

The Enfield Walker 2016

January



(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

Latest League news at <http://enfieldleague.weebly.com>

2016 Series – Under Starters Orders



Entries for the opening fixture of the 2016 series were considerably down on previous years, perhaps because the race was a week earlier than usual. Conditions were reasonable; cold, but dry for the most part.

Southern President Chris Hobbs got the better of a close tussle with Malc Martin, whilst Penelope Cummings was over two minutes clear of her nearest challenger. In the mid-field, six walkers finished within a minute and Belgrave novice Dan Halmstrand made a promising debut.

Cath Duhig was the first of seven *Centurions* in the race to finish and four others were on the officiating team.

Indoor Successes for Wilkinson

University life at Leeds and the opportunity to train with other top walkers on a regular basis certainly seems to be paying dividends for Callum Wilkinson. His main target for 2016 is the World Junior championships to be staged in Poland during July, so he is currently part way through a period of demanding training in preparation for that.

Nevertheless he has used two indoor meetings to ascertain how this preparation is going. The first was the EA 3km at Sheffield on 10th January where he clocked 11.39.87, which earned him selection for the ELAN meeting on 31st January in Bratislava. The latter event was over 5km where he finished sixth in 19.39.69. Both constituted national junior best performances.

Tom Bosworth was the winner on both occasions also set national best performances with 11.15.18 and 18.54.89 respectively.

Emma Achurch (Leicester WC) ducked under 14 minutes in the Bratislava women's 3km; 13.59.36 her second fastest time to finish a very creditable 3rd.

Whilst I personally remain sceptical about indoor racing, if it isn't used too often or taken too seriously it can provide a useful pointer as to an athlete's condition and it's encouraging to see young British walkers doing well abroad..

The Next Fixture is on

20th February at QEII, Donkey Lane, Enfield. EN1 3PL

The Distances are One, Two, Three, Four or Five miles

Entries on the day Start time 1pm

2016 ERWL - Race 1

Five Miles

QEII Playing Fields, Enfield

Men

© = Centurion - *=pb

Women

1. Chris Hobbs (Ashford AC)	43.59	M60	1. Peneole Cummings (Aldershot FD)	48.03	w35
2. Malc Martin (Surrey WC)	44.11	M55	2. Maureen Noel (Belgrave H)	50.47	w50
3. Steve Allen (Barnet & D)	45.43	M55	3. Cath Duhig © (Ryston R)	52.39	w60
4. Steve Uttley (Ilford AC)	46.06	M55	4. Anne Jones (Steyning AC)	53.07	w60
5. Mark Culshaw (Belgrave H)	47.01	M45	5. Angela Martin (Surrey WC)	53.07	w50
6. John Ralph (Enfield HAC)	48.07	M55	6. Jo Miles (Hillingdon AC)	54.47	w60
7. Daniel Halmstrand (Belgrave H)	50.37	M45	7. Jenny Middleton (Hillingdon AC)	60.53	w40
8. Dan Maskell (Surrey WC)	52.06	M65	8. Kathy Crilley © (Surrey WC)	61.59	w65
9. Roger Lilley (Enfield HAC)	52.11	M55	2 miles Pamela Abbott (Enfield HAC)	23.33	w50
10. Michael Harran (Surrey WC)	52.34	M75			
11. Paul King © (Belgrave H)	52.48	M60			
12. Sean Pender © (Enfield HAC)	54.18	M60			
13. Chris Flint © (Surrey WC)	58.27	M70			
14. Stephen Cartwright (Colchester)	59.53	M55			
15. Mick Barnbrook © (Ilford AC)	67.50	M70			
16. Dave Ainsworth © (Ilford AC)	69.55	M65			

Judges: S.Beardsmore©, P.Cassidy, S.Lightman, P.Wilson©

Recorders: P.Welch, P.Ficken©, C.Lawton©

Judges Runner: T.Jones

Registration/Refreshments: , Ian Spinks, Joan Wallwork

Event Organisers: R.Wallwork©, John Hall, Ian Spinks

Thanks to Enfield Town FC for allowing us to use their club room for the presentations.



2015 League Presentations

Individual winners Maureen Noel and Fabian Deuter. Officials Award: Phil Welch.

Action from the race: Chris Hobbs(36) & Malc Martin

League Table The Team table is set out below and individual table position reads the same as the result of the first race.

1. Surrey WC	346	69 Martin, 61 Maskell, 59 Harran, 56 MartinA, 52 Flint, 49 Crilley
2. Belgrave H	248	66 Culshaw, 63 Halmstrand, 62 Noel, 57 King
3. EHAC	224	64 Ralph, 60 Lilley, 54 Pender, 46 Abbott
4. Ilford AC'	162	67 Uttley, 48Barnbrook, 47Ainsworth
5. Hillingdon AC	103	53 Miles, 50 Middleton,

This and That

The **100th International Four Days Marches Nijmegen** will take place from 19 July to 22 July 2016. Registration is possible through <http://www.4daagse.nl/en/> from Monday 1 February onwards. It is likely that even increasing the entry limit to 50,000 will not meet the demand, will offer a guide to getting a guaranteed entry. This is a do not miss event.

A feature of last year's Moulton 5 was the visit of the Sarnia walkers. Well, fifth lady to finish Olga Sinkevica 52.51 and sixth man Stuart LeNoury 42.33, announced their engagement on Christmas Day. **Congratulations** from all connected with ERWL.

2016 Enfield Walking League *A warm welcome to walkers regardless of age or standard*

Format: A maximum of eleven events will constitute the 2016 *League* (best nine to score) each of which will carry a minimum of seventy points. However, events with more than forty-five participants will carry eighty. Points will be awarded in descending order, the winner being credited with the highest available. No race will carry bonus points

Race Conditions: The event referee to be appointed by the organising committee.

Senior races will be under the 'Domestic rule – Contact with a walking mode of progression.

Separately organised YAG races will be A category races.

Decisions about permissible/appropriate apparel will be made by the event referee.

The **entry fees** will be **£5** although there may be additional fees for championship or open events. There will be no entry fee for walkers under the age of 16.

The **League awards** will be presented at the first fixture of 2016 to Senior and YAG individuals, highest placed **Centurion**, senior mixed club teams of six (*which may include second claim members*) and a free race vouchers to walkers who have competed in six events taking no other award.

Provisional Fixture List

20 th	February	1pm	5 miles 1/2/3 miles	League Race 2 at QE2 Playing Fields, Donkey Lane, EN1 3PL Young age groups and Newcomers
9 th	April	1pm	10km	*Cecil Gittins Meeting (ERWL race 3 at Gravesend Cycle track 5/15km + Young age groups and Newcomer distances
2 nd	May	5pm	5 miles 2 miles U/15s	Pednor Open Race 4 at Chesham LT & S Club, Pednor Road. Details on Chiltern Harriers website
4 th	June	1pm	5 miles	Moulton Open from Moulton Village Hall, Suffolk, and CB8
30 th	July	tbc	5km 1/3km	LICC Track event at Allianz Park <i>map on Allianz Park website</i> Younger age groups and Newcomers
27 th	August	tbc	5km 1/3km	LICC Track event at Allianz Park <i>map on Allianz Park website</i> Younger age groups and Newcomers
24 th	September	12pm	Hour Walks	Badges for first timers at 5, 6 and 7 miles – Plaques for 8 miles - <i>Venue tbc</i>
8 th	October	1pm	5 miles	Yacht Handicap <i>Venue tbc</i>
12 th	November	1pm	7miles	90th Enfield Open Seven at Lee Valley Athletic Centre, N9 0AS
26 th	November	1pm	10km	Hillingdon Open 10km at Hillingdon Cycle Circuit

Results Round-up

There was a wonderful turnout for Steyning's **Alf Palmer Memorial meeting** at Broadbridge Heath track on 19th December; forty-nine walkers in all and 21 of them under twenty years of age. The event incorporated the Vets AC championship, but I don't think that affected the numbers because only eight took part and they were walkers who more than likely would have done the race anyway. Much credit is due to Ron Penfold and Dave Stevens for their determination and perseverance in maintaining the Steyning fixture list.

Conditions were good and in the senior 5km there was a tie involving Luc Legon and Tim Snook (both u20) for the winners spot, their time 24.11. Francisco Reis was 3rd in 24.39. Arthur Thomson 34.13 was the only EHAC walker in action, but other ERWL regulars included Malc Martin 27.41, Dan Maskell 31.43, Fiona Bishop 31.56, Angela Martin 31.58, Micky Harran 32.07, Anne Jones 32.48 and Dave Hoben 35.30. Evie Butcher u17 28.39 won the ladies race.

Centurions occupied the first and last positions in **Steyning AC's Boxing Day 5.5** mile race at Preston Park, Brighton. Ian Richards 46.40, who qualified in 2008 as Centurion 1064 finished well clear of Dan Maskell 57.31 and Ron Penfold 58.04. Thereafter, Micky Harran 58.45, Peter Hannell 61.31, Dave Delaney 63.20, Dave Hoben 63.28 and the other Centurion who qualified in 1971 with number 464, Dave Boxhall 65.11 made up the field. Dave Boxhall dominated the 'seventies' ultra-distance scene; finished 2nd when qualifying and going on to win in 1972/73/74/75 and again in 1979 and 1980 - A remarkable achievement.

Forty-seven (compared to 41 in 2015) turned out in the **SRWA Championships** staged at Sutcliffe Park, Eltham, London, on 16th January. There were nine women among the 27 starters in the senior 10kms and encouragingly, nineteen under 20's spread across the range of ages and shorter distances.

First to cross the winning line was under the 20 victor Tim Snook in 49.27 followed by Fransisco Reis 50.48 and Sophie Hales 50.59, the latter two lifting the Southern senior titles. Jonathan Hobbs 51.33 and David Crane 51.59 along with Penelope Cummings 58.56 and Maureen Noel 63.09 occupied the minor positions in their respective races. Sean Pender 70.17 was the only EHAC participant and *Leaguers* taking part were; Malc Martin 54.20, Mark Culshaw 58.21, Dan Maskell 64.55, Anne Jones 65.02, Angela Martin 65.32, David Kates 65.28, Paul King 65.35, Michael Harran 67.06, Mick Barnbrook 83.37 Dave Ainsworth 83.17. Team-wise Surrey WC had a good day with a men's' win and women's' runner up behind Steyning.

The day before **Steyning AC's open 15km** on Saturday 23rd January, stretches of the course were flooded, but by race time, although conditions were cool and damp at least the rain ceased and the lying water dispersed. Ian Richards 76.41 led from the start leaving Jonathan Hobbs 79.16 and his father Chris 81.43 to sort out the minor placings. So far as the ladies race was concerned, Suzanne Beardsmore 94.42 was well ahead of Anne Jones 100.24 and Noel Blatchford 101.10, the only three starters. *Leaguers* Mark Culshaw 90.11, Steve Allen 94.08 and Dan Maskell 99.30 were among the ten male competitors.

There was a mixed 3km walk at the **London Indoor Games** staged at LVAC on 24th January. Chris Snook 13.15, brother Tim 13.34 and Luc Legon, all under 20's occupied the first three places. Fransisco Reis (M55) 14.03 pipped the leading lady, teenager Sophie Lewis-ward 14.06 with Steve Allen (M55) 15.46 the next walker to finish. I wasn't there, but the event was well supported and encouragingly by young athletes.

EHAC 2015 Walking Championships Results

3km track

Not Held

5 miles at Moulton, Suffolk on 6th June

Helen Middleton	49.29	Lynn Jones	56.53	Pamela Abbott	55.19
Callum Wilkinson	35.42	John Ralph	46.13	Gary Smith	47.25

7 miles at LVAC on 8th November

Helen Middleton	69.34				
Callum Wilkinson	47.30	John Ralph	65.47	Amos Seddon	70.16

20km Marathon Nat 20km Hillingdon on 18th April

John Ralph	2.02.52	Arthur Thomson	2.17.08
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30km Arthur Thomson (*Euro Masters, Italy, 17th May*) 3.38.26

Long Distance *No Qualifiers*

Trophy Winners

Norman Easlea Cup <i>Best Walker</i>	The Oliver Cup <i>Best Newcomer</i>	Ken Easlea Cup <i>Club Member of the Year</i>	George Brown Cup <i>Novice</i>
Callum Wilkinson	Lynn Jones	John Ralph	Not Awarded
Long Distance Trophy <i>Not contested</i>	Gazette Cup <i>Club 20km champion</i>	Club 30km champion Arthur Thomson	Borough of Enfield Cup <i>Club 7 mile champion</i>
	John Ralph		Callum Wilkinson

More This and That

Centurion Chris Flint is the after dinner speaker at this year's **Metropolitan Police Walking Club Dinner** at the Civil Service Members Club, Great Scotland Yard, London SW1A 2HJ on Wednesday 2nd March. Further information and tickets can be obtained from Kitty Hung on 07930 343205 or kitty.hung@met.police.uk

Herts & North Middlesex Masters League: There is a Men's & Women's 2km walk in the fixtures at: LVAC on Monday 24th April at 18.40 and Hemel Hempstead on 11th July at 18.30

More fixture listings on <http://enfieldleague.weebly.com>
Plus links to *January Race Walking Record* + *Feb/March Essex Walker*