

The Enfield Walker 2012

(Newsheet of the Walking Section of Enfield & Haringey AC)

October



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who apologises for any errors and who welcomes contributions and comments for future issues



Arthur and Steve congratulate each other in the failing light

National 50 km – 53 Years on

In the 1959 national 50km championship held at Baddesley Colliery, Warwickshire, Arthur Thomson was the fourth scorer in the winning Metropolitan WC team. The race was won by Don Thompson, who within a year would be Olympic champion. Arthur finished eighteenth in 5.01.21 forty-nine minutes behind his club-mate. Well, in the 2012 50km championship staged Colchester on 22nd September, he not only collected another team winner's medal, but an individual silver as well, in spite of going off course during the race, emphasizing yet again his entitlement to the superlative 'Super Vet'. His time on this occasion was 5.42.47 and his back-up man to ensure the team title for EHAC was the much raced SRWA President Sean Pender, who was classified with a time of 6.25.46.

The new 50km champion is the 2010 *League* champion, Barnet's Steve Allen who won in 5..35.01 and to his credit expressed surprise and some embarrassment at the thought of his name being added to the illustrious list of past winners of this championship. In third place was Leicester's Colin Vesty in 6.03.24. There were three other finishers, all outside the 6h 15min time standard; Alan O'Rawe 6.24.25, Sean and John Constandinou 6.48.06

Maureen Noel 6.01.28 was the only female to better the time standard and was the leading lady for the sixth time in seven years. Maureen, Angie Alstrachen 6.22.17 and Karen Davies 6.43.25, were the only three women to contest the championship.

A Wonderful Year for Dom King

Twenty-nine year old Olympian Dominic King rounded off the greatest year in his walking career, by winning the Colchester Hundred on debut, in his home town in the fast time of 18.13.01. Guido Vermier (RWV Rotterdam) 20.20.29, and Daniel King 20.51.58 filled the minor places. The remarkable Sandra Brown 20.45.03, her twenty-sixth British 100 was third overall and *League* stalwart Steve Allen (I) achieved a long held ambition and qualified as Centurion Number 1102.

I was one of the doubters that thought the 100 at this stage in their careers would be beyond the twins, but am delighted to be proved wrong. Dom and Dan surely created history by being the first twins to qualify as Centurions in the same race and taking first and second places in a national championship. Well done to both of them, to Steve and the other five qualifiers. *A full report is available on the Centurions website*

Remaining 2012 League Fixtures

13th October at 1pm

5 mile Yacht Handicap Lee Valley Athletic Stadium, N9 0AR - *Two circuits of two and a half miles*
It would be of great assistance if walkers who intend doing this race would enter in advance stating their best performance at or near this distance.

10th November at 1pm

86th Open Seven Lee Valley Athletic Stadium – *Three circuits of two and a third miles.*
bonus points

In keeping with *League* policy to encourage participation
Times will be recorded for walkers wishing to do a distance shorter than that listed
and all races are under club rules (ie. B category)

An excellent field of thirty-five contested the event on a sunny, warm autumn afternoon at the Dacorum track, Hemel Hempstead, a new venue so far as the *League* is concerned and feedback since the race has been very complimentary about it. The racing was hard and competitive as the result shows and with such a large field, the recorders deserve special mention.

Ironically, this fixture had been put back a week to avoid the Colchester 100 and so fell on the last Saturday of September which was the traditional date of the famous Highgate Hour Meeting.

Fifteen year old Callum Wilkinson continued his improvement and only six days after becoming the national 50km champion Steve Allen showed little sign of the fatigue he must have had. After the race RWA Vice President Mark Easton presented him with the national 50km trophy.



Ladies	Kms			miles/yds
1.	9864	Helen Middleton (Enfield H AC)	W45	6m 0227
2.	9140	Anne Belchambers (Hillingdon AC)	W55	5m 1195
3.	9032	Sue Barnett (Enfield H AC)	W60	5m 1077
4.	8850	Linda Spinks (Enfield H AC)	W45	5m 0878
5.	8620	Anne Packard (Loughton AC)	W45	5m 0627
4.	8275	Diana Braverman (Enfield H AC)	W60	5m 0250
5.	8245	Sue Clements (Enfield H AC)	W55	5m 0217

Men				
1.	12073	Fabian Deuter (Hillingdon AC)	SM	7m 0883
2.	11429	Francisco Reis (Ilford AC)	M50	7m 0179
3.	10915	Steve Allen (Barnet & Dist AC)	M55	6m 1377
4.	10745	Trevor Jones (Steyning AC)	M55	6m 1191
5.	10511	David Crane (Surrey WC)	SM	6m 0935
6.	10305	John Ralph (Enfield H AC)	M55	6m 0710
7.	9967	Ken Bobbett (Hillingdon AC)	M65	6m 0340
8.	9903	Callum Wilkinson (King Edward Sch)	U15	6m 0270
9.	9810	Steven Crane (Surrey WC)	SM	6m 0168
10.	9717	Peter Hannell (Surrey WC)	M70	6m 0067
11.	9689	Stuart Bennett (Ilford AC)	M50	6m 0036
12.	9674	Andy Cox (Hillingdon AC)	M60	6m 0020
13.	9641	Ron Penfold (Steyning AC)	M70	5m 1744
14.	9383	Michael Harran (Surrey WC)	M70	5m 1461
15.	9225	John Taylor (Loughton AC)	M55	5m 1289
16.	9123	Sean Pender (Enfield H AC)	M55	5m 1177
17.	9070	Steve Whelan (Headington AC)	M	5m 1119
18.	8921	Anthony Cotton (BRJ Huntingdon)	M70	5m 0956
19.	8707	Russell Vroobel (Hillingdon AC)	M50	5m 0772
20.	8559	Peter Crane (Surrey WC)	M65	5m 0560
21.	8395	Dave Stevens (Steyning AC)	M75	5m 0381
22.	8335	Dave Hoben (Surrey WC)	M55	5m 0315
23.	8029	Terry Braverman (Enfield H AC)	M65	4m 1741
24.	7901	Tony Wilkinson (Enfield H AC)	M50	4m 1607
25.	7610	Dave Ainsworth (Ilford AC)	M60	4m 1282
26.	7432	Bernie Hercock (Enfield H AC)	M75	4m 1088
27.	7432	Peter Howard (Enfield H AC)	M70	4m 0992
28.	ret Inj	Alan Flavell (Enfield H AC)	M75	

Ken Bobbett, Steve Crane, Andy Cox and John Ralph



Linda Spinks, Tony Cotton, Sean Pender and Sue Barnett



Action pictures courtesy of Mark Easton – see more on <http://markeaston.zenfolio.com/p925501557>

Judges: Peter Cassidy, Pauline Wilson, Ron Wallwork

Timekeeper/Recorders: Phil Welch - Alan Ellam, Pam Ficken, John Pickard, Barbara Ralph, Tracy Wilkinson

Registration/Refreshments: Margaret Livermore, Joan Wallwork

League Positions after Ten Races Helen Middleton remains the overall leader and the promoting club look unassailable in the team competition, but Hillingdon if they can get their six (three of whom have races in hand) out in the last two races they could grab third place. Thirty-two clubs are now represented among the 118 walkers who have taken part in this year's *League*. Thirty-two women and eighty-six men have registered 370 performances.

Ladies	Men	
1. 695/10 Helen Middleton	1. 681/8 Steve Uttley	11. 465/7 Michael Harran
2. 491/8 Sue Barnett	2. 674/8 Fransisco Reis	12. 463/8 Jon May
3. 429/6 Diana Braverman	3. 642/9 John Ralph	13. 441/6 David Crane
4. 345/4 Cath Duhig ©	4. 618/9 Sean Pender ©	14. 438/ 10 Bernie Hercock
5. 332/5 Jo Miles	5. 589/9 Ken Bobbett	15. 430/6 Alan Ellam
6. 275/4 Norma Grimsey	6. 584/7 Fabian Deuter	16. 425/7 Ron Powell
7. 270/3 Neringe Aidietyte	7. 577/9 Amos Seddon	17. 387/3 Peter Ryan ©
8. 249/4 Anne Belchambers	8. 567/9 Andrew Cox	18. 382/8 Peter Howard
9. 243/5 Linda Spinks	9. 551/7 Alan O'Rawe ©	19. 371/5 Steve Allen (B)
10. 225/4 Anne Pickard	10. 537/7 Arthur Thomson	20. 361/4 Steve Allen ©

Team

1. Enfield & HAC	3560	695 Middleton, 642 Ralph, 618 Pender, 577 Seddon., 537 Thomson. 491 Bennett
2. Ilford AC	2996	681 Uttley, 674 Reis, 551 O'Rawe, 387 Ryan, 361 Allen, 491 342 Barnbrook
3. Enfield & HAC B	2567	463 May, 438 Hercock, 430 Ellam, 429 BravermanD, 425 Powell, 382 Howard
4. Hillingdon AC	2382	589 Bobbett, 584 Deuter, 567 Cox., 332 Miles, 225 Vroobel, 85 McDonald
5. Surrey WC	2133	464 Harran, 441 CraneD, 336 CraneS, 326 CraneP, 312 Lightman, 254 Hoben
6. Ilford AC'B'	1341	308 Ainsworth, 270 Aidietyte, 214 Birleen, 211 Kates, 201 Bennett, ,138 Barnard
8. Enfield & HAC C	1190	257 Grimsey, 243 Spinks, 227 Halsall, 156 BravermanT, 150 Smith, 139 Livermore
9. Belgrave H	1008	252 Hall, 220 Noel, 214 King, 211 Culshaw, 111 Graham
8. Steyning AC	866	249 Belchambers, 204 Ball, 190 Jones, 94 Penfold, 71 Stevens, 58 Richards
10. Moulton	747	311 WilkinsonC, 129 WilkinsonT, 79 Scriven, 77 Slater, 76 Hare, 75 Bowes

Oops! Big Ron EHAC Walk captain Ron Powell broke his wrist when taking part in the 'Sunshine' Marathon. Held through the night, Ron stumbled in the darkness, fell and needed urgent attention. He is good spirits now and will be out of action for some time, but hopes to get someone to drive him to the last two fixtures of the series.

Results Round-up

The **Jim Sharlott open 10km** promoted by Leicester WC and incorporating the **BMAF** championships was successfully staged at Abbey Park. Leicester, on Sunday 16th September. The overall race winners were Bethan Davies (Cardiff AAC) 52.05 and Mark Williams (Tamworth AC) 50.11. Club and *Leaguer* interests included Helen Middleton 60.26 fourth (1st W45) and Sue Barnett 65.52 eighth (2nd W60) and in the men's race, the Steve's; Uttley 53.12 fourth (1st M55) and Allen (B) 53.59 fifth (2nd M55), Arthur Thomson 55.29 seventh (1st M75, John Hall 55.57 eighth (1st M60), Sean Pender 64.03 and Bernie Hercock 80.31 sixteenth (3rd M75).

There were ten women among the forty-two starters in the annual **PSUK (Police/Civil Services) championships** and inter-services match held at Cannon Hill Park, Birmingham on 19th September. Steve Uttley (CS) 52.50 and Peter Ryan (P) 55.08 were the individual title winners. The highest placed EHAC competitor was Amos Seddon 59.55 eighth overall and second policeman followed in eleventh by Gary Smith 61.55 and competing as one of five guests in the race, Sean Pender fourteenth in 62.58. In the womens 5km won by Lyn Bradley, club newcomer Pamela Abbott recorded 37.02.

It has been brought to my notice that there was more success for *Leaguer's* at the **European Veterans championships** in Germany last month. Steve Allen (B) writes; that at the European Championships in August the GB results in the M50 20k read like a League finishing order - the old 1-2-3 of Reis, Uttley and Allen taking the team gold. Long may the League flourish, and long may *Leaguers* be encouraged to aim that bit higher and compete in championship races and beyond.

It was very hot (high 30's) in Zagreb when the **European Transplant and Dialysis Games** were held in August. The winner of the 5km walk was Poland's world champion Miroslaw Burski in 30.11. The heat didn't prevent Steve Whelan collecting the silver medal in 32.45 ahead of world silver medalist in the 5km walk and in the process beating Joaquin Lacon Exposito by two seconds. Steve's next international target is the World Transplant Games in Durban, South Africa, in August 2013 where in cooler conditions he hopes to go one better.

ROUBAIX 24 HOUR RELAY 15/16 September 2012

Cath Duhig reports

Two "GB" teams once again featured in the 24 hour relay event which has become established as part of the 28 Heures walking event over the past few years. Once again the teams were named "The Lightning Ladies" (Les Femmes Éclair) and "The Thunderbolts" (Les Femmes du Foudre), though this year their composition brought a wry smile or two as at least one of the "Femmes" was, in fact, un homme. Chris Flint joined Serena Queeney and Sue Rey in The Thunderbolts, while The Lightning Ladies were, as in the previous two years, Kathy Crilley, Norma Grimsey and Cath Duhig. The main target for both teams was to exceed last year's total of kilometres covered in the 24 hours, though as the course had been re-measured, it was more of a case of covering more laps. The Lightnings covered 20 laps apiece, taking it turn on turn over the 3.05kms for the whole period (except the last hour, when the course is shortened to 1km and only one team member can complete the event) to accrue a total in excess of 185kms. The Thunderbolts achieved about 10kms less. Compared with last year, when the heavens opened for most of the event and the abiding memory was of huddling in a leaking tent, this time there were bright skies and plentiful sunshine, making it an altogether more pleasant experience.

Next year will be the 60th anniversary of the Roubaix 28 heures. It would be great if we could "flash mob" the event with GB walkers, either individuals or relay teams – the latter being great fun and highly recommended for a great weekend à la française. (Travel with Cath and a visit to the wine warehouse is guaranteed!)

Forthcoming Fixtures

October

13th Saturday 1.00pm **Enfield League 5 mile Yacht handicap** (*see front page*)

20th Saturday 2.30pm **Steyning AC 10km** from their club house in Steyning. Details from: Dave Stevens 01903 220687 or Ron Penfold 01293 520 506

27th Saturday 2.00pm The first of the season's **Cambridge Harriers Winter League** races 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.

November

3rd Saturday 2.00pm **Surrey WC Addington Vase 7m** at Monks Hill. Enter on the day at Monks Hill Sports Leisure Centre, Farnborough Avenue, Selsdon, South Croydon, which is a five minute walk from the Gravel Hill Tram station (connection from East 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

86th Enfield Open Seven Miles

2011 Winners: Neringe Aidietyte 53.05 – Dominic King 49.29 – EHAC Ladies & Mixed – Ilford AC Men

Saturday 10th November 2011 at 1pm

Lee Valley Athletic Centre – 61 Meridian Way - Pickets Lock - N9 OAS

Newcomers/Novices Welcome

Individual, Centurion and Team prizes - Entries £5 taken on the day - Course 3 x 2 1/3rd miles
also incorporating LBH and SVAC championships