

89th Enfield Open Seven Miles

incorporating VAC & London Business Houses championships

Saturday 14th November 2015 at 1pm
Lee Valley Athletic Centre, 61 Meridian Way, Pickets Lock, N9 0AS



Newcomers Novices 2.3miles – Entry FREE and taken on the day

First Five Individual (Women/Men) * First 4 Teams (mixed 4 to score) * 4 Spot Prizes
Bob Clark Young Walker Award * Lol Dordoy Prize

2015 Winners: Grazina Narvilene 59.23 – Dominic King 50.53 – Team (4 to score mixed): Enfield & HAC

A warm welcome is extended to walkers, officials and supporters to be part of history on the occasion of the 89th Enfield Open Seven. The fact that it is still in existence is due to the countless number of athletes officials and volunteers, who over nine decades have supported the event and ensured that it is still on the fixture list today. Entry is FREE and will be taken on the day.

Some information about past winners at 10 year intervals since 1925.



1925 A.Richards (Surrey WC) 53.52 / **E.T Sharman** (Southern Railways) **58.24** The first five Enfield Opens were handicap races, so whilst A.Richards with an allowance of 7 minutes was the first person to cross the finishing line, the fastest man on the day was E.T.Sharman.



1935 Bert Cooper (Woodford Green) **51.02** Pictured left. Bert was the sprint specialist of his day, finishing runner-up in the AAA's 2 miles championship in 1929/30/31 and 1939 and winning the title seven times in the intervening years. The year he won the Enfield Open he also triumphed in the Highgate and Belgrave Open sevens.



1945 Jim Morris (Surrey WC) **54.40** Pictured right above. Charles, James Morris was an Olympian at the Wembley Games of 1948, where in the 10,000m he finished 4th in 46.04.2. He won the CAU 2 miles championship in 1948/49 and in the same years was also runner-up in the AAA's 7 miles championships.



1955 Bryan Hawkins (Met WC) **53.19** Pictured left. He was picked for the 1954 European Games 10km. Bryan finished 5th in 46.52 and as well as winning the Enfield Open in 1955, he also finished first in the Cambridge Open seven.



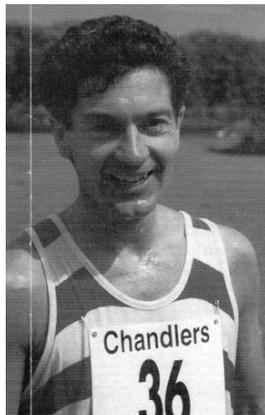
1965 Peter McCullagh (Australia) **50.30** Pictured right. During his time studying at Oxford, Dr.Peter McCullagh enjoyed many victories, but his outstanding year was 1965 when leading the 7 mile fields home at Leicester, Enfield, Belgrave and Cambridge as indeed he did in the Met Open 20km and Leicester Mercury 20 miles.



1975 Judy Farr (Trowbridge AC) **25.49** Pictured left. The women's race in 1975 was over 5km. Judy Woodsford/Farr won the first of her 18 national titles in 1960 and the last in 1976 and was still making the top three in 1980. In fact over her brilliant 20 year career, in addition to her national victories, she collected 29 minor place performances and represented England three times.

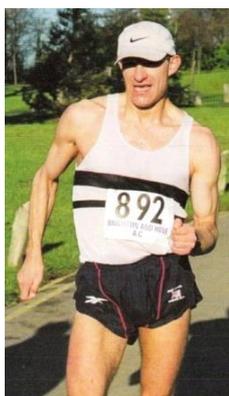
1975 Brian Adams (Leicester WC) **50.09** pictured right. Brian was a true all-rounder; 12.02 for 3km through to 17.39.28 for 100 miles. Seven national titles along with 23 place medals, 15 internationals, among them Olympic, Lugano, European and Commonwealth representation - an outstanding career and he is still active as a coach.

1985 Beverley Allen (*Brighton & Hove*) **57.28** *Pictured right* This was the same year in which Beverley (maiden name Francis) made her GB debut in the Eschborn Trophy, Women's World Cup. In 1985 and the following year she won the Southern 3km championships and competed in the European championships and made the team again for the 1987 World Cup.



1985 Les Morton (*Sheffield*) **49.33** *Pictured left.* Three years after his Enfield success, Les became the second Briton to walk a sub 4 hour 50km. Paul Blagg Enfield 7 winner in 1986 was the first. Les's time was 3.58.25, a time that currently has only been surpassed by one other British walker. In a stunning career spanning 14 years, he bettered 4.10 more than 20 times, racked up 13 national titles, 23 place medals and 27 international appearances which included two Olympics and eight Lugano Trophy/World Cups.

1995 Verity Snook (*AFD*) / **Viky Lupton** (*Sheffield U H RWC*) **58.33** *Pictured right.* Verity was a GB team member for 11 years during which she competed at the 1993 World championships, three World Cups and in the Commonwealth Games for Scotland clocking 46.06 which remained her 10km pb. These days she is a popular and well-respected coach. Vicky Lupton won national titles at 5 and 10kms and in an international career earned 17 selections including two Olympics, four Commonwealth Games, a World Cup and a European Games.



1995 Chris Cheeseman (*Surrey WC*) **51.02** *Pictured left.* Yet another Surrey WC winner of the event and who had also won the Met Open 7 earlier in the year. Chris won seven national titles and 22 place medals, his pb's at 20km and 50km being 86.53 and 4.07.49. He competed in the 1998 Commonwealth Games 50km finishing 8th in 4.38.36.

2005 Scott Davis (*Ilford AC*) **54.40** *Pictured right.* Scott had won the Belgrave 7 two weeks previously and this was the first of three consecutive victories at Enfield. It was also the year that Scott won the first of his seven consecutive national 50km championships. Scott also won the UKA 5,000m track championship in 2009 with a time of 22.40.63.



2005 Sophie Hales (*Steining AC*) **59.07** *Pictured left.* Sophie, an outstanding Junior walker competed in the 1999 World Youth championships and went on to win the national senior 10km in 2004 and was placed in several other national championships during the early 2000's.

Entries will be taken on the day. I do hope that you are able to accept the invitation, become part of the event's history and in doing so, help keep the fixture going

Ron Wallwork – rwallwork4@sky.com

I am indebted to the NUT's booklet No 16 'WALKS', The Race Walking Record and 100 Years Afoot in the researching of this document and apologise for any errors I may have made. Please let me know if you spot one. I was unable to locate pictures of A.Richards and E.T. Sharman and doubt if any exist.