

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

January



Wishing Everyone a Healthy 2011

Thanks and Here We Go Again!

A sincere thank you to all the people who throughout 2010 gave willingly of their time and enabled the successful completion of the thirteenth *Enfield League*. Their contribution is greatly appreciated; they often inconvenience themselves and incur expenses that they never claim for and along with the walkers I am indebted to them.

I'm sure that I speak for the officials and helpers when I say, "well done" to all of the walkers for the way you have supported the *League* and whatever your age or standard, the endeavour you've shown in your performances has been admirable.

There is a busy 2011 programme starting on 22nd January. The provisional fixture list appears on the next page and no other events were listed at the time the *League* fixtures were registered with the RWA. You will note that this year there are two visits to Hillingdon Cycle Circuit and I would draw your attention to the bonus races and the date of the second half marathon. The competition rules are also set out and you will no doubt note that all the events are B category.



Centurion's Centenary

At the Ship and Turtle Inn, Leadenhall Street, London on 11th May 1911 the brotherhood of *Centurions* was formed and a Dinner to celebrate the occasion will be held in the Member's Dinning Room at the House of Commons on 14th May.

Sue Clements has been working hard on updating of the Centurions Handbook. I'm sure it will be must have item, not just for Centurions, but anyone connected with race walking. I understand that it will be published by the end of February and priced £10.

The Centenary Year Hundred miles event is being staged by Surrey Walking Club at Lingfield Racecourse in Surrey, probably over the week-end of 2nd/3rd July 2011. **WHAT AN OPPORTUNITY! To take part in an historic event or even Qualify as a Centurion in Centenary year.** All the details are on the SWC web site <http://www.surreywalkingclub.org.uk/> and Mark Easton the event co-ordinator has a dedicated e-mail which is 100msecretary@surreywalkingclub.org.uk

The *Centurions* AGM is to take place at Toynbee Hall, 28 Commercial Street, London E1 6LS on Saturday 29th January. The venue which is situated between Aldgate East and Whitechapel underground stations will be open at 12.30pm for a 1pm start and light refreshments will be available.

To acknowledge the hundred year landmark the **2011 Enfield League** programme will incorporate **Centurion handicap** events and **a trophy to the highest placed Centurion** in the final *League* standings.

***A Warm Welcome Awaits at LVAC on Saturday 22nd January for the
First 2011 League Fixture & 2010 Presentations***

Newcomers Mile - Five Miles - Junior Distances

Free Refreshments

START 2pm

Under 16's no entry fee

2011 Enfield Walking League *A warm welcome is extended to walkers regardless of age or standard*

Format: Twelve events will constitute the 2011 *League* (best nine to score) each of which will carry a minimum of sixty points. However, events with more than forty-five participants will carry seventy. Points will be awarded in descending order, the winner being credited with the highest available. Double points will be awarded for the three opens and those that complete the Half Marathon.

Race Conditions: The event referee to be appointed by the organising committee.

All races will be under the category 'B' rules – Contact with a walking mode of progression.

Decisions about permissible/appropriate apparel will be made by the event referee.

The **entry fees** will be **£5** although there may be additional fees for championship or open events. There will be no entry fee for walkers under the age of 16.

The *League* awards will be presented at the first fixture of 2012 to Senior and YAG individuals, senior mixed club teams of six (*which may include second claim members*) and mementoes to walkers who have competed in six events.

Individual Handicap/Spot awards may be made at fixtures other than the three "open" events and will be presented at the fixture following the one at which they were won. Only walkers who have completed two or more races within the preceding twelve months qualify for a handicap mark.

Centurion Centenary Awards: In addition to handicap prizes made at the four 5 mile events, a trophy will be presented to the highest placed centurion in the final *League* standings.

22 nd January	2.00pm (1)	5 miles Opening League fixture and 2010 Presentations <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS</i>
19 th February	2.00pm (2)	10miles inc. Middlesex, Herts, Essex and Suffolk County championships <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS</i>
9 th April	1.00pm (3)	Pat Furey Open 5 miles <i>Bonus points</i> <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.</i>
23 rd April	11.45am (4)	3 km track <i>and</i> YAG 1km in the LICC meeting (<i>Prov</i>) - <i>Venue to be determined</i>
4 th June	2.00pm (5)	Moulton Open Five <i>Amblers, Ramblers, Power & Race Walkers</i> <i>Bonus points</i> <i>Moulton Village Hall, Suffolk, CB8 8QP</i> inc. EHAC Club championship
18 th June	11.45am (6)	5km track <i>and</i> YAG 1km in the LICC meeting (<i>Prov</i>) - <i>Venue to be determined</i>
16 th July	11.45am (7)	3km track <i>and</i> YAG 1km in the LICC meeting (<i>Prov</i>) - <i>Venue to be determined</i>
23 rd September	1.00pm (8)	Half Marathon and shorter distances <i>Bonus points for completion of full distance</i> <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
14 th August	11.45am (9)	5km track <i>and</i> YAG 1km in the LICC meeting (<i>Prov</i>) - <i>Venue to be determined</i> <i>Parliament Hill Fields Track, NW5 1QR.</i>
17 th September	2.00pm (10)	5 miles League Race <i>Hillingdon Cycle Circuit, Minet Country Park, Hayes, Middlesex, UB4 0LP</i>
8 th October	2.00pm (11)	5 – 8 miles Badge Races/Train in Spain <i>Lee Valley Athletic Centre, Meridian Way, Pickets Lock N9 0AS.</i>
12 th November	2.00pm (12)	85th Enfield Open Seven – Club Championships <i>Bonus points</i>

RWA Honours for Southern Officials

At the AGM of the Race Walking Association held at Birmingham on 12th December, Ray Pearce (*Pictured on duty at LVAC*) was elected President of the Association. Ray's connection with race walking spans over half a century and is synonymous with Essex walking. He was a stylish walker who was placed on numerous occasions in Essex championships and won the 1965 seven mile title in 55.57. Since he hung his walking shoes up which is now many many years ago, he has held various offices within the Southern area including the Essex AAA Presidency. He is a regular at Enfield League events and I'm sure I express a view shared by walkers and his fellow officials; that he deserves the highest honour that the RWA can bestow. Congratulations Ray!

In the last issue it was reported that Peter Selby had received a UKA award for his contribution to coaching in the southeast. Well, at Birmingham he was unanimously elected as a Life Member of the Association. So, it's congratulations to Peter as well.



Spotlight on Ken Roost *Ken celebrated his eightieth birthday on Boxing Day, so at the Open Seven I asked him to write a piece about himself for the Walker and I'm grateful to him for doing so.*

I was born and brought up in Parkstone, Dorset and left home at 16 to join the RAF which became my life for the next 27 years. I threw myself into all the sport the service life offered and would do anything which is how I came to represent Coastal Command in the Steeplechase at the 1951 RAF Championships. I didn't figure but I enjoyed the experience. In the 50's I spent several years in the tropics where Water Polo (full back or goalkeeper) became my sport. However, in Germany 1963-66 I was back to athletics and cross country and because my team was short of walkers I had a go at it with some success and I actually managed to win a station championship.

In 1968 I was posted into RAF Coltishall and was booked in by a very young, very keen SAC by the name of David Ainsworth, who had obviously had a peek at my service record and saw I was interested in walking. He convinced me that the station had sufficient quality walkers to win the RAF 7 miles championship on the road. I joined the team although I had never walked beyond 2 miles on the track. Coltishall duly won the 1969 RAF Championship but I was not in the scoring four. Coltishall repeated the feat again in 1970 but by then I had moved on to Biggin Hill. In late 1970 I went to Singapore and found that they were very keen on walking and I took part in the 1971 across Singapore race and was not disgraced.

Returning to England at the end of 1971 I was posted to REU Henlow and set about finding out who else walked. I became acquainted with Ron Purkis (Stevenage & North Herts AC), joined the club and eventually became a regular on the walking circuit. As I upped my distances my performances improved and fulfilled an ambition I'd had to represent the RAF at sport and in 1973, at the ripe old age of 42, I got the call to walk for the RAF v Territorial Army over 20 miles in Bradford. At this time my son was a keen swimmer, but all the local clubs were over subscribed, so I founded and ran a children's swimming club (Henlow Penguins) using the recently built RAF pool.

In 1974 I opted to leave the RAF for a more settled life in civvy street taking up a post I had been offered by British Aircraft Corporation (later British Aerospace) and settled in Stevenage, where I continued with the swimming club until 1980. I held the rank of Flight Sergeant when I retired.

Ron Purkis and I became regular training partners, joined by Bill Pilgrim we all changed clubs to Verlea AC where I became walking secretary. As a Verlea walker I attempted the 100 in 1975 and in spite of badly blistered feet at thirty miles I plodded on to complete it in 22.03.26 to become Centurion 557. I thought I should have done better and considered myself ill-prepared. The same year I won the Manchester to Blackpool Open Handicap, received the trophy from the Mayor. Peter Worth won the Veterans Handicap and Bill Pilgrim got best novice and I believe Roy Gunnett helped us get 3rd team. On the Monday I got a call from the organizer. "Can we have our cup back please? We've rechecked the result and you lost by 4 seconds." Ron Purkis was the main mover behind bringing the National 20 miles to Stevenage in 1976 and I acted as his right-hand man.

In 1976 Verlea AC walking section disbanded some going to Enfield and others to Metropolitan. I opted to walk unattached in protest. In mid 1977 I joined Peter Worth and Co at Enfield. What a great long distance team we had and a tremendous team spirit. It was an exciting time. It's a pleasure to see Ron Powell still performing.

The faster I went the faster Peter went. I was determined one day to beat him. In June 1978 I laid my plans. I would start training for the 1979 Ewhurst 100 and my objects were to beat 20 hours, to finish in the first ten, to have Peter Worth behind me, to lead Enfield to victory. With the assistance of Ron Purkis and Bill Pilgrim I trained hard for that race. Every race I competed in was a stepping stone to the 100. I planned to complete the first fifty miles in 9hrs 30min (1hr 54m per 10miles) leaving me 10hrs 30m (2hrs 6m per 10miles) for the second 50.

I passed the 10 mile mark in 1hr 43m. I was 11min inside - I had to hold it. I hit 50m in 9hr 29m, 60m in 11hr 29. I was a touch over 6mins ahead of schedule. I got Peter Worth in my sights at 72 miles but could not pass him until 84 miles. As I got to him I looked down at his feet. I could see the blood oozing through his shoes. I knew then it was only guts that was keeping him going. I said to Peter the team would understand if he didn't finish. He said he would finish. I had always had a great respect and admiration for Peter and he was again showing what a great competitor he was. He was a true gentleman as well. I crossed the line in 10th place in 19h 52m 53s. Jack Rossiter followed me over the line in 13th with Peter Worth closing in in 15th to complete a memorable team victory for Enfield. If my memory serves me right the next British team was Leicester down in 5th place. Of my training companions Ron Purkis was in 9th place in 19h 35m 45s but he was walking for Metropolitan WC. Bill Pilgrim retired after 25miles with ankle trouble. There were other Enfield walkers in the field but their names do not spring to mind.



Ken, Ron Purkis and Bill Pilgrim start the 1979 '100'

At the 1979 Club Dinner I was proud to receive the Norman Easlea Trophy for my performance in the 100. Adrian James also picked up a trophy at that dinner marking the achievement of his first international vest.

I retired from long distance walking in 1980 after completing my eighth consecutive London – Brighton, the quickest of which was 9.40.08 in 1979. The last four were in Enfield colours.

I returned to one of my first loves - Snooker. I have now been playing in the Stevenage league for 30 years and am a past Chairman and Secretary. I still play and skipper a team Rileys BAe Codgers. I am still capable of winning and the team is not bottom of the league. My top break is 52 but that was many years ago. If I get too old for Snooker I have an idea I could yet make my mark at Bowls.

I've had a wonderful 80 years with many memorable moments from both my working and sporting life and have made many friends. It's a pleasure seeing all the old familiar faces that turn up for the races when I come along to help out. I wonder what the next forty years hold?

Results Round-Up

The **Southern RWA 50km championship** was held in conjunction with the national race staged at Northampton in October which was won by Scott Davis who led Ilford to the team title. EHAC were SRWA second team.

In freezing conditions Helen Middleton was the first lady home in the final **Midland Winter League 10km** held at Tamworth on 21st November. Her time was a fraction of a second over one hour. The men's winner was Antonio Crillo who had already won the 5km held prior to the main race.

Nineteen, the smallest ever field for the **Belgrave Open Seven** braved arctic conditions as they negotiated the testing multi-lap course on 27th November. Fransisco Reis who clocked 54.29 was literally streets ahead of his nearest rivals Trevor Jones 58.29 and Steve Uttley 58.45. Maureen Noel was the only lady to turn out and recorded 69.48. Fransisco and Steve surprisingly bettered their Enfield times, as did Sean Pender who finished sixth in 67.35.

The harsh winter weather relented enough to enable the **Surrey Christmas 5km** to go ahead on Saturday 11th December. It turned out to be 'ladies day' with Kelsey Howard 27.17, Kate Funnell 28.13 and Helen Middleton 29.25 occupying second third and fourth places. Only Steve Allen headed them in 26.58. Sean Pender 30.04 was the third man and Angie Alstrachen 30.52 the fourth woman. Bernie Hercock clocked 37.24 and Liz Man Ray 38.25.

The event proved to be the last before Christmas as the bad weather closed in leaving the organizers no option but to cancel the **Steyning, Ilford** and **EHAC** events that were programmed prior to and over the Christmas period.

January Events

- 8th 2.00pm **Surrey Walking Club 10km/ Southern RWA 10km championship** at the Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, Allow for ten minute walk to the start. Map and directions on the Surrey Walking Club web-site or from Peter Selby Tel: 01825 764726/Mobile: 07721747999 **Surrey Event will take entries on the day, BUT the SOUTHERN ENTRIES with entry fee must be with Noel CARMODY: 41 Herbert Road, Bexleyheath, Kent, DA7 4QF. no later than 3rd January** Cheques payable to N. Carmody The race is A category.
- 15th 2.00pm Steyning AC's **Open 15km** from their clubhouse in Steyning. Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506
- 22nd 2.00pm Enfield League *see front page*
- 30th 10.30am **Skills & Technique** session at LVAC - ideal preparation for the
- 30th **London Indoor Games 3km** at LVAC

2011 National Championship Dates

- Mar 6 UK/RWA 10 mile Championship, Coventry
- May 1 RWA 20km and YAG Championships, Redbridge Cycle Track, London
- May 30 Olympic Trial Event/UKA 20km Championship, The Mall, London
- June 25/26 England Athletics u/20/23 Track and Field Championships, Bedford
- Jul 2/3 RWA Long Distance Championships inc. Surrey 100miles.Lingfield Park
- July 16/17 England Athletics Track and Field Championships
- July 29/31 UKA Track and Field Championship, Birmingham
- Aug 20/21 England Athletics u15/17 Championships, Bedford
- Sept 10/11 UK/RWA 10km Championship, Victoria Park
- Oct 2 UK/RWA 50km Championship, Northampton Race Course

Details from the Championship Secretary Peter Marlow. Email: pmarlow@btinternet.com. Tel: 01284 754177