

The Enfield Walker 2013

(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



Hope You Can Make It to the first fixture of the 2013 Enfield Race Walking League on
19th January - QEII Stadium, Donkey Lane, EN1 3PL **CANCELLED 17/1**

You can choose your distance **1, 2, 3, 4 or Five Miles**

Olympic Year Presentations after the race - Domestic Rule - Enter on the Day

EHAC Boxing Day 5km – LVAC

Twelve walkers joined in with the runners for the club's annual fun event and enjoyed mild bright conditions.

The first three to finish were the same three walkers who constituted the Masters GB team that won the European Veterans 20km in Germany earlier in the year.

It was the first time for some years that there wasn't a woman walker, although Barbara Ralph did the run and clocked 24.16



Boxing day line-up (Steve Allen's dog didn't take part)

1. Fransisco Reis (Ilford AC)	25.19 M50	7. Steve Whelan (Headington AC)	33.12 M50
2. Steve Uttley (Ilford AC)	26.06 M55	8. Sean Pender © (Enfield & H AC)	33.49 M55
3. Steve Allen (Barnet & D AC)	27.48 M55	9. Peter Cassidy (Loughton AC)	35.06 M70
4. John Hall (Belgrave H)	27.56 M60	10. Bill Sutherland© (Highgate H)	39.34 M65
5. John Ralph (Enfield & H AC))	28.45 M55	11. Dave Aimsforth © (Ilford AC)	39.52 M60
6. Steve Allen © (Ilford AC)	32.17 M50	12. Bernie Hercock (Enfield & H AC)	41.54 M75

Southern Title for Helen The Southern 10km championships on 5th January at Monks Hill, Surrey had its best entry and turn out (thirty-eight) for some years, due no doubt in part to the experimental A and B format of the event. More of such events are needed to ascertain the success of the format, particularly in respect of the aim to convince more walkers that they can comply with the international rule. Full marks to SRWA for the initiative.

Dom King 45.34, brother Dan 45.45 and Ian Richards 52.00 were the men's medalists, whilst Helen Middleton 61.59, Maureen Noel 62.29 and Anne Belchambers 64.59 were the women's. Unfortunately, Rebecca Crossan 62.25, who in my opinion was the outstanding stylist in the women's race and who judged her effort to perfection; catching and overtaking her team mate Maureen Noel on the last lap to finished second, was denied the medal because she had elected to be a B walker.

The men's team race was very close; Steyning AC got the better of Ilford AC by one point and Belgrave H grabbed third place by a single point from EHAC. All the Belgrave ladies walked really well and I'm sure their medals will be the first of many. EHAC the only other club with more than one walker; Norma Grimsey 73.31 were second team.

Congratulations to Dan and Elodie King on the safe arrival of their first child Floriane Matilda on 2nd January, who weighed in at healthy 6lb 14ozs.

Forthcoming Fixtures

27 th January	tbc	3km	London Indoor Games at LVAC. Entries close Tuesday 22 nd January. Details: 0208344 7230 - visitleevalley.org.uk
3 rd February	1.00pm	10/5 km	The London Open walks incl YAG races at Victoria Park, London. Details from Peter.Cassidy@btinternet.com or 01277 220 687

Olympic Legacy Coaching & Training Dates With support from the Southern RWA
(All Saturdays commencing 9 or 9.30 prompt at LVAC)

26th January - 16th February - 2nd March - 23rd March

Places must be booked in advance – Contact Ron Wallwork for more information

2013 Enfield Walking League A warm welcome to walkers regardless of age or standard

Format: Thirteen events will constitute the 2013 *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 'Domestic rule – 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 2014 to Senior and YAG individuals, highest placed **Centurion**, senior mixed club teams of six (*which may include second claim members*) and a free race vouchers 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.

Fixtures (NB. At press time the LICC fixtures had not been confirmed)

19 th January	1.00pm	5 miles 1/2/3 miles	Opening Race and 2012 Presentations at QEII Stadium Donkey Lane, Beginners and Juniors Enfield, EN1 3PL
23rd February	1.00pm	10km 1/2/3 miles	League Race at QEII Stadium Donkey Lane Enfield, EN1 3PL Beginners and Juniors
16 th March	1.00pm	21km 2/3/5/10km	English Race Walking Half Marathon at Hillingdon Cycle Circuit, Beginners, Juniors, Seniors Minet Park, UB4 0LP
13 th April	tbc	5 miles 1/3 miles	Pat Furey Open at Lee Valley Athletic Centre, N9 0AS (<i>bonus points</i>) Beginners and Juniors
27 th April	11.30am	3km 1km	LICC event (<i>provisional – venue to be confirmed</i>) Younger Age Groups/Newcomers
4 th May (Bank Holiday)	5.00pm	5 miles	Pednor Open at Chesham LT & S Club, Pednor Road. Also an U15 Two mile walk Details on Chiltern Harriers web-site
1 st June	1.00pm	5 miles	Moulton Open from Moulton Village Hall, Suffolk, CB8 (<i>bonus points</i>)
15 th June	11.30am	5km 1km	LICC event (<i>provisional – venue to be confirmed</i>) Younger Age Groups/Newcomers
6 th July	11.30am	3km 1km	LICC event (<i>provisional – venue to be confirmed</i>) Younger Age Groups/Newcomers
24 th August	11.30am	5km 1km	LICC event (<i>provisional – venue to be confirmed</i>) Younger Age Groups/Newcomers
28 th September	1.00	Hour Walks	Badge awards for first timers at 5, 6 and 7 miles – Plaques for 8 miles (Probably Hemel Hemstead)
9 th October	1.00	5 miles	Yacht Handicap (<i>Probably at LVAC</i>)
12 th November	1.00pm	7 miles	87th Enfield Open Seven – Club Championships (<i>bonus points</i>)

Results Round-up At the SRWA AGM in December the **Southern 50km champions** were confirmed: Steve Allen (Barnet) and Maureen Noel and place medals were allocated to Arthur Thomson and Sean Pender.

I understand that on 27th November, Sean Pender and Dave Hoben travelled to **Leicester** to take part in the local club's **10km handicap**. Sean 74.16 was third and Dave 71.05 seventh in the race which was won by Leicester WC stalwart Chris Berwick in 61.31.

Eleven men and three women took on the scenic, but demanding **Steyning 15km** on 12th January. Ian Richards 73.55 put a twelve minute gap between himself and joint runners-up Jim Ball and Steve Uttley 85.37 with Barnet's Steve Allen not far behind them in 85.50. The Club's only representative was Sean Pender 100.02. The times of the three ladies were Joan Lennon 90.37, Anne Belchambers 100.27 and Fiona Bishop 100.50.

Coaching Development Workshop at Tonbridge School on 17th February – 10am to 3.30pm.

The course is free and is being led by Chris Hobbs and is for coaches, experienced and novice walkers. Skills, Drills, nutrition medicine ball exercises, Q & A session with a current international race walker and a presentation on Judging by a current international judge. Details from noel.carmody@bopenworld.com or 020 8301 2334