *League* 5 mile best performance in the process.

Fransisco who was carrying an injury had a minute to spare over Trevor Jones(32), whilst Nick Silver(45) and Steve Uttley battled right to the finish line. It took Kelsey Howard some time to finally get clear of Diane Bradley and by the time she did, both were well clear of anyone else.

The were pb's for Angie Alstrachen and Sue Barnett and in this special Centurion's Centenary year, Dave Kates C936 was the first of nine Centurions to finish, but the Centurions' handicap winner was Alan O'Rawe C791.



6 K.Bobbett, 45 N.Silvester, 35 J.Hall, 7 H.Middleton, D.Bradley, 50 N.Aidityte, S.Allen, T.Jones, F.TReis

## ***Train in Spain – the latest from Cath Duhig***

I have had two enquiries about the training camp in Calella for the originally advertised dates of 6 -13 October. Since the first dates were published a fixture has been placed for 8 October ( Enfield Badge Races) so I have sent an enquiry to the hotel about the possibility of altering the proposed dates for the following week , probably 11th-18th Oct ( or 13th-20th...within those weeks anyway).

This will probably mean that the two original enquirers cannot attend, but may alter others' thinking. I do have leaflets available with information on the Hotel Volga if anyone is interested.

Ideally a group of about 15 would make this venture viable; a smaller gathering can go but the cost of transfers from airport to resort would have to be shared among fewer people, assuming travelling en bloc. Travel arrangements are individuals' responsibility; I am only liaising with the Hotel for bookings if anyone wishes to participate. (Cost at time of posting: 25 euros per person per night, based on 2 sharing; 16 Euro single supplement)

Cath can be contacted at: [cath@peterduhig.plus.com](mailto:cath@peterduhig.plus.com) 42 Wimbotsham Road, Downham Market, Norfolk, PE38 9PE

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***The next League Race is a 10 miles on Saturday 19th February and incorporates the Essex, Middlesex, Norfolk and Suffolk Championships***

It's at Lee Valley (N9 0AR) starts at 2pm - It's a B event and Entries will be taken on the day

**It should be noted that the course will be four laps of two and a half miles. Walkers wishing to do less than 10 miles are welcome and will be timed for however many laps they choose to do**

*Ladies*

1. Neringe Aidietyte (Ilford AC)	37.39	W27
2. Kelsey Howard (Tonbridge AC)	43.27	u20
3. Diane Bradley (Tonbridge AC)	43.49	W45
4. Helen Middleton (Enfield HAC)	46.40	W45
5. Angie Alstrachen (Enfield HAC)	*49.38	W45
6. Maureen Noel (Belgrave H)	49.53	W45
7. Anne Belchambers (Steyning AC)	51.03	W55
8. Noel Blatchford (Abingdon A AC)	52.25	W60
9. Sue Barnett (Enfield HAC)	*52.56	W60
10. Jo Miles (Hillingdon AC)	53.14	W55
11. Fiona Bishop (Aldershott FD)	54.49	W50
12. Cath Cotterill (Tonbridge AC)	55.50	u17
13. Norma Grimsey (Enfield HAC)	56.24	W55
14. Serena Queeney (Enfield HAC)	57.21	W55
15. Sue Smith (Ryston R))	61.29	W45
16. Maureen Spelman (Aldershott FD)	35.59	W75 3 miles
17. Liz Man Rey (Enfield HAC)	37.40	W29

*Men*

1. Fransisco Reis (Ilford AC)	40.41	M50
2. Trevor Jones (Steyning AC)	41.57	M55
3. Nick Silvester (Aldershott FD)	42.48	M55
4. Steve Uttley (Ilford AC))	42.49	M50
5. Graham Chapman (Headington AC))	43.25	M55
6. Steve Allen (Barnet & Dist)	45.50	M50
7. John Hall (Belgrave H)	45.55	M60
8. John Ralph (Enfield HAC)	46.42	M50
9. Arthur Thomson (Enfield HAC)	47.29	M70
10. Ken Bobbett (Hillingdon AC)	47.33	M65
11. Amos Seddon (Enfield HAC)	47.45	M70
12. David Kates © (Ilford AC))	47.57	M50

	* = PB	© = Centurion
13. Mark Culshaw (Belgrave H)		47.59 M40
14. David Sharpe © (Ilford AC)		49.31 M55
15. Rod Dunn (Enfield HAC)		49.34 M55
16. Sean Pender © (Enfield HAC)		50.23 M55
17. Shaun Lightman (Surrey WC)		50.51 M60
18. Oliver Browne © (Ilford AC)		51.52 M55
19. Mick Bradley (Enfield HAC)		51.59 M50
20. Malcolm Brown (Enfield HAC)		52.48 M55
21. Jon May (Enfield HAC)		53.48 M60
22. Alan O'Rawe © (Ilford AC)		54.12 M65
23. Ron Powell (Enfield HAC)		55.29 M70
24. Mick Barnbrook © (Ilford AC)		58.37 M
25. Phil Goodwin (Ilford AC)		58.46 M55
26. Steve Whelan (Headington AC)		58.47 M45
27. Peter Howard (Enfield HAC)		58.47 M65
28. Bernie Hercock (Enfield HAC)		61.22 M70
29. Bill Sutherland © (Highgate H)		63.33 M65
30. David Ainsworth © (Ilford AC)		66.35 M60
31. Brian Sturt (Enfield HAC)		39.01 M70
32. Paul Ray (Enfield HAC)		42.31 M75
33. Ken Livermore © (Enfield HAC)		42.31 M75
Philip Barnard (Ilford AC) retired injured		M26

*Judges:* P.Marlow (Chief), P.Cassidy, M.Croft  
M.Graham, A.Garner, P.Wilson

*Time Keeper:* P.Selby *Judges Runner:* P.Ficken

*Recorders:* C.Duhig, P.Kates, C.Perkins

*Marshalls:* P.Emery, J.Rooke, T.Perkins

*Refreshments:* M.Livermore, H.Nyman, C.Paton

J.Wallwork

*Handicap:* 1. J.Miles (20.44) 32.30 2. A. O'Rawe © (21.04) 33.08  
Angie Alstrachen (14.16) 33.13 – Sue Barnett (16.17) 33.21

***Neringa Aidietyte***

Neringa is a full time Sales Assistant for a major sports retailer, who was about eleven when she took up running and specialized in middle distance events prior to taking up race walking when she was nineteen. She is now twenty-seven and in the eight years since her switch, has won the Lithuanian championship and represented her country many times. Some of the highpoints in her career so far have been:

2005 Seventh place in European Championships U23 in Erfurt, Germany

2007 Twenty-second place in European Race Walking Cup at Royal Leamington Spa, Winner of the Lithuanian Championship in Kaunas, and fifth place in the Universiade in Bangkok, Thailand.

2008 Fourth place team medal in the World Cup in Cheboksary

2010 Fifteenth place in the European Championships held in Barcelona.

Neringa's fastest 20km time of 93.54 was set on English soil at Royal Leamington Spa in 2007 and who would have thought then that this talented, likeable athlete would be gracing the *Enfield League* scene? I for one am glad she has and hopes that she becomes a regular.

***EHAC AGM will take place at Lee Valley Athletic Centre on Wednesday 23rd February commencing at 7pm.***

This is the yearly opportunity for members to find out about more about the Club, it's plans for the future and comment about them.

## 2011 League Positions after One Fixture

### Ladies

1. 70/1 Neringa Aidietyte
2. 64/1 KelseyHoward
3. 63/1 Diane Bradley
4. 60/1 HelenMiddleton
5. 51/1 Angie Alstrachen
6. 50/1 Maureen Noel
7. 47/1 Anne Belchambers
8. 44/1 Noel Blatchford
9. 42/1 Sue Barnett
10. 41/1 Jo Miles

### Men

- |                        |                         |
|------------------------|-------------------------|
| 1. 69/1 Fransisco Reis | 11. 56/1 Amos Seddon    |
| 2. 68/1 Trevor Jones   | 12. 55/1 Dave Kates     |
| 3. 67/1 Nick Silvester | 13. 54/1 Mark Culshaw   |
| 4. 66/1 Steve Uttley   | 14. 53/1 David sharpe   |
| 5. 65/1 Chapman        | 15. 52/1 Rod Dunn       |
| 6. 62/1 Steve Allen    | 16. 49/1 Sean Pender    |
| 7. 61/1 John Hall      | 17. 48/1 Shaun Lightman |
| 8. 60/1 John Ralph     | 18. 46/1 Oliver Browne  |
| 9. 58/1 Arthur Thomson | 19. 45/1 Mikk Bradley   |
| 10. 57/1 Bobbett       | 20. 43/1 Malcolm Brown  |

### Team

- |                     |            |   |
|---------------------|------------|---|
| 1. Ilford AC        | <b>359</b> | 70 Aidietyte, 69 Reis, 66 Uttley, 55 Kates, 53 Sharp, 46 Browne       |
| 2. Enfield & H AC   | <b>339</b> | 60 Middleton, 59 Ralph, 58 Thomson, 56 Seddon, 52 Dunn, 51 Alstrachen |
| 3. Enfield & H AC B | <b>256</b> | 49 Pender, 45 Bradley, 43 Brown, 42 Barnett, 40 May, 37 R.Powell      |
| 4. Enfield & H AC C | <b>199</b> | 35 Grimsey, 34 Queeney, 30 Howard, 29 Hercock, 24 Man Rey, 23 Sturt,  |
| 5. Belgrave H       | <b>165</b> | 61 Hall, 54 Culshaw, 50 Noel  |
| 6. Tonbridge AC     | <b>163</b> | 64 Howard, 63 Bradley, 36 Cotterill                                   |
| 7. Ilford AC'B'     | <b>150</b> | 39 O'Rawe, 33 Barnbrook, 32 Goodwin, 26 Ainsworth, 20 Barnard         |
| 8. Aldershot F&D    | <b>130</b> | 67Silvester, 38 Bishop, 25 Spelman                                    |
| 9. Steyning AC      | <b>115</b> | 68 Jones, 47 Belchambers  |
| 10. Hillingdon AC   | <b>98</b>  | 57 Bobbett, 41 Miles  |

## Walkers, Walkers Everywhere!

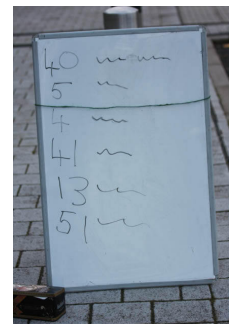


Fiona Bishop and Sue Barnett

What a great sight – but the picture can only hint at the buzz that is created when a large\* field is assembled. Regardless of age or standard, every athlete contributes to the feel good factor that emanates from such an event

This was a B race, but as the 'naughty board shows, the category doesn't signify a free for all.

Not all the competitors had the superb technique demonstrated by Neringa and Fransisco, but passers by that spoke to me seemed to have little doubt that all the athletes were race walkers.



Mid-field rivalry - Club statistician Jon May under pressure from

\* large by today's standard

They were also at the annual Middlesex AA Dinner to hear speeches by outgoing President Sean Pender and Guest Pam Ficken.

Back row l to r:

Carl Lawton, Ken Livermore, David Ainsworth, Peter Cassidy, Pam Ficken, Ron Wallwork, Sean Pender, John Hall and Amos Seddon

Middle: Pauline Wilson and Margaret Livermore

Front: Mark Culshaw and Maureen Noel



Some Photographs reproduced here are by courtesy of Mark Easton visit <http://photosbymark.fotoblog.co.uk/> to view more walking photos

**Important Notice** The Skills and Technique Sessions listed to take place at LVAC on 27th February and 13th March **HAVE BEEN RESCHEDULED to 20th MARCH and 17th APRIL**

## Centurion's AGM

The highlights of the Centenary AGM of the Centurion's which took place at the historic Toynbee Hall in London, on 29th January was the bestowing of Life Presidencies on Jack Thomas and Colin Young and the the substantial number of congratulatory messages from Clubs and well-wishers.

The thirty-six strong gathering heard that plans were well advanced for the Centenary Dinner at the House of Commons on 14th May and that copies of the new handbook would be available by the end of February.

A motion to approve in principal the placing of the Centurions' Archives on long term loan with the Surrey History Centre at Woking received solid support and the committee was authorised to persue the matter.



Colin Young and Jack Thomas – Great servants to Race Walking

**Results Round-up** Dominic King 44.58 and twin Daniel 45.07, just as they did in the Enfield seven last November, walked away from the twenty-five strong field that contested the **Southern RWA 10km championships** which were staged with Surrey Walking Clubs's open 10km at Monks Hill on 8th January. Ian Richards 49.52 in third place backed up by Trevor Jones 52.57 and Ron Penfold 61.45 led Steyning AC to a team victory.

The revelation of the race was Ilford's twenty-seven year old Neringa Aidietyte 47.27 who finished in third place overall and was a convincing winner of the ladies championship. Second was Julie Drake 53.36. Tonbridge AC were the only club to field more than one walker, so with Diane Bradley 55.03 and Kelsey Howard 56.37 occupying third and fourth positions collected the team medals.

Helen Middleton 59.01 was fifth lady and fastest of the three EHAC walkers who turned out. Returning after a period of inactivity Arthur Thomson 61.21 finished eighth and Bernie Hercock 77.42 sixteenth.

There were twenty-eight entries for the **London Indoor Games 3km** at LVAC on Sunday 30th January, so eight women had their own race. There were convincing victories for Kate Funnell 15.54 and Frannsisco Reis 13.57. Helen Middleton 16.57 and Angie Alstrachen 17.57 in the womens and Philip Barnard 14.53 and Nick Silvester 14.57 occupied the minor placings. Norma Grimsey 20.12 was seventh lady, Arthur Thomson 17.00 tenth, Club Captain Ron Powell 19.47 twelfth and Bernie Hercock 22.02 in eighteenth were the other EHAC competitors.

**The London Walks** at Victoria Park on 6th January which incorprated a number of YAG events were staged in cold blustery condition. Neringa Aidietyte 22.42 for 5km and Bredan Boyce 41.49 for 10km were the senior race winners, both setting course records. Helen Middleton 29.08 fifth, Angie Alstrachen 30.21 seventh and Sue Barnett 32.48 thirteenth gained EHAC second place in the *Combined Womens* team event. Barbara Edlin was fifteenth in 36.48. EHAC men also finished second in the *Reg Jacobs* first claim team race through Arthur Thomson 59.37, thirteenth, Sean Pender 63.56 seventeenth and Ron Powell 69.48 twenty-first. Peter Howard 73.42 twenty-fourth and Bernie Hercock 75.47 twenty-fifth were the club's other walkers. *Full result available from Peter Cassidy*

## Forthcoming Fixtures

- March 6 UK/RWA 10 mile Championship, Coventry. Details from the Championship Sec. Peter Marlow. Email: pmarlow@btinternet.com. Tel: 01284 754177
- March 12 Cambridge Harriers final Winter 2010/11 league 5km from their clubhouse at Bexley. Details from Noel Carmody. 41 Herbert Road, Bexleyheath, Kent, DA7 4QF.
- March 26th Steyning AC stage their Slater-Bryce Memorial meeting at Broadbridge Heath, Horsham. Various distances - A and B events. Details from Ron Penfold 01293 520 506

**Innovation** If all goes to plan, the next *League* fixture will be videod and walkers will be able to obtain for a nominal fee of £5, a sequence of themselves along with an analitical summary.

## THE CENTURION HANDBOOK ORDER FORM FOR 11TH EDITION



The 11th edition of the Centurion Handbook will be published early in 2011. It is based on the successful format of the existing handbook and brings the historical narrative and list of Centurions up to date.

The new edition will cost £10.00 plus £1.00 post and packaging and is available from the Centurion website at [www.centurions1911.org.uk](http://www.centurions1911.org.uk)