

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

September



Please Note that my email address is now rwallwork4@sky.com

In what has been a particularly busy period since the last issue, ten club walkers have been in action up and down the country. Sean Pender and Callum Wilkinson competed three times, Pamela Abbott and Gary Smith and George Wilkinson twice. Where they raced and how they got on, along with *Leaguer's* who were also in action during this period appears in the *Results Round up* section on page 3.

John Hall – The Munro Man John is well known to most walkers in the country by virtue of his long competitive career and his stint as BMAF Walking representative. *Leaguers* know him because of his ardent support of the ERWL. Earlier this summer he fulfilled a dream that took nearly twenty years to come to fruition. I asked him to write a piece for the *EnfWalker* and it appears on the back page.

2014 ERWL – Race 8

LICC 5km Track

Allianz Park 27th August

A number of regulars were absent which is the norm for this fixture, falling as it does within the holiday season. The previous two fixtures at this venue had been wet experiences for the competitors, but this time dry, warm weather made for excellent conditions, but nevertheless only of three the walkers bettered their times.

Men

© = Centurion - *=pb

Women

1. Callum Wilkinson (Enfield HAC)	22.24	u20
2. Fransisco Reis (Ilford AC)	24.06	M50
3. Fabian Deuter (Hillingdon AC)	24.48	SM
4. Steve Uttley (Ilford AC)	26.26	M55
5. Malcom Martin (Surrey WC)	28.11	M55
6. John Ralph (Enfield HAC)	28.15	M55
7. Arthur Thomson (Enfield HAC)	29.34	M75
8. Manuel Da Silva (Thames Valley H)	29.37	SM
9. Gary Smith © (Enfield HAC)	30.02	M55
10. Ken Bobbett (Hillingdon AC)	30.07	M65
11. Dan Maskell (Surrey WC)	31.05	M65
12. John Borgars (Loughton AC)	31.48	M65
13. Sean Pender © (Enfield HAC)	32.30	M60
14. Richard McKenzie (Hillingdon AC)	32.49	M45

1. Helen Middleton (Enfield HAC)	31.08	w50
2. Angela Martin (Surrey WC)	33.13	w45
3. Norma Grimsey (Enfield HAC)	34.14	w55
4. Jenny Middleton (Hillingdon AC)	37.13	w40

men continued

14. Russell Vroobel (Hillingdon AC)	33.59	M50
15. Phil Goodwin (Ilford AC)	35.15	M65
16. Dave Ainsworth © (Ilford AC)	39.40	M65
17. Mick Barnbrook © (Ilford AC)	39.41	M70

1km George Wilkinson (Enfield HAC)	6.22	u13
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Judges: M.Croft, R.Wallwork assisted by B.Hercock, W.Sutherland

Recorders: LICC Officials, B.Ralph, T.Wilkinson

Entry in advance is a requirement for a Guaranteed Place in the

2014 ERWL ONE HOUR BADGE RACES

Badges awarded to walkers achieving for the first time
5, 6 miles, 10km and 7 miles - Plaques for 8 miles

Saturday 27th September - Dacorum Track, Jarman Lane Hemel Hempstead, HP2 4JS

12 noon Race 1

Domestic Rules

1.20pm Junior/Novice One mile

Domestic Rules

1.50pm - Race 2

International Rules

The number of walkers per race is limited and entries on the day will only be taken if the limits have not been reached. There will be an additional £2 fee.

Entries in the form of an email or note with name, age, club and which race to
Ron Wallwork 35A Newmarket Road, Moulton, Suffolk, CB 8QP
rwallwork4@sky.com - 01638 751869 **By Monday 21st September**

League tables after Eight fixtures

There are thirty-nine ladies and nine YAGS among the 119 walkers from thirty-eight clubs who have so far taken part in this year's league and their aggregate number of performances stands at 321. The current table-leaders are:

Ladies

1. 453/8 Helen Middleton
2. 366/7 Angela Martin
3. 363/7 Fiona Bishop
4. 236/4 Anne Jones
5. 207/6 Jenny Middleton
6. 195/4 Maureen Noel
7. 187/3 Cath Duhig ©
8. 184/5 Linda Spinks
9. 179/3 Pamela Abbott
10. 109/1 Elizabeth Blakie

Men

1. 572/8 Francisco Reis
2. 536/8 Malcolm Martin
3. 459/6 Callum Wilkinson
4. 458/7 Stuart Bennett ©
5. 449/7 Arthur Thomson
6. 445/7 Ken Bobbett
7. 437/6 Steve Uttley
8. 430/7 Dan Maskell
9. 429/6 Steve Allen
10. 420/8 Sean Pender ©
11. 388/7 John Ralph
12. 381/5 Fabian Deuter
13. 347/7 Richard McKenzie
14. 346/5 Andy Cox
15. 333/5 Shaun Lightman
16. 325/4 Trevor Jones
17. 318/4 Peter Ryan ©
18. 272/7 Dave Ainsworth©
19. 262/4 David Kates ©
20. 240/4 Russell Vroobel

Team

1. EHAC **2505** 459 Wilkinson, 453 Middleton, 449 Thomson, 420 Pender, 388 Ralph, 336 Smith
2. Ilford AC **2319** 572 Reis, 458 Bennett, 437 Uttley, 318 Ryan, 272 Ainsworth, 262 Kates
3. Surrey WC **2033** 536 MartinM, 430 Maskell, 366 MartinA, 333 Lightman, 199 M.Harran, 169 Hoben
4. Hillingdon AC **1970** 449 Bobbett, 381 Deuter, 347 McKenzie, 346 Cox, 240 Vroobel, 207 MiddletonJ
5. EHAC 'B' **1008** 211Lilley, 184 Spinks, 179 Abbott, 177 Livermore, 150 May, 107 Grimsey
6. Steyning AC **837** 325 JonesT, 236 JonesA, 83 Penfold, 68 Richards, 65 Ball, 60 Emsley

Norma's Fall After a busy season of team managing for EHAC's young track and field team, Norma Grimsey was delighted to get back to doing some race walking. She was reasonably pleased with her walk at the Allianz stadium and was relishing the one hour challenge at Hemel on 28th September. The morning after the LICC meeting Norma fell and broke her wrist, so there could well be a pause in her comeback programme.

Results Round-up

Of the nine walkers who participated in the **Civil Service 3km championships** at Woodside Stadium, Watford on 13th August, Pamela Abbott was the only club member. She was the second lady to finish and her time was 21.01. The race was won by Steve Uttley 17.34 from John Hall 17.34. Maureen Noel recorded 19.25

There was only one walker wearing red & gold in the **Surrey WC 5km** track race at Tonbridge School on 20th August and that was Sean Pender who recorded 32.44. David Crane 26.04 was well clear of second placer Shaun Lightman 28.56 with spritely veteran Michael Harran third in 30.45. Dan Maskell 31.09, Peter Hannell 32.44 Angela Martin the first woman 33.47, Dave Hoben 34.33 and Peter Crane 35.05 made up the field.

There was an international flavour to the **Herne Hill 3km** walk on 23rd August where, in a match against an Italian club a walk was requested. Three Young Italians Gina Pascal 15.31, Claudia Captinette 16.00 and Flavia Facchinetti 16.51 secured a clean sweep ahead of veterans Valdis Pauzers 16.52, Michael Harran 18.14 and Dan Maskell 19.17. Dave Hoben also walked and was timed at 21.05

The CAU 3km walk dropped from the inter-counties championship in 2013 was reinstated this year and staged at Bedford on 24th August. There were only eight starters in the men's race, but as the times of the first three indicate, there was some quality. Jamie Higgins representing Yorkshire won in 11.52 with Dom King (Essex) second in 12.08 and Callum Wilkinson third in 12.14 which was a pb. Second claim members Roger Lilley (Cambridge) placed sixth in 17.39pb and Pamela Abbott (Cambridge) finished last of the twelve women in 20.29.

Twelve hardy souls braved the torrential rain in the **Southend mile** on Bank Holiday Monday 25th August. The race winner was Chris Cattano 8.45 followed by Martin Fisher 8.59 and Shaun Lightman 9.16. The only lady taking part was Valerie Mountford who clocked 12.22. Other *Leaguers* splashing through the deluge were John Brock 10.24, Alan O'Rawe 10.34, Peter Cassidy 10.47 and Dave Ainsworth 11.57.

The winner was presented with the George Woods trophy which is awarded to the first Essex resident who is also a Centurion.

On the same day, across the Thames at Tonbridge in similar conditions, ten walkers took part in the **Bill Collins memorial 3km (road)** walk. Youngsters Tim Snook 14.48 and Evie Butcher 17.42 were the respective winners.

The **Essex 10km championship** held at the Garon Park Track, South End on 30th August was won in the fast time of 44.29 by Olympian Dominic King, but the turn out was pathetic; only three Essex walkers and a guest. Nevertheless, credit to them; Dan King 47.01, Chris Cattano 57.51 and Steve Allen (Barnet) 58.02, for making the effort to keep this championship alive.

Fiona Bishop was the only *Leaguer* who travelled to Turkey for the **European Veterans' championships** which took place between 2nd and 30th August. In the 5km she finished sixth

A good sized field of 17 walkers raced the **Sarnia Walking Clubs 3 km** road walk at Les Amarreurs on 5th September, used by a number of them as a warm up event for the Church to Church walk being held two days later. In hot conditions *Leaguer* Malcolm Martin and local Phil Lockwood headed the race from the start, with Martin pulling away in the second lap to win by eleven seconds, crossing the line in 16.15. Fighting for third place were Jim Ball and Rob Elliott, who were only strides apart throughout the race and shared third place in 16.42. Michael Harran set a new All-comers age best time of 18.34 in 7th place and Angela Martin did likewise with her 19.40. Dave Hoben 20.03 was the other *Leaguer* in the race.



*right George and Callum at Birmingham
left Angela and Malcolm stride to the finish in Guernsey*

The Wilkinson brothers George (u13) and Callum (u20) both set pbs at the **Youth Development walks** held at Alexander Stadium, Birmingham on 6th September. George in the 1km clocked 6.17 whilst Callum weighed in with a super swift 7.53.



Jonathan Hobbs and Angela Martin successfully defended their **Sarnia Walking Club Church to Church walk** titles at this year's race staged on Sunday 7th September. Their winning times of 3.04.19 and 3.47.12 were a little down on 2013, but the weather was on the warm side. Runner up was islander Jason LeNoury 3.05.19 who was up with the Kent man for much of the race and former winner of the event Jim Ball 3.19.11, who got his second third place of the weekend. Not bad for an athlete who underwent an arthroscopy procedure not that long ago. Among the eighteen men and seven women who took part were Sean Pender 3.35.51, the club's only entrant and *Leaguers* Malc Martin 3.47.12 (the same time as wife Angela), Michael Harran 3.50.43 and Dave Hoben 4.07.17.

Leicester WC's annual **Jim Sharlott** walks were also staged on 7th September and incorporated the **BMAF 10km road championship**. The first three in the open race were all age category winners in the BMAF event and they were: Ian Richards (M65) 50.19, Fransisco Reis (M50) 51.04 and Steve Uttley (M55) 55.45. Stuart Bennett 58.34 and EHAC's Gary Smith 61.54 took the place medals in the M55's whilst Shaun Lightman (M70) 63.52 won his age group and Dan Maskell 64.57 along with Dave Ainsworth 82.23 also took part. Ilford were easy team winners from Surrey WC and Birchfield H.

2015 Southern Championships News

The following dates have been set for the Southern 10k, Y.A.G & 20k Championships:

Sat 10th Jan. 2015 Men & Women 10k & Y.A.G Championships (U20M/W 10k, U17M/W 5k,
U15G/B 3k & U13G/B 2k)

Sat 9th May 2015 Men & Women 20k

The senior 10k will be held as a combined A & B race as it was a couple of years ago.

In setting these dates the S.R.W.A Committee has consulted the list of Masters Championships provided by Ian Richards (B.M.A.F Walks Sec.) and have perused the European & World Masters Websites and currently these events do not clash with any known Masters Championships. (Of course I await to be shot down in flames!!!!!!)

In terms of venues: Any club/organisation can apply to host these championships, just contact me and I will place your application before the S.R.W.A Committee. Cambridge Harriers will offer to host the 10k & YAG at Sutcliffe Park, Eltham, London, SE9 (subject to approval from the Park Authorities).

In 2014 only Cambridge Harriers & Aldershot entered young athletes, the Committee hopes that more clubs participate in 2015. The Committee has also noted that some Clubs do not support S.R.W.A Championships, again the Committee hopes this will change in 2015.

So please put these dates in your diary NOW and circulate amongst your fellow club race walkers, better people receive it more than once than not at all. *All the best. Noel Carmody S.R.W.A Hon. Championship Secretary*

MY MUNRO JOURNEY IN MINIATURE

I started this magical journey on Gleouraich and Spidean Mialach, just north of Loch Quoich, on Sunday 23rd April 1995, as a 46 year-old. As an athlete I was fit but had climbed very few mountains outside of the Lake District and none in Scotland.

A work friend had invited me to join him and another work colleague to do a bit of walking in Scotland, something I had never got round to because of family considerations, a lack of suitable companions and the idea that the mountains of the Highlands were a bit big and hairy for solo walking. On our first day Iain (a Lancastrian, not a Scotsman!) waved a copy of Ralph Storer's wonderful "100 Best Routes on Scottish Mountains" in front of me and said we could do a walk over a couple of "Munros" which were conveniently situated. I'm not sure I knew what they were at the time, but I soon learnt – Scottish mountains of 3,000 feet or more in height. Collectively they bear the name of Sir Hugh T Munro of the Scottish Mountaineering Club, who undertook the task of listing them, in the late 1800s.

Guard of honour for the last Munro



By the end of that first week I was going solo while the two youngsters nursed their dodgy knees! I proceeded to do 220 on my own. The solo outings have provided the greatest satisfaction; apart perhaps from Skye in the company of someone I met in Braemar Youth Hostel, when I was about halfway through my journey. The mountains of Skye are rather special and scary, so we hired the services of a professional mountain guide to help us to reach the summits of 9 of them. Eight of those involved some rope work – the only times I have been attached to a rope in the mountains. The Inaccessible Pinnacle was pretty special and proved a bit more straightforward than the west ridge of Sgurr nan Gilleann, although technically more difficult.

I have a fairly detailed account of each of my Munro outings and those help to bring back many tremendous memories: incredible views, four Brocken Spectres (I can provide photographic evidence!) and varied wildlife, including a fleeting glimpse of a Scottish wildcat. The most frequently seen wildlife was been red deer, but mountain hares, which turn white in winter, have been prominent as well. My favourite is the red squirrel, most usually sighted on one of the feeders outside the kitchen window at Braemar youth hostel. Birds have included golden eagle, sea eagle, hen harrier, lots of buzzards, red kite, ring ouzel, a snipe (on a ridge at over 3,000 feet), snow buntings, the friendly ptarmigan (which turn white in winter as well) and, of course, squawking grouse.

There have also of course been some less pleasant bits: walking in water and bog for miles, finding some of the most uncomfortable descent routes and being blown over! Rain, mist, snow and ice aren't really problems if you are properly equipped, but wind is and has been the cause of my few retreats from mountains before I reached a summit. I had some interesting times getting back to those mountains – wind, but thankfully not too severe, mist and horizontal snow, but also great rewards of dramatic experiences and fine views.

My final Munro, aged 65 but still a competing athlete (a medallist at World and European Masters'/Veterans' championships), was Meall nan Tarmachan (the hill of the ptarmigan), near Killin, at the west end of Loch Tay. That was climbed on Monday 26th May, in a party of 20 family and friends. The party included 3 recent compleaters* and 11 Munro "virgins", among them a Belgrave Harrier. The age range was from 9 (a great nephew) to 73 (my brother, who was with me when I first climbed a mountain, in South Africa). I had left Tarmachan aside a few years ago when staying in Killin, because I wanted to enjoy the ridge in good conditions.

Disappointingly, I didn't get any views on the big day, despite it having the best mountain forecast of the 3 possible days I had set aside. The cloud was down and it was raining in the higher reaches, so it was a short, quite easy straight up and down because of the make-up of the group – the ridge will be enjoyed another day.

For anyone interested in stats (athletes thrive on them!), I walked 1,880 miles and climbed 590,000 feet on 43 trips to Scotland on which I climbed at least one Munro. During the 19 years, one month and 3 days from start to finish I took a few overnight coaches (not recommended!), a lot of sleeper trains (highly recommended!), a couple of daytime trains, a couple of one-way flights (coming back after being driven up by a friend) and a number of car journeys with several different companions. When travelling to Scotland on public transport, I took a few local trains and buses, hiked lifts and used hire cars to reach the start of the walks that couldn't be managed easily on foot from the front door of my accommodation. Accommodation? Mostly that was Scottish YHA premises (always a good standard), a few independent hostels (varying from very good to fairly awful!), a couple of B&Bs, three mountain refuges ("bothies") and a dilapidated barn with part of its roof missing – not surprisingly, I had that to myself for the two nights I was there! Oh, and some luxury accommodation provided by the guy who accompanied me on nearly 40 mountains, as he rents out a couple of properties but keeps a few weeks each year for himself and friends.

John Hall * *The Scottish Mountaineering Club use the archaic spelling "COMPLEAT", as used by Izaak Walton in the title of his famous book on fishing.*