

# The Enfield Walker 2014

(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

June



Please Note that my email address is now [rwallwork4@sky.com](mailto:rwallwork4@sky.com)

**Moulton Five** Sunny, warm conditions with only a gentle breeze provided perfect conditions for the race and Olympian Dominic King took full advantage to break the course record that he set in 2007. Moulton resident Callum Wilkinson also set a pb and Fransisco Reis although walking faster than his winning time last year was third.

Helen Middleton enjoying her come-back added a third victory to the ones she had in 2009 and 2010, whilst last year's winner Centurion Cath Duhig took second place and Anne Jones (*Nee Belchambers*) race winner in 2007 and 2008 was third.



*Cath Duhig and Glyn Jones arching by Moulton's 15<sup>th</sup> century pack horse bridge (ME)*

There was no real contest for the team honours; Ilford AC with Fransisco, Peter Ryan and Steve Uttley in the first eight literally 'walked it' leaving Hillingdon, EHAC and Surrey to sort out the minor placings.

In addition to Callum Wilkinson, nine other local walkers had a go and at least four have vowed to return next year to improve their times and better the hour for the scenic, but testing course.

Over the years a feature of the event has been the support by renowned exponent's from the past and sure enough several were in attendance again; Eric Hall, Ray Middleton, Oliver Flynn, Roger Mills, Peter Marlow, Mark Easton – As event organiser I am indebted to them and thank them for their support.

## **BMAF Success**

In the 5km road championship at Horwich, Lancashire on 15<sup>th</sup> June, Sean Pender (M55) 31.30 and Ken Livermore (M80) 40.45 finished first and second in their respective age categories.

## **Busy Schedules & Mixed Fortunes**

Within the space of eight days young Callum Wilkinson experienced the elation of a 38.11 five mile pb at Moulton and the disappointment of a personal worst 50.01 10km at York in the EAA International Permit meeting. His great rival Cameron Corbishley 47.36 had the upper hand at York beating him for the first time this season and will no doubt be keen to repeat the result in the EA u20's 10km at Bedford on 23<sup>rd</sup> June and the British Games 5km a week later at Birmingham. The EHAC athlete will be equally determined to reassert his authority.

David Hoben an ever present *Leaguer* competed at Moulton on 31<sup>st</sup> May, at the Sussex AA/VAC 3km the following day, at the Oxford AA 3km on 3<sup>rd</sup> June, Rotterdam for the Dutch 50km on 7<sup>th</sup> June, the VAC's five mile fixture at Battersea on 10<sup>th</sup> June and the Jack Fitzgerald races on 14<sup>th</sup> June.

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The next two League Fixtures are **5km track** events held in conjunction with the London Inter-Club Challenge meetings on the following dates:

**28<sup>th</sup> June - 30<sup>th</sup> August\*\***

both take place at The Allianz Stadium,  
(Formerly Copthall - map on Allianz Park website)

**All start at 11.30am and include Young Age Group races at 1 and 3km**

**\*\* NOTE that the LICC MEETING scheduled for 23rd August HAS been changed to 30<sup>th</sup> August**

**Mens 5 miles**

1. Dominic King © (Colchester AC)	36.01	SM CR
2. Callum Wilkinson (Enfield HAC)	*38.11	U20
3. Fransisco Reis (Ilford AC)	40.03	M50
4. Fabian Deuter (Hillingdon AC)	41.14	SM
5. Trevor Jones (Steyning AC)	42.09	M55
6. Peter Ryan © (Ilford AC)	42.31	M55
7. Steve Uttley (Ilford AC)	42.40	M55
8. Steve Allen (Barnet & D AC)	44.20	M55
9. Mal Martin (Surrey WC)	44.27	M55
10. Stuart Bennett © (Ilford AC)	46.21	M55
11. Arthur Thomson (Enfield HAC)	47.09	M75
12. Andrew Cox (Hillingdon AC)	47.47	M60
13. Ken Bobbett (Hillingdon AC)	48.03	M65
14. John Constandinou (Birchfield H)	48.44	M40
15. Dan Maskell (Surrey WC)	49.12	M65
16. Russ Jackson (Yoks RWC)	49.20	M65
17. David Kates© (Ilford AC)	49.36	M60
18. Roger Lilley (Enfield HAC)	49.49	M50
19. Shaun Lightman (Surrey WC)	50.22	M70
20. Sean Pender © (Enfield HAC)	51.02	M60
21. Glyn Jones (Coventry Godiva)	51.29	M70
22. Michael Harran (Surrey WC)	52.09	M75
23. Kevin Marshall© (Ilford AC)	52.16	M50
24. John Turner (Ely R)	53.27	M65
25. Richard McKenzie (Hillingdon AC)*	53.47	M45
26. Russell Vroobel (Hillingdon AC)	55.12	M50
27. David Hoben (Surrey WC)	55.31	M60
28. Les Scrivens (Worcester AC)	57.04	M70
29. Len Ruddock (Ilford AC)	58.38	M60
30. Paul Firmage (Ryston R)	58.41	M55
31. Phil Nutley (St.Eds Pacers)	58.59	M65
32. Malcolm Smith (unatt/Moulton)	61.22	M65
33. Bill Sutherland © (Highgate H)	63.45	M65
34. Dave Ainsworth © (Ilford AC)	66.31	M65
35. Eric Horwill © (Dudley/Stour)	66.42	M80
36. Jon May (Enfield HAC)	67.25	M60
37. Ken Livermore © (Enfield HAC)	67.32	M80
38. Tony O'Meara (unatt/Moulton)	71.46	M70
39. Eddie Trotter (Ilford AC)	71.48	M60

**Womens 5 miles**

© = Centurion - \*=pb

1. Helen Middleton (Enfield HAC)	50.47	w50
2. Cath Duhig © (Ryston R)	51.27	w55
3. Anne Jones (Steyning AC)	51.42	w55
4. Fiona Bishop (Woking AC)	52.30	w55
5. Angela Martin (Surrey WC)	54.08	w45
6. Elizabeth Blakie (Ryston R)	55.21	w55
7. Valerie Nutley (St.Eds Pacers)	55.40	w55
8. Diana Braverman (Enfield HAC)	56.53	w60
9. Pamela Abbott (Enfield HAC)	57.33	w50
10. Sue Clements © (Unatt)	60.40	w55
11. Marie Weaver-Smith (Unatt/Moulton)	67.30	w40
12. Lara Briggs (Unatt/Moulton)	67.30	w40
13. Ann Scriven (Unatt/Moulton)	71.12	w80
14. C.Ghaziai (Unatt/Gazeley)	75.43	w40
15. Michelle Owen (Unatt/Ashley)	75.43	w40

**Team (Mixed three to score)**

Ilford AC  
Hillingdon AC  
Enfield H AC  
Surrey WC

**Junior Races**

**U10's 100m** Mia King  
Elissia Deuter

**U10's 300m** George Wilkinson  
Daniel Spinks  
Amira Price  
Ella Briggs

**Suffolk championships:**

Val Nutley Callum Wilkinson  
Marie Weaver-Smith Phil Nutley  
Lara Briggs Malcolm Smith

**Judges:** P.Cassidy, M.Fox, P.Horwill, P.Wilson, R.Wallwork

**Timekeepers/Recorders:** Dr.L.Jennings, J.Mower, J.Grimwood, P.Ficken, T.Wilkinson

**First Aid:** G.Lawes, F.Mulford, M.Woolard (BRC) - **Water Station:** 1<sup>st</sup> Moulton Scout Troop

**Marshalls:** M..Ashpole, T.Ashpole, M.Blyth, G.& J. Dobson, J.Grant, P.Dixon, N.Persey, M.Price, D.Rabeth, B.Rampling, B.Saddler, R.Saych, J.Webb, R.Whatling, M.& D.Young,

**Catering:** M.Hall, M.Livermore, G.Stoneham, R.Spinks, J.Wallwork



Pace Setters (ME)



The chasing group (ME)



Youngsters show their style

## League tables after Six fixtures

There are thirty-nine ladies among the 116 walkers from twenty-six clubs who have so far taken part in this year's league. The table-leaders are:

### Ladies

1. 354/6 Helen Middleton
2. 316/6 Fiona Bishop
3. 275/5 Angela Martin
4. 236/4 Anne Jones
5. 195/4 Maureen Noel
6. 187/3 Cath Duhig ©
7. 179/3 Pamela Abbott
8. 143/4 Linda Spinks
9. 126/4 Jenny Middleton
10. 109/1 Elizabeth Blakie

### Men

1. 453/6 Fransisco Reis
2. 421/6 Malcolm Martin
3. 402/6 Stuart Bennett ©
4. 399/5 Callum Wilkinson
5. 395/6 Arthur Thomson
6. 372/5 Steve Allen
7. 346/5 Andrew Cox
8. 341/5 Ken Bobbett
9. 329/6 Sean Pender ©
10. 328/5 Dan Maskell
11. 325/4 Trevor Jones
12. 323/4 Fabian Deuter
13. 322/4 Steve Uttley
14. 318/4 Peter Ryan ©
15. 279/4 Shaun Lightman
16. 278/5 John Ralph
17. 262/4 David Kates
18. 256/5 Richard McKenzie
19. 232/6 Dave Ainsworth©
20. 231/4 John Hall

### Team

1. Ilford AC **1989** 453 Reis, 402 Bennett, 322 Uttley, 318 Ryan, 262 Kates, 232 Ainsworth
2. EHAC **1966** 399 Wilkinson, 395 Thomson, 354 Middleton, 329 Pender, 278 Ralph, 211 Lilley
3. Surrey WC **1623** 421 MartinM, 328 Maskell, 279 Lightman 275 MartinA, 169 Hoben, 151 Harran
4. Hillingdon AC **1545** 346 Cox, 341 Bobbett, 323 Deuter, 256 McKenzie, 153 Vroobel, 126 MiddletonJ
5. EHAC 'B' **939** 184 Smith, 179 Abbott, 177 Livermore, 150 May, 143 Spinks, 106 Braverman
6. Steyning AC **837** 325 JonesT, 236 JonesA, 83 Penfold, 68 Richards, 65 Ball, 60 Emsley

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**Bernie Hercock** is now home again after a short stay in hospital and hopes to get along to Allianz Park on 28<sup>th</sup> June.

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## Commonwealth Games Luncheon

On Saturday 13th September the Race Walking Association are to stage a Tribute Luncheon in honour of the thirty-eight walkers who have represented England and the fourteen that have represented the Isle of Man at the Commonwealth Games. It will be a carvery style luncheon at the Tower Thistle Hotel in a room that has a capacity to sit 140. The lunch time function provides an opportunity to attend by cheap-day return without the need for an overnight stop.

The cost is only £35.00 and tickets are available from - Pam Ficken, Owl Cottage, 101 Meldreth Road, Whaddon, Royston, SG8 5RS

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## Results Round-up

The day after Moulton, Anne and Trevor Jones were in action at the **Sussex AA 3km championships** which incorporated the **VAC championship**. The race was won by Ian Richards 14.12, with Trevor second in 15.33, whilst Anne 18.29 was runner-up to Penelope Cummings 16.44. Fiona Bishop was third lady in 19.18 and *Leaguer* David Hoben clocked 20.30.

There was a 1 mile walk in a **Masters inter-club** match staged at Cambridge University track on 4<sup>th</sup> June in which fourteen athletes took part. Second claim EHAC members Roger Lilley 9.12 and Pamela Abbott 10.24 were the race winners.

The **Oxford 3km championships and open race** took place on the same evening at Iffley Road. The Oxon champions were Graham Chapman 17.20 and Sue Beardsmore 17.56. *Leaguers* Steve Uttley 15.30 and Steve Allen 16.06 were the first two past the winning post. Steve Whelan 19.26, Sean Pender 19.02 and David Hoben 20.32 were the other Male finishers. Judy Howard 18.21 and Noel Blatchford 18.43 occupied the women's minor places.

Four days later on 8<sup>th</sup> June David Hoben was among a large party of British walkers contesting various distances up to 24 hours in a the RWV walks in Rotterdam and was first in the 50km in a time of 7.33.37.

The Sports Village Cycle track at York was a good venue for the **EAA Permit meeting** on 8<sup>th</sup> June and much credit is due to Ian Richards the event co-ordinator and his team for putting on a first class event which deserved better support from abroad than it received. With the constant search for fast qualifying times, perhaps the absence of more foreign walkers was the unknown nature of the course or perhaps the timing of it; only a week after the big meeting at La Coruna. The impressive win in 84.03 by Australian Dane Bird-Smith (who had raced in Spain the previous week and finished 6th) will allay any future concerns about the conduciveness of the circuit for quick times. Drew Quentin (NZ) 87.54 was runner-up and Ireland's Hickey Luke 88.13 third. Tom



Bosworth 89.10 was the first home walker to finish in fifth with Ian Richards 109.47 in ninth, Jon Hobbs 113.17 a place behind and Steve Uttley 117.57 twelfth.

Heather Lewis 99.58 was a clear winner in the ladies 20km race and was delighted to dip under 100 minutes for the first time. Becky Collins 58.04, Emma Achurch 52.24 and Cameron Corbishley 47.36 won their respective 10km races.

There were fifteen walkers in action at the **VAC 5 mile championship** at Battersea Park on 10<sup>th</sup> June. Peter Ryan 43.12, John Hall 47.11 and Arthur Thomson, 47.19 occupied the top three positions, followed by Andy Cox, 47.54, Shaun Lightman 48.24, Dan Maskell 49.34 and Paul King 51.47. *Leaguers*, Micky Harran 54.23, Russell Vroobek 55.58 and David Hoben 58.34 were also among the competitors. The first and only woman in the race was Maureen Noel 49.37.

On the same evening at **Woodford** the second **3km** race of their summer season took place and Pamela Abbott 20.37 was the solitary EHAC walker in the event. The winner was Steve Allen 16.10 from Stuart Bennett 16.24 and John Borgars 19.13. John Brock 20.15 and Peter Cassidy 20.55 made up the field.

The second **Jack Fitzgerald Memorial race** took place at Tilbury Park on 14<sup>th</sup> June and was a Martin family double. In the 10.3km Malcolm headed the field to win in 56.18 ahead of David Crane 56.44 and Steve Allen 59.22, whilst Angela 61.44 was the leading lady. EHAC's 'super vet' Arthur Thomson 62.33 along with *Leaguers* Dan Maskell 65.40, Michael Harran 67.51 and Dave Hoben 73.46 were among the seventeen who supported this VAC promotion. This event is on a lakeside course once used as the test bed for Britain's water speed record around popular beauty spot Campbell's lake.

Thirty-nine walkers took part in the **BMAF 5km road championship** at Horwich, Lancashire on 15<sup>th</sup> June and in addition to the performances of Sean Pender and Ken Livermore, Fiona Bishop 31.25 and fellow *Leaguer* Cath Duhig 31.40 occupied the top two places in the W55 section.

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### ***Forthcoming Fixtures***

**SOUTHERN 20km championship** (*subject to a minimum of 20 entries being received*) will take place at QEII Saturday 5<sup>th</sup> Playing Fields, Enfield.

Entries to Noel CARMODY: 41 Herbert Road., Bexleyheath., Kent., DA7 4QF. Entries close on Monday 30<sup>th</sup> June and the entry fee is £7. Cheques should be paid to N.Carmody. **Late entries or entries without the correct entry fee will not be accepted.**

**UKA / RWA 2014 National 10km Race Walking Championship** to be held under IAAF rules  
*inc* Inter Counties Championships

**Saturday 19th July - starting at 1pm**

Minet Country Park, Hayes, Middlesex on a **FLAT** 1km course (500m up and down)

Entries to Peter Marlow, 134g Southgate Street, Bury St Edmunds, Suffolk. IP332AF

£10 entry fee. Cheques made payable to Race Walking Association. Entries close on 13<sup>th</sup> July

Further details from Peter Marlow: Tel: 07799750401 / 01284 754177 or Email: [pmarlow@btinternet.com](mailto:pmarlow@btinternet.com)

### **BMAF Championships**

30km at Coventry on Sunday 13<sup>th</sup> July at 11.30am *Entries close Wednesday 9<sup>th</sup> July 2014.*

*Entry + fees to: Glyn Jones, 54 Ridge Street, Wollaston, Stourbridge, West Midlands DY8 4QF*

*Or: Email to: [glyn.jones6@blueyonder.co.uk](mailto:glyn.jones6@blueyonder.co.uk) = Entry fee: Individual - £9.00 – No team fee*

*Non Affiliated B.M.A.F. – Entry fee: £11.00p .*

*Please make cheques payable to G. Jones. Cash payment on day is acceptable.*

3km track Birmingham Saturday 9<sup>th</sup> August

5km track Birmingham Sunday 10<sup>th</sup> August

10km track Birmingham Sunday 21<sup>st</sup> September

The 10k road is subject to confirmation - Leicester if a satisfactory date is announced and 20k looks like being at Hillingdon, as last year, alongside the 10k, on Saturday 29th November. There is a commitment to invite judges from all three RWA areas.

Online entries can be accessed from the re-vamped BMAF website, which can be found here:

[http://www.xchangeems.co.uk/index.php?option=com\\_content&view=article&id=62&Itemid=157](http://www.xchangeems.co.uk/index.php?option=com_content&view=article&id=62&Itemid=157)

Any questions speak with John Hall on 020 8292 3627 or Ian Richards.

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*Finally, Joan and I would like to thank everyone who was able to get to our Golden Wedding Anniversary Party following the Moulton Five. It was a wonderful evening just to be in the company of so many friends. We would also like to thank all those who couldn't make the party but sent congratulatory messages.*