

The Enfield Walker 2013

(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

May



Silver for Callum in RWA National

The club's promising young walker, sixteen year old Callum Wilkinson underlined his potential with an impressive second place in the RWA national under seventeen 5km championship at Coventry on 28th April. However, the real surprise was his time; 23.27 over a minute faster than ever before which put him only nine seconds behind the winner Cameron Corbishley (*Medway/Maidstone*) 23.18, who over the last year has dominated this age group. These two were over a minute clear of Guy Thomas (*Tonbridge AC*) in third place.

Thirty-one men and sixteen women contested the senior 20km and in the latter John Ralph 2.05.57 in thirteenth and Sean Pender 2.19.23 in twenty-sixth were the club's only representatives. Conditions were good although there was a chilly wind across part of the course. Tom Bosworth (*Tonbridge AC*) cruised effortlessly to an 87.49 victory in front of Dominic King (*Colchester AC*) 92.36 and Jock Waddington (*IOM Vets*) 1.49.53. Cardiff AC's Bethan Davies was the ladies winner in 1.44.15, with Heather Lewis (*Pembroke H*) 1.47.51 and Grazina Narviliene (*Belgrave H*) 1.50.41 occupying the minor places.



Steve Uttley 1.52.32 led home the *Leaguers* in fourth place; Steve Allen (B) who three days later would celebrate his birthday clocked a 1.55.43 pb in sixth, John Hall 1.58.18 in ninth, David Crane 2.00.00 in twelfth (leading Surrey to the Team title) and Paul King 2.12.09 in sixteenth.

The new Pit Lane Penalty system was in use for the first time. Restricted to age groups under seventeen, it was used twice. However, the IAAF instructions give a sliding scale of penalties and allows for eight penalty stops in the lane for the 50km. That works out at thirty-two red cards! I have to agree with a comment made "that anymore than one penalty is a strong indication that the offender is in the wrong discipline."

The next League Race is the

Moulton Five miles Road Walk
on Saturday 1st June
Details attached

Olympic Legacy Coaching & Training Sessions

Supported by ERWL and Southern RWA

Saturday 18th May - Saturday 15th June
9.30am to 12.30pm at Lea Valley Athletic Centre

Sessions are open to athletes and Coaches from any club. The first segment is devoted to skills and technique the second part is about applying them in a demanding training workout followed by feedback to close the session.

Places on the sessions should be booked **no later than 7pm on the Wednesday before the session** with Ron Wallwork on 01638 751869 or randjwallwork@btinternet.com. There is a session fee of £9

Even with a 10am start fifty walkers came under orders, only one short of the record set in 2011 and more women took part than ever before. As in 2012 Neringe Aidietyte was the overall winner and this time it was Fabian Deuter who offered the only challenge staying with the Lithuanian until they had passed three miles together in 22.51. Leading the rest were Callum Wilkinson 24.38 and Luc Legon 25.31, both under 17's. Callum went on to hold his place and whilst Luc faded slightly but was one of many to set a pb. Relative newcomers Mal Martin and Danielle Vides produced improved performances.

Recently crowned European Masters Indoor champion Noel Blatchford (M65) broke 50 minutes for the first time and eighty-three year-old Stuart Halsall whilst disappointed with his time was overjoyed just to be out racing again after being weathered in, up in Norfolk, for months. It was good to see Ron Powell racing again after months out with a broken wrist and Doug Fotheringham as usual helping out wherever he could.

The mixed team format with four to score made for an interesting and fairly close result.

Pat Furey was unable to attend the walk this year and sent his best wishes for a successful event, which indeed, as the entries show it was. On behalf of all the walkers and his friends present at the meeting I return his compliments with interest and thank him for his continued and generous support.

<i>Men</i>	© = Centurion - *= <i>pb</i>	<i>Women</i>	
1. Fabian Deuter (Hillingdon AC)	38.38 SM	1. Neringe Aidietyte (Ilford AC)	38.06 sw
2. Callum Wilkinson (Enfield HAC)	41.30 u17	2. Grazina Marviliene (Belgrave H)	42.32 w35
3. Steve Uttley (Ilford AC)	43.25 M50	3. Maureen Noel (Belgrave H)	49.08 w45
4. David Crane (Surrey WC)	43.36 M35	4. Noel Blatchford (Abingdon A)	49.57 w65
5. Luc Legon (Bexley)	43.38 u17	5. Suz Beardsmore © (Abingdon A)	49.57 w40
6. John Hall (Belgrave H)	44.37 M60	6. Anne Jones (Steyning AC)	49.57 w45
7. Peter Ryan © (Ilford AC)	44.57 M55	7. Sue Barnett (Enfield HAC)	52.57 w60
8. Steve Allen (Barnet & D AC)	45.46 M55	8. Angela Martin (Paddocks Wood)	53.11 w45
9. John Ralph (Enfield HAC)	47.51 M55	9. Danielle Vides (Enfield HAC)	54.51 w50
10. Arthur Thomson (Enfield HAC)	48.38 M75	10. Fiona Bishop (Woking)	55.49 w50
11. Ken Bobbett (Hillingdon AC)	49.23 M65	11. Linda Spinks (Enfield HAC)	55.54 w45
12. Andrew Cox (Hillingdon AC)	49.28 M60	12. Jo Miles (Hillingdon AC)	56.54 w55
13. Shaun Lightman (Surrey WC)	49.54 M65	13. Geraldine Legon (Bexley)	56.59 w50
14. Paul King © (Belgrave H)	50.24 M60	14. Sue Clements © (Enfield HAC)	58.38 w55
15. Steve Allen © (Ilford AC)	50.51 M60	15. Norma Grimsey (Enfield HAC)	58.45 w55
16. Malcolm Martin (Paddocks Wood)	50.58 M55	16. Sandra Campbell (Surrey WC)	63.33 w40
17. Gary Smith (Enfield HAC)	52.25 M55		
18. Dan Maskell (Vets AC)	54.17 M55		
19. Russell Vroobel (Hillingdon AC)	54.48 M50	1km George Wilkinson (Moulton School)	7.22 u13
20. Peter Crane (Surrey WC)	54.51 M65		
21. Sean Pender © (Enfield HAC)	55.03 M55	3mls Michael Lillis (Newington AC)	45.16 SM
22. Jon May (Enfield HAC)	55.39 M60		
23. Alan O'Rawe © (Ilford AC)	56.10 M70		
24. Phil Goodwin (Ilford AC)	56.59 M60	Judges: P.Wilson (Chief), A.Garner, M.Graham, R.Pearce	
25. David Hoben (Surrey WC)	57.03 M55	J/Runner: P.Ray	
26. Mick Barnbrook © (Ilford AC)	57.59 M70	Time Keeper: Phil Welch,	
27. Ron Powell (Enfield HAC)	59.48 M75		
28. Stuart Halsall (Enfield HAC)	63.29 M80	Recorders: P.Cassidy, P.Ficken, B.Ralph	
29. Dave Ainsworth © (Ilford AC)	65.35 M60		
30. Peter Howard (Enfield HAC)	66.45 M70	Marshalls: A.Allen, K.Crilley, T.Jones, T.Perkins, J.Rooke	
31. Bernie Hercock (Enfield HAC)	68.07 M75		
Fransiso Reis (Ilford AC)	retired M50	Course Clerks: B. Hercock, K.Livermore	
<i>Teams</i>			
1. Ilford AC 209	2. Belgrave H. 200	3. Enfield & Haringey AC 195	
Aidietyte, Uttley, Ryan, Allen	Narviliene, Hall, Noel, King	Wilkinson, Ralph, Thomson, Smith	
4. Hillingdon AC 186	5. Surrey WC 156	6. Enfield & Haringey AC 130	
7. Enfield & H Ladies 118		8. Ilford AC'B' 90	
Ladies team winners; Barnett, Vides, Spinks, Clements			

League tables after three fixtures.

Ladies

1. 279/3 Suzanne Beardsmore ©
2. 259/3 Sue Barnett
3. 244/3 Linda Spinks
4. 239/3 Jo Miles
5. 204/2 Norma Grimsey
6. 195/2 Grazina Narviliene
7. 170/2 Maureen Noel
8. 156/2 Anne Jones
9. 147/2 Angela Martin
10. 145/2 Cath Duhig ©

Men

1. 319/3 Fabian Deuter
2. 302/3 Peter Ryan ©
3. 297/3 John Ralph
4. 288/3 Ken Bobbett
5. 285/3 Steve Allen ©
6. 280/3 Andy Cox
7. 279/3 Paul King
8. 275/3 Russell Vroobel
9. 237/3 Jon May
10. 233/3 Callum Wilkinson
11. 209/2 David Hoben
12. 191/2 Steve Uttley
13. 191/2 David Crane
14. 195/2 John Hall
15. 184/2 Steve Allen
16. 172/2 Shaun Lightman
17. 169/2 Arthur Tomson
18. 157/3 Bernie Hercock
19. 157/3 Dave Ainsworth ©
20. 155/3 Peter Howard

Team

1. EHAC **1474** 297 Ralph, 259 Barnett, 244 Spinks, 237 May, 233 Wilkinson, 204 Grimsey
2. Hillingdon AC **1383** 319 Deuter, 288 Bobbett, 280 Cox, 275 Vroobel, 239 Miles
3. Ilford AC **1218** 302 Ryan, 285 Allen, 191 Uttley, 157 Ainsworth 143 O'Rawe, 140 Aidietyte
5. Surrey WC **940** 209 Hoben, 191 CraneD, 172 Lightman, 140 CraneP, 131, 97Campbell
6. Belgrave H **875** 275 King, 195 Narviliene, 185 Hall, 170 Noel, 50 Brown
- 4, EHAC B **850** 169 Thomson, 157 Hercock, 155, Howard, 140 Vides, 118 Smith, 111 Pender

Results Round-up

Steve Allen took part as a guest in the **Midland League 10km** on 14th April and clocked 56.06 behind winner Mark Williams 53.57

There were several guests in the field of eighteen for the opening fixture of **VAC's 2013 Summer series of 5 mile races** at Battersea Park on 16th April. Part of the circuit had been re-surfaced making the venue much faster. Ian Richards was the winner in 37.42 ahead of Fabian Deuter 38.08 and Peter Ryan 43.57. The first club man to finish was Arthur Thomson (7th) 47.32 and the other EHAC walkers were Sean Pender (14th) 53.36, Ron Powell (15th) 56.08 and Bernie Hercock 61.08 (18th). *Leaguers* also in the race were: Steve AllenB 45.00 fourth in front of Shaun Lightman 46.07 and Ken Bobbett 47.12. In eighth place Stuart Bennett 48.22 was followed by Andy Cox 49.12 and Paul King 50.25. The other finishers were: Peter Hannell 50.28, Chris Flint 52.06, Dan Maskell 52.28, David Delaney 56.27 and Dave Hoben 57.35. Interestingly, with the exception of Paul King and David Hoben the thirteen walkers who had done the Pat Furey Five the previous Saturday were quicker in this event and for Shaun Lightman who celebrated his 70th birthday between the two events by almost three minutes.

Leaguer Steve Allen 55.21 finished second in the **Geoff Ford 10km** at Don Valley Stadium on Sunday 21st April. The winner was Gareth Thomas (u17) in 51.22.

A regular recorder at *League* races Barbara Ralph clocked 4.07.43 in the **London Marathon** on 21st April. She passed half way in 1.50.29, but her lack of training through injury caught up with her and for the first time ever recorded over four hours.

The **Vets AC held their 10km championship** at Tooting Bec track on 24th April and Middlesex and Surrey incorporated their championships within it. Arthur Thomson 59.34, Ron Powell 69.28 and Bernie Hercock completed a clean sweep in the M75's. Other club members and *Leaguers* in the sixteen strong line-up were: Fabian Deuter (M35) 47.53, Steve Allen (M55) 55.06, John Hall (M60) 55.40, Andy Cox (M60) 61.30, Paul King (M60) 63.12, Sean Pender ((55) 67.06, Jon May (M60) 73.03 and Dave Hoben ((M60) 73.22. First three in the Middlesex championship were Fabian, John and Andy. Maureen Noel (W45) 50.56 was the only woman in the race.

Sue Clements walked 51 miles 845yds in the annual **Crawley 12 Hour** track race on 27th April along with Ilford *Leaguers* Steve Allen 54m 317y and Oliver Brown 52m 1443y. Pretty good efforts bearing in mind how cold and wet it was that day.

The **SCVAC Herts & N/Middlesex** track league got underway at LVAC on 29th April. The 2km walk was won by Steve Allen 10.39 and in second place was Stuart Bennett 10.58. Points from Sean Pender 13.01, Bernie Hercock 15.48 and Ken Livermore 15.49 helped the club to equal first with Barnet & Dist.AC. In the women's race Pamela Abbot was second in 14.03.

April Picture Puzzle - Jim Rooke was the athlete second from the right awaiting his turn to meet HM The Queen prior to the start of the 1962 Poly Marathon. I knew of one other runner in that race and it was Bernie Hercock and I've learned since that Ken Livermore was also in it. Jim usually marshalls the turn when races are staged at LVAC.

Barclay/Dunwoody Re-union The team that supported Richard Dunwoody's 2009 re-enactment of Captain Barclay's 'thousand miles in a thousand hours for thousand Guineas', to celebrate the bi-centenary of the famous wager is meeting at the Bedford Lodge Hotel, Newmarket on Thursday 11th July. They will be meeting at 12.30pm, retracing the measured mile, having an hour or so walk on the heath before a pub lunch at the hotel. A warm invitation is extended to anyone wishing to join them.

Judging Matters There seems to be some confusion about judging rules: this may clarify matters. First: whether a walk is judged under International rules or Domestic rules is purely a matter of the number of judges present.

International rules need at least three judges and each walker is only DQ'd if three red cards are received, all from different judges. Domestic rules are applied if there are only 1 or 2 judges, either of whom can DQ on the spot: "one shout and you're out" is the graphic phrase.

Second: whether a walk is category A (judging contact and knees) or category B (judging contact only) is partly determined by the nature of the walk. National and Area Championships must be A, anything over 50k must be B. For other walks, for distances up to and including 50k, the organiser decides if they are to be A or B.

There is a variant of the International system to be tried out for the U17s where time penalties are applied during the walk: it remains to be seen how easy this is in practice.

Cheers – Pauline Wilson

Stan Vickers 1932-2013

Stan triumphs in Stockholm

Stan died in Seaford, Sussex on 17th April after a long illness that he bravely fought.

In the years 1956 to 1960 he raced distances ranging from two to twenty miles and was widely recognised as the outstanding stylist of the era. However, his first race was the 1955 Stock Exchange London to Brighton which he completed in 9.42.24 and won the novice prize.

In July that year he joined Belgrave Harriers and just over a year later he was selected to represent GB in the 20k walk in the Olympic Games in Melbourne. Walking a brilliant race he finished a very creditable fifth.

In the 1958 European Games in Stockholm he led most of the way to take gold and received many complimentary comments for his style. Over the next two years not only did he win domestic titles but engaged in some terrific battles with his great rival Ken Matthews which led up to a remarkable 1960.

In mid-May in the RWA national 20 miles championship staged over the notoriously tough Gomersal course near Leeds, he moved away from the leading group at seventeen miles to beat Don Thompson by almost a minute in 2.41.41. Eight weeks later at the opposite end of the distance scale he won the AAA 2 miles championship in 13.02.4. The championship proved to be the culmination of a series of races with Matthews, in which both broke the long standing record of 13.11.4 set in 1904 by George Lerner.

In the Rome Olympic 20km on 2nd September on a hot humid day he took the bronze medal in a Games when, apart from Don Thompson's gold in the 50k walk, GB's distance athletes were badly affected by the conditions.

Between 1955 and the end of 1960 Stan had competed in one hundred and fifty-five races, and in addition to his international successes had won eight national titles been runner-up five times, set national and course records collected several style awards, not to mention spearheading Belgrave Harriers to countless team victories. So, with such a record at a time when top athletes were still amateur, it was no surprise when Stan announced his retirement at the end of that remarkable year.

E.W.Hall



To my knowledge Stan Vickers did not have a connection with EHAC, but he was such a huge figure in British race walking in the late fifties that I felt that it appropriate to ask Eric Hall to write this tribute to him.