

Enfield Walker 2012

(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



Southern 10km Team win for EHAC Ladies



In the absence of Helen Middleton who was away on holiday, it was Sue Barnett 66.15 who led the club's ladies to the Southern 10km team title at Monks Hill on 7th January. She was sixth followed in seventh place by Linda Spinks 68.04 on debut at the distance and in ninth with a pb Norma Grimsey 74.58.

There were team medals too for the men. It was bronze for them with Arthur Thomson 60.15 in seventh, just ten seconds and one place in front of Alan Ellam and Southern President Sean Pender in eleventh, clocking 62.54. The winners were Ilford AC and runners-up Steyning AC. Mikk Bradley on the way back after a lay off was thirteenth in 63.55 and Bernie Hercock nineteenth in 78.58 also walked.

The individual medals went to Diane Bradley 57.36, Grazina Narviliene 59.25 and Cath Duhig 63.04 and Fransisco Reis 50.04, Jim Ball 53.40 and Steve Uttley 53.47.

Thirty two competitors of whom eleven were women took part in dry, but not too cold conditions and *Leaguers* Steve Allen (Bnt) 57.08, Steve Allen 59.18, Shaun Lightman 62.48, Maureen Noel, 63.41, Anne Belchambers 65.09 and Mick Barnbrook 75.45 also took part.

The next League Race is a 10 miles on Saturday 18th February and incorporates the Essex and Middlesex Championships

It's at Lee Valley (N9 0AR) starts at 1pm - 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

Diamond Jubilee and Olympic Year Series Comes Under Orders

At QEII Playing Fields, Donkey Lane, Enfield, on 21st January



and *They're Off!* - Race One Five miles

Bright blustery conditions didn't prevent forty-nine walkers assembling at the *League's* spiritual home; QEII Stadium, Donkey Lane, for the first race in a Diamond Jubilee and Olympic year. Because of refurbishment it was the first race at Donkey Lane since the opening fixture of 2009.

Nerenge Aidietyte, as she did in last year's opening fixture was first past the post, well clear of Fransisco Reis and Fabian Deuter. Fabian's progress is worth noting; he recommenced his race walking career in late summer when he was five minutes adrift of Fransisco over a similar distance.



From the start Nerenge makes her intention clear

Some personal bests were recorded, Dave Kates led home the eleven Centurions who took part and it was good to see Ted Holmquist in action after a considerable absence from race walking.

Officials of Enfield Town FC the new tenants of the pavilion at QEII were particularly welcoming and whilst there is no intention to move back to QEII, other fixtures are likely to be arranged there if LVAC facilities are not available.

Ladies

1. Nerenge Aidietyte (Ilford AC)	37.29	sw
2 Helen Middleton (Enfield HAC)	47.50	w45
3. Cath Duhig © (Ryston R)	49.58	w55
4. Maureen Noel (Belgrave H)	50.27	w45
5. Anne Belchambers (Steyning AC)	51.21	w55
6. Sue Barnett (Enfield HAC)	51.50	w60
7. Linda Spinks (Enfield HAC)	*52.22	w40
8. Angela Martin (Paddock Wood))	56.05	w55
9. Anne Pickard (Loughton AC)	*56.29	w45
10. Norma Grimsey (Enfield HAC)	57.29	w55
11. Kathy Crilley © (Surrey WC)	59.32	w60

Men

1. Fransisco Reis (Ilford AC)	39.48	M50
2. Fabian Deuter (Hillingdon AC)	40.48	SM
3. Jim Ball (Steyning AC)	42.13	M45
4. Steve Uttley (Ilford AC))	43.10	M50
5. Steve Allen (Barnet & Dist)	45.26	M55
6. John Hall (Belgrave H)	45.59	M60
7. John Ralph (Enfield HAC)	46.07	M55
8. Steve Allen (Ilford AC)	47.18	M50
9. Arthur Thomson (Enfield HAC)	47.22	M75
10. Andrew Cox (Hillingdon AC)	48.19	M55
11. David Kates © (Ilford AC)	48.58	M60
12. Shaun Lightman (Surrey WC)	49.13	M65
13. Amos Seddon (Enfield HAC)	49.31	M70

* = Personal Best

© = Centurion

14. Mark Culshaw (Belgrave H)	49.41	M45
15. Alan O'Rawe © (Ilford AC)	50.18	M70
16. Paul King © (Belgrave H)	50.22	M60
17. Ken Bobbett (Hillingdon AC)	50.36	M65
18. Chris Flint © (Surrey WC)	51.34	M65
19. Michael Harran (Surrey WC)	51.45	M70
20. Steve Kemp © (EVAC)	51.59	M50
21. Rod Dunn (Enfield HAC)	52.47	M55
22. Steve Crane (Surrey WC)	53.24	SM
23. Ted Holmquist (Chiltern H)	54.22	M65
24. Ron Powell (Enfield HAC)	55.23	M75
25. Peter Crane (Surrey WC)	55.46	M65
26. Anthony Cotton (Huntingdon)	*56.22	M70
27. Peter Cassidy (Loughton AC)	59.15	M70
28. Bernie Hercock (Enfield HAC)	61.47	M75
29. Mick Barnbrook © (Ilford AC)	61.55	M65
30. Bill Sutherland © (Highgate H)	63.08	M65
31. Peter Howard (Enfield HAC)	64.04	M65.
32. David Ainsworth © (Ilford AC)	65.27	M60
3 miles 33. Brian Sturt (Enfield HAC)	36.18	M70
34. Paul Ray (Enfield HAC)	41.44	M75
35. Ken Livermore © (Enfield HAC)	41.44	M75
David Crane (Surrey WC) retired injured		SM
Alan Ellam (Enfield HAC)		Disq M55
Vilius Mikelionos (Ilford AC)		Disq SM

Judges: Michael Croft, Barry Ingarfield, Ray Pearce, Sean Pender, Pauline Wilson

Timekeepers: Phil Welch. - Recorders: Colin Bradley, Pam Ficken, Tony Perkins, Jim Rooke

Refreshments: Margaret Livermore, Hilda Nyman, Joan Wallwork

PLEASE NOTE - FIXTURE CHANGE! Because of a fixture clash the Pat Furey Open Five will now be staged on 31st March and not as listed in the last issue of Enfield Walker

EHAC Subscriptions All club members will have received a reminder from Hon. Secretary Ray Gibbins that their subs for 2012 are now due. If you haven't responded to him, please do so without delay. The club's Honorary officials do so much for the club and the least we can do is co-operate promptly.

At the **RWA AGM** held at Birmingham on 11th December the Association's Hon.Secretary Peter Cassidy reported that based on the RWA Levy payments the number of walkers currently turning out are slightly up on what they were a couple of years ago.

Other than the transfer of presidency by Ray Pearce to 1964 Olympic champion Ken Matthews (*pictured*) there were no other major changes in the officers of the Association.

The most interesting item for me was the proposed introduction in 2013 of the UK Youth Development League and the chance that race walking will be included in it. Getting it included will be no easy task, because there is a great deal of anti walking feeling in the world of track and field. A view held by many, is that all too often (not in every case), we are only interested in our own discipline and rarely get involved in others; Added to that is the need to train more judges to interpret, what to many outsiders is a complicated definition. The meeting determined to make every effort to address these issues and push strongly to get race walking in the League programme. Copies of the Hon.Secretary's report can be viewed on the RWA website.



Results Round-up

The club's only representatives among the fourteen who contested the **Steyning 15km** held in cold, but not unpleasant conditions on 14th January, were Helen Middleton and Arthur Thomson and what a battle they had! Helen was the first lady home in 86.32 and Arthur, fifth man was only four seconds behind. The overall winner was Ian Richards 76.04, Jim Ball 77.57 was second and Jonathon Hobbs 83.42 third. Joan Lennon 90.42 and Anne Belchambers 98.07 were second and third placed ladies.

The 3km walk in the **London Indoor Games** at LVAC on Sunday 29th January attracted twenty entries and was graded into two races; sub seventeen minute and those above. The first race was the 'above' race and was won by Gary Smith 17.41 followed by Noel Blatchford 18.55, Ron Powell 19.48 and Norma Grimsey 20.04. Bernie Hercock clocked 22.48.

Vilius Mikelionis 12.39, Neringe Aidityte 12.46 and 'unknown' Belgravian Stuart Kellmorgan 13.23 were the top three in the main race where John Ralph 16.23 set a pb finishing in ninth place. *Leaguers*; John Hall 15.33, Steve Allen (Bt) 15.45, Peter Cassidy 20.42, David Hoben 20.45, David Ainsworth 22.30 also took part.

The annual **London Walks** on 5th February were postponed because of bad weather.

Charlie Fogg is offering advice about a structured approach to coaching and training to any walker who wants it. A good number already receive his emails and attachments. If you are'nt one of these people and you would like to be, then contact him at: support@ashdalebwl.co.uk

Who's Charlie Fogg? He was one of Enfield's crop of internationals in the 1960's/70's and his reputation as a hard man is legendary amongst walkers of that era. He was a 50km member of the GB teams that won the first two Lugano Cups in 1961 and 1963 and coached several other walkers to international standard. His coaching prowess has not been confined to race walking; he is a respected throwing events coach.

Centurion Honour for Sue Clements c950

EHAC member Sue Clements a Centurion four times over (GB, Australia Europe and New Zealand) has been elected as a Vice President of the *Centurions*. It is a well deserved honour and due recognition of her work behind the scenes for the brother/sisterhood since she qualified at Colchester in 1996.

An Olympic Luncheon to honour GB Race Walking Olympians is to be held at the Tower Thistle Hotel London, on Saturday 7th July. Tickets which are on sale to anyone wishing to be part of this historical and sure to be memorable occasion cost £29 and can be obtain from: Pam Ficken, Owl Cottage, 101 Meldreth Road, Whaddon, Royston, Herts, SG8 5RS – telephone: 01223 207 411

Forthcoming Fixtures

February

11th 2.00am **Cambridge Harriers** Winter League race 3 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.

18th 1.00am **Enfield League 10 miles** incorporating **Middlesex & Essex County championships** (*see front page*)

March 4th **UKA/RWA National 10 miles** – Coventry. Entries to /details from
pmarlow@btinternet.com 01284 754 177

10th 2.00am **Cambridge Harriers** final Winter League race over **5km**.
"A" rules apply. Register at the Harriers club house, Glenhurst Avenue, Bexley, Kent.

17/18th **BMAF Indoor championships at LVAC** enter on line at BMAF website.

24th **Steyning AC** races at Horsham – contact Ron Penfold on 01293 520 506

31st 1.00am **Pat Furey Open Five** at Lee Valley Athletic centre

National Championship Dates - Details from Peter Marlow: pmarlow@btinternet.com 01284 754 177

RWA	20km championships	14th April	Redbridge Cycle Track
EA	U20/23 Track & Field	17th June	Bedford
UKA	Track & Field/Olympic Trials	24th June	Birmingham
UKA/RWA	10km championships	2nd September	Hillingdon Cycle Circuit

EHAC 2011 Walking Championships Results

3km track at LVAC on 16th July

Helen Middleton	17.06	Sue Barnett	18.30	Angie Alstrachen	18.42
John Ralph	16.24	Alan Ellam	16.25	Mikk Bradley	16.26

5 miles at Moulton, Suffolk on 4th June

Helen Middleton	47.38	Angie Alstrachen	51.05	Sue Barnett	52.58
Mikk Bradley	46.48	Amos Seddon	47.51	Rod Dunn	49.30

7 miles at LVAC on 12th November

Helen Middleton	64.40	Sue Barnett	73.21	Linda Spinks	74.47
Arthur Thomson	64.53	Amos Seddon	66.12	John Ralph	66.17

½ Marathon at Hillingdon on 23rd July

Helen Middleton	2.11.59	Angie Alstrachen	2.22.51	Norma Grimsey	2.41.57
John Ralph	2.07.01	Amos Seddon	2.13.32	Mikk Bradley	2.17.04

30km at Coventry on 20th August

Sean Pender 3.26.29

Long Distance at Lingfield on 2/3rd July

Angie Alstrachen – 100 miles in 23.42.48

Trophy Winners

Norman Easlea Cup <i>Best Walker</i> Helen Middleton	The Oliver Cup <i>Best Newcomer</i> John Ralph	Ken Easlea Cup <i>Club Member of the Year</i> Sue Barnett	The George Brown Cup <i>Open Seven Novice</i> Stewart Lough
Long Distance Trophy Angie Alstrachen	Gazette Cup <i>Club 20km champion</i> John Ralph	<i>Club 30km champion</i> Sean Pender	Borough of Enfield Cup <i>Club 7 mile champion</i> Arthur Thomson
	Team Cup EHAC	Pam Philips Cup Helen Middleton	Men's Cup Steve Utley

Sources for Race Walking Information:

Essex Walker TheEssexWalker@aol.com

RWA website <http://www.racewalkingassociation.btinternet.co.uk/>

RacewalkUK RaceWalkUK

EA NCMDP Newsletter (National Coach Mentor Development programme) marnwal@hotmail.co

Photographs - <http://markeaston.zenfolio.com/p262424224>