

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

July



Amazing Angie

Angela Alstrachen, who only took up race walking fifteen months ago qualified as a *Centurion* at the Surrey Walking Club 100 hundred staged at Lingfield Park, over the week-end of 2nd/3rd July. Her time of 23.42.48 earned her *Centurion* number 1095 and she becomes the first Suffolk and EHAC woman to join the select band that make up the *Centurion* brother/sisterhood. What is remarkable about her achievement is that she decided only three weeks before the event, against the advice of her coach and a friend to enter and have a go. Needless to say both were delighted to be wearing dunce's caps after her outstanding walk. The forty-five year old has previously enjoyed masters' success at international level in events up to 400m; not the kind of background to set one up for ultra distance challenges.

The club's other participants; Serena Queeney retired after almost nine hours and Sean Pender forty minutes later. Their distances were 37.19 and 41.93 miles respectively.

Seventy miles - Coach Mick Graham hands Angie a drink

Busy EHAC Walkers

The second **Woodford Tuesday Track race** on 5th July, over a distance of 5km was an excellent night for EHAC. Mikk Bradley 29.22 and Helen Middleton 29.42 led home the fifteen strong field. Micky Harran 29.45 was third and other Enfield walkers were Sean Pender 33.00 in sixth, Bernie Hercock 37.22 eleventh and Sue Man Rey 38.28 in twelfth.

Four days later on 9th July at Basildon, Helen 2.06.12 won the women's **Southern RWA 20km championship** and John Ralph 2.01.39 was runner up in the men's event. Sean Pender 2.12.37 having his third outing in a week was fifth and Arthur Thomson sixth secured an easy EHAC team win.

The next League race at which entries will be taken on the day is

20th August 5km at Ashton Track, Woodford 11.45am

Your View Please!

I am in the process of drawing up the 2012 *League* fixture list and seek walkers' and officials' views regarding a date for the Moulton Five. If staged on the corresponding Saturday to this year's event it would be Saturday 2nd June.

However, the first weekend in June next year will be a long bank holiday to mark HM The Queen's Diamond Jubilee.

Would you support the event on 2nd June as part of your way of celebrating this historic milestone or would other celebrations prevent from doing so? Please let me know!

Judge Pender Following a recent Judges course in Dublin, Sean Pender has been added to the Provincial List of Irish walking Judges. He also competed in the Dublin 20km Grand prix and was sixth Irishman to finish in 2.12.16.

IMPORTANT NOTICE: The Skills/Technique/Training Session Due to be held on -13th July at LVAC HAS BEEN POSTPONED

Those old enough to remember cinder/shale tracks appreciated of the modern synthetic surfaces in use today as the LICC 3km and EHAC championship was contested in torrential rain. Not withstanding the conditions, thirty-six walkers constituted a record number of walkers in a track race at LVAC.

It was good to see Ann Lewis and Scot Davis back in action. In torrential rain Fransisco recorded yet another sub fourteen minute performance, several pb's were set and the medal order for the EHAC club championship was only decided in the final few yards. *League* newcomers; Jane Angell, Abdi Berleen Matt Maple and Terry Casey received a warm welcome, whilst Ken Bobbett was missing because of a virus – he is wished a speedy recovery.

Lap scoring for thirty-six competitors in one track race is difficult enough – severe weather conditions make it nigh impossible. I received emails from a number of walkers expressing their gratitude to the officials, especially the LICC recorders for the wonderful job they did. Hear! Hear!

<i>Ladies</i>			<i>Men continued</i>			<i>* = pb</i>	<i>© = Centurion</i>	<i>d = debut</i>
1. Helen Middleton	(Enfield HAC) AC	17.06 w45 EHAC 1st	9. Steve Allen	(Ilford AC)	17.30 M50			
2. Sue Barnett	(Enfield HAC)	*18.30 w60 EHAC 2nd	10. Arthur Thomson	(Enfield HAC)	17.37 M75			
3. Angie Alstrachen	©(Enfield HAC) AC	18.42 w45 EHAC 3rd	11. Peter Hannell	(Surrey WC)	17.49 M65			
4. Katerina Johnson	(Radley AC)	18.49 u20	12. David Sharpe	© (Ilford AC)	17.59 M55			
5. Norma Grimsey	(Enfield HAC)	20.21 w50	13. Gary Smith	© (Enfield HAC)	18.11 M55			
6. Ann Lewis	(Aldershot FD)	20.35 w60	14. Abdi Berleen	(Ilford AC)	18.20 M45			
7. Liz Man Rey	(Enfield HAC)	22.04 sw	15. Jon May	(Enfield HAC)	18.53 M60			
8. Jane Angell	(Aldershot FD)	d22.14 w45	16. Steve Whelan	(Headington RR)	19.00 M45			
9. Kamila Zahno	(unattached)	22.36 w60	17. Alan O'Rawe	© (Ilford AC)	19.30 M65			
			18. Ron Powell	(Enfield HAC)	19.36 M75			
			19. Peter Howard	(Enfield HAC)	20.01 M65			
			20. Glen Keegan	(Herne Hill H))	20.05 M			
			21. David Hoben	(Surrey WC)	20.20 M55			
			22. Mick Barnbrook	©(Ilford AC)	20.55 M65			
			23. Peter Cassidy	(Loughton AC)	21.11 M70			
			24. Matthew Maple	(Ilford AC)	21.54 M35			
			25. Dave Ainsworth	© (Ilford AC)	21.59 M60			
			26. Bernie Hercock	(Enfield HAC)	22.10 M70			
			27. Terry Casey	(Loughton AC)	22.45 M			

League Tables after Eight Fixtures

<i>Ladies</i>		<i>Men</i>	
1. 591/7 Helen Middleton		1. 694/8 Steve Uttley	11. 444/8 Bernie Hercock
2. 537/7 Angie Alstrachen ©		2. 622/8 Fransisco Reis	12. 433/5 Shaun Lightman
3. 475/8 Sue Barnett		3. 617/7 Steve Allen (Bnt)	13. 423/4 Steve Allen (If)
4. 460/7 Norma Grimsey		4. 587/5 Amos Seddon	14. 422/6 David Sharpe ©
5. 432/5 Anne Belchambers		5. 562/6 Mikk Bradley	15. 404/8 Peter Howard
6. 239/4 Sue Smith		6. 545/7 Sean Pender ©	16. 401/7 Ron Powell
7. 232/3 Serena Queeney		7. 539/8 Jon May ***	17. 383/5 Trevor Jones
8. 208/4 Jo Miles		8. 533/7 John Ralph	18. 362/6 Steve Whelan
9. 201/2 Joan Bell		9. 520/8 Alan O'Rawe ©	19. 355/4 Rod Dunn
10. 199/2 Diane Bradley		10. 453/6 Andy Cox	20. 339/7 David Ainsworth ©

Team

1. Enfield & H AC	3361	591 Middleton, 587 Seddon, 562 Bradley, 545 Pender, 539 May, 537 Alstrachen
2. Ilford AC	3020	694 Uttley, 622 Reis, 520 O'Rawe, 423 Allen, 422 Sharpe, 339 Ainsworth
3. Enfield & H AC B	2717	533 Ralph, 475 Barnett, 460 Grimsey, 444 Hercock, 404 Howard, 401 Powell
4. Surrey WC	1617	433 Lightman, 318 Harran, 274 Hoben, 230 Delaney, 198 Crilley, 164 Hannell
5. Enfield & H AC C	1469	355 Dunn, 328 Thomson, 232 Queeney, 227 Ellam, 178 Sturt, 149 Livermore
6. Steyning AC	1175	432 Belchambers, 383 Jones, 130 Penfold, 125 Emlsey, 105 Stevens
7. Ilford AC'B'	1158	304 Browne, 232 Barnbrook, 217 Barnard, 164 Goodwin, 137 Ryan, 104 Kates
8. Hillingdon AC	1010	453 Cox, 293 Bobbett, 208 MilesJ, 56 MilesS
9. Belgrave H	870	267 King, 253 HallJ, 109 Graham, 96 Noel, 91 Halle, 54 Culshaw
10. Ryston RR	650	239 Smith, 177 DuhigC, 120 DuhigP, 114 Firmage

The thirty-five walkers, who contested the second English Race Walking Half Marathon staged at the Hillingdon Cycle Circuit, were glad of the overcast but dry conditions. A number declared before starting that their target was less than the listed distance, but nevertheless their contribution added to the overall feel- good nature of the event.

A shortage of recorders meant that some people got pressed ganged into the job and I am indebted to them and all the other officials who gave of their time and expense so generously and ensured a successful event.

Ladies

1. Helen Middleton	(Enfield HAC)	2.11.59	W45
2. Angie Alstrachen	(Enfield HAC)	2.22.51	W45
3. Noel Blatchford	(Abingdon A AC)	2.25.42	W60
4. Anne Belchambers	(Steyning AC)	2.25.42	W55
5. Norma Grimsey	(Enfield HAC)	2.41.37	W50

Trevor, second last year goes one better this time

Men

1. Trevor Jones	(Steyning AC)	1.56.37	M55
2. Steve Uttley	(Ilford AC)	2.03.21	M50
3. John Ralph	(Enfield HAC)	2.07.01	M50
4. Chris Cattano ©	(unattached)	2.10.09	M45
5. Amos Seddon	(Enfield HAC)	2.13.32	M65
6. Steve Allen	(Barnet & D AC)	2.14.30	M50
7. Arthur Thomson	(Enfield HAC)	2.15.12	M75
8. Mikk Bradley	(Enfield HAC)	2.17.04	M50
9. Sean Pender ©	(Enfield HAC)	2.17.35	M55
10. Michael Harran	(Surrey WC)	2.19.26	M70
11. Paul King ©	(Bekgrave H)	2.22.21	M50
12. Shaun Lightman	(Surrey WC)	2.23.19	M65
13. Steve Allen	(Ilford AC)	2.28.44	M50
14. Jon May	(Enfield HAC)	2.28.50	M60
15. John Borgars	(Loughton AC)	2.29.47	M55
16. Ron Powell	(Enfield HAC)	2.30.44	M75
17. Oliver Browne ©	(Ilford AC)	2.30.59	M55
18. David Sharpe	(Ilford AC)	2.35.48	M55
19. Alan O'Rawe ©	(Ilford AC)	2.38.33	M65
20. Bernie Hercock	(Enfield HAC)	2.52.33	M70

Helen's double points scoop extended her lead in the Women's League

**10km***Ladies*

1. Sue Barnett	(Enfield HAC)	68.40	W45
2. Jo Miles	(Hillingdon AC)	73.44	W60

men

1. Fransisco Reis	(Ilford AC)	51.02	M50
2. Andrew Cox	(Hillingdon AC)	62.14	M55
3. Abdi Berleen	(Ilford AC)	67.15	M45
4. Brian Sturt	(Enfield HAC)	72.33	M70
5. Philip Goodwin	(Ilford AC)	76.42	M55
6. Peter Howard	(Enfield HAC)	81.26	M65
7. Dave Ainsworth ©	(Ilford AC)	83.25	M60
8. Ken Livermore ©	(Enfield HAC)	84.21	M75

Judges: Peter Cassidy, Andrew Garner, Barry Ingarfield, Pauline Wilson *Timekeepers:* Phil Welch.
Recorders: Ken Bobbett, Peter Emery, Errol Birney *Water Station:* Pam Ficken, Paul Ray
Refreshments: Margaret Livermore

Results Round-up Seventy-six walkers started The **Surrey Walking Club Hundred** at 2pm on 2nd July at Lingfield Park and 19 hours, 4 minutes and 7 seconds later the winner Bart Snoeren (Dak Drunen) crossed the finish line to become the first new *Centurion* in the brotherhoods Centenary year. The mercurial Sandra Brown 20.18.23 was the second to finish and was first lady and first Brit home. Not far behind her in third was Rein Pistorius ((Rotterdam) 20.26.26. Ian Statter 21.12.25 had his best race since his Millennium triumph at Newmarket to finish seventh and made it an RWA individual and team championship double for the promoting club.

Fourteen UK walkers were among the thirty-six who completed the hundred within the time limit; for six of them along with nine continental competitors it was the first time they had done so, thus qualifying to wear the famous badge. *A full report and result appears on the Centurions 1911 web-site*

The **Southern RWA 20km championship** held at Basildon on Saturday 9th July was dominated by EHAC who fielded four of the eleven starters and their results appear on the first page. The overall winner was Peter Ryan 1.55.26, in third Kevin Knight 2.10.15, Chris Flint 2.12.14 fourth, and Shaun Lightman 2.16.59 in sixth. Maureen Noel 2.10.37 was the women's runner-up, Noel Blatchford 2.12.10 was third and Judy Howard 2.23.03 fourth. The latter two comprising Abingdon's winning ladies team.

Helen Middleton 11.25 was the first lady to finish in the **Southern Vet T&F 2km** walk at Hemel Hempstead on Monday 25th July. The overall winner was Fransisco Reis in 9.43, second was Steve Uttley in 9.59 and third Steve Allen in 10.25. In addition to Helen, Enfield colour bearers in the seventeen strong field were; fifth Sean Pender

11.55, eleventh Norma Grimsey 13.05 and occupying the last three places, Bernie Hercock 14.53, Ken Livermore 15.37 and Alan Flavell.

Sean Pender 50.13 fourth, Barbara Edlin 58.54 ninth and Bernie Hercock 63.26 in tenth position were the club's walkers at the VAC's **5 miles** at Battersea Park on 26th July. The race winner was Mark Easton 40.50 and eleven walkers took part.

For the second week running a cycle track was the venue for an event. Redbridge was the venue for **Ilford AC's summer open Five**. Fransisco Reis was the winner on a hot day in 41.48 from American guest Pablo Gomez 47.11. Amos Seddon was third 48.26, Alan Ellam fourth 48.39, Helen Middleton first lady 49.36, Gary Smith tenth 53.55, Norma Grimsey second lady 57.55, Sue Clements third lady 61.23, Bernie Hercock fourteenth 63.49 and Ken Livermore fifteenth 68.24.

On the same day over at Norwich in the EVAC championships Sue Barnett 18.47 was second and Peter Howard 20.30 fifth. *Leaguer* Cath Duhig 17.52 won the race and Sue Smith 23.15 was sixth.

In hot conditions Helen Middleton 17.31 was the first club member to finish in the **Woodford Tuesday** series 3km on 2nd August. Barnet's Steve Allen 16.07 was first of the nine athletes to cross the winning line. For EHAC, third was Sean Pender 18.13, Gary Smith 18.17 fourth and last but not least Bernie Hercock 22.53.

Transplant Games Gold for Joan Bell

Britain's eight walkers in the World Transplant Games held in Sweden between 22nd/23rd June did very well. The distances were 3km for the women and 5km for the men. Joan Bell W60 22.10 won gold and Steve Whelan M45 32.05 although finishing fourth was awarded the bronze medal. The mode of progression displayed by the Iranian walker who was allowed to finish in third place was so diabolical, that no less than five countries lodged protests about the standard of judging, which thankfully did improve and was much better in later races. There were also team triumphs in the W50 and M60's categories.

Picture: Familiar faces from the Oxford area. Time keeper and judge Andrew Garner, Steve Whelan with his WTG medal and Noel Blatchford the double European Masters champion.



Letter from Ann Lewis *It was a pleasure to see Ann Lewis out in action again at the LICC 3km and an equal pleasure to receive the letter below. For those who don't know; Ann has won the Enfield Open Seven four times and was Ladies League champion in 2003/04/05.*

Hello Ron, Thank you very much for the results. Jane and I both enjoyed the race and were very appreciative of the support we had. It was great to see all my friends again. Every time I come back I have this lovely feeling of belonging. We really are like one big family. The icing on the cake - Amos had discovered the VERY LAST 2 pairs of Adidas race walking shoes in existence and they are my size! As he says, I shall have to do a lot more racing now.

Just to update you - something is still showing up on my scans and the consultant describes it as "thickening". The cancerous tissue by my liver has gone and the unidentified node near my heart has gone. The consultant tells me I am in remission and that I will need "chemo" again sometime. I'm hoping that she's wrong and that the "thickening" is scar tissue of some sort. As you know, I am trying to get on with my life as if I never had cancer and I'm chasing those 2 W60 ladies who have appeared while I've been out of action!

Thanks again, Ron. Hope to see you again soon. Ann

Serena Queeney has written to me to say that she is retiring from race walking to pursue other interests that she feels passionate about, including falconry and art. She asked me to pass on her thanks to the many people who encouraged and helped her over her ten year race walking career and hopes to get along and support the odd race.

A Black Mark

Amateur sport relies so heavily on voluntary officials and race walking is no exception. Much is owed to the people who give of their time and incur expense doing it. Without these people many fixtures and certainly the *League* would cease. It saddened me greatly to witness at a recent event, a walker shouting abuse at an official. Whatever the reason for the outburst, such behaviour is inexcusable. A letter of apology has been received, but whether the athlete's reputation will remain untarnished or not by those who witnessed the incident, remains to be seen – much depends on the person's future conduct. Hopefully, this is a one-off; a repeat will not be tolerated.