

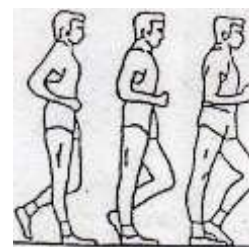
The Enfield Walker 2017

July/August

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

Compiled & produced by Ron Wallwork, 35A, Newmarket Road, Moulton, Suffolk, CB8 8QP-01638 751869 – ronc893moulton@gmail.com
who apologises for any errors and who welcomes contributions and comments for future issues

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



Grey skies, persistent rain and waterlogged conditions couldn't dampen the atmosphere at the Friendship Walks.



*The Worshipful Mayor of Enfield Council, Christine Hamilton (3rd from right) sends the walkers on their way
Report, courtesy of Dave Ainsworth on page 2*

League Situation after Seven fixtures

In the team championship holders Surrey Walking Club are under immense pressure from Ilford AC just to retain the runners-up spot and there is an interesting tussle going on between Hillingdon and Loughton for the *best of the rest* honours.

Helen Middleton could create history by becoming the first woman to be the outright winner of the ERWL although she is not the first lady to finish a series in top place. In the inaugural 1998 League which consisted of six races Gina Webb shared the title with Sean Pender, but Sean being the perfect gentleman conceded the first prize to her.

Ladies in places second to five in their League are all in with a shout for the minor places and in the men's, the title is currently anybody's.

The Friendship Walks attracted a number of new and probably one-off walkers and inflated the stats a little, but they now show that 43 women and 85 men from 50 clubs have registered 263 performances in the league so far this year. (*tables appear on page 3*)

Congratulations to Joyce Crawford (*right*) who became the second woman with club connections to qualify as a Centurion greeted at the finish here by the first, Angie Lunderdown (nee Alstrachen) 1095. (*More on Centurions 1911 website*)



The next League fixture is on

Saturday 23rd September at Lee Valley Athletic Centre N9 0AS

12.45 Newcomer/YAG 2km

1pm Annual One Hour Badge Race **NOTE: Because numbers on the track are restricted advanced entry is required**
Inc. the Essex AA 10km championship

*To guarantee a place on the start line email or call
ronc893moulton@gmail.com – 01638 751869 – 07460 041643*

Best of Friends (This chronicle of the event was kindly written by Dave Ainsworth)

Torrential rain no doubt prevented some from venturing out but those present certainly came determined to enjoy this occasion. With no groundsman on midweek duty, keys were entrusted to local Parks activist John Hall (his home backs onto King George V Playing Fields) to open up early. It doubled as an Enfield League event - a competition noted for pre-race friendly mentions. The first such one was a generous round of applause for the host Club's popular Centurion Gary Smith on his 61st birthday. A start line talk gave special mentions to those we hadn't seen for a while and for overseas visitors. One rightly singled out for applause was Erin Taylor-Talcott (USA Centurion No.85) of the Shore USA Club, who'd been a tireless and successful campaigner to see a women's 50K Walk included in these London I.A.A.F. Championships. It was good to welcome legendary Tim Erikson (Australian Centurion No.13), who'd raced in our 2012 Friendship Walk). Tim's website makes compulsive reading, often publishing UK results faster than UK ones.

Then Her Worshipful the Mayor of the Borough of Enfield, Councillor Christine Hamilton, took centre stage under a much needed large umbrella. The good lady's nice speech welcomed us to her Borough and said what a good place it was - before informing us that our venue was the home of Enfield Town FC, a Club wholly owned by its supporters. She told us she was a member of this Club who rarely missed a home fixture and we were invited to their first game of the season on Saturday against Folkestone Invicta. "I hope the weather's better" quipped one wag". A speech of such length might not have been well received by those getting soaked by a torrential downpour - but when delivered by such a genial person; it didn't really matter did it?

Established athletes could recall when important walking races started - and finished - on tracks, with most action being on roads outside stadiums. This was the case here, as the field wheeled off the track into adjacent playing fields to notch up 1, 3 or 5 miles (same format as on offer in 2012) before entering the arena to finish with an anti-clockwise lap of the track, ending in front of an empty grandstand - which no doubt will be full on Saturday afternoon after the Mayor's enthusiastic plugs.

First to finish were milers, led home by Abigail Smith (under 13). Meriting special mention for his mile is Enfield & Haringey protagonist Amos Seddon who came from Harwich despite being injured, having committed himself to support this meeting irrespective of his setback. That's the spirit. Among 3-milers was Grade One judge Michael Croft whose name is always on at least one result sheet each year - to remain on the active list! Mick Barnbrook came from Ramsgate for a return appearance since recovering from an April operation. Commonwealth Games medallist Bill Sutherland and Norma Grimsey were others returning to action, while Kathy Crilley raced soon after her Bury St.Edmunds efforts 4 days' earlier.

The 5 miles field was headed by Erin Taylor-Talcott, who showed good form just 4 days in advance of Sunday morning's Women's 50K on The Mall. In close order came husband Dave Talcott. The frame was completed by prospect George Wilkinson with Mark Culshaw 4th - both also having been on the Bury St.Edmunds weekend card. Others not seen often at Enfield, but made most welcome, were hard-working RWA Press Officer John Constandinou, Tim Erickson, Tony Bell in the famous white vest of Lancashire WC, much-travelled Yorkshire Centurion Mark Byrne and Centurion Kim Howard who enjoyed her first walking race since completing her 100th marathon. Among supporters was Enfield name of the 70s, popular Bill Fenlon.

Credit is due to all - organisers, officials, competitors and spectators who stuck it out in torrential rain and also a Mayor who didn't shout "Go" and then go herself. This dignitary watched our entire race before joining us in the upstairs cafe to cut a large special I.A.A.F. iced Anniversary Cake, with enough for all to enjoy with their quality complimentary buffet. Special commemorative race numbers were issued for competitors to keep as souvenirs, along with an expensive memento (very much the norm at Enfield special events). Club stalwart and finisher - octogenarian Ken Livermore - presented awards to overseas visitors who were all made "honorary Enfield Leaguers". As folk began to drift off, organiser Ron Wallwork mused that this would probably be the last ERWL "special occasion" event. It may have rained on the *Leagues'* parade, but if it was its final special event - it was certainly an enjoyable one, and truly appreciated by all.



ERWL – Race 7

Men's 5 miles

1. Dave Talcott (USA)	40.13	M55
2. George Wilkinson (Enfield HAC)	45.31	U17
3. Mark Culshaw (Ilford AC)	47.16	M50
4. John Constandinou (Birchfield H)	49.51	M40
5. Tim Ericson ©Aus (Australia)	50.02	M65
6. Ken Bobbett (Hillingdon AC)	50.18	M70
7. Anthony Bell (Lancashire WC)	50.51	M50
8. John Ralph (Enfield HAC)	51.03	M60
9. Steve Allen (Barnet & D AC)	51.32	M60
10. John Borgars © (Loughton AC)	51.34	M70
11. Glyn Jones (Coventry Godiva)	52.52	M70
12. Andrew Cox (Hillingdon AC)	54.03	M60
13. David Annetts (N.Herts RR)	54.55	M50
14. Steve Cartwright (Colchester)	56.02	M55
15. Peter Hannell (Surrey WC)	56.16	M70
16. Gary Smith © (Enfield HAC)	56.29	M60
17. Sean Pender © (Enfield HAC)	56.58	M60
18. Mark Byrne © (Redcar RWC)	57.13	M55
19. David Hoben (Surrey WC)	59.14	M60
20. John Brock (Southend AC)	61.12	M65
21. Peter Cassidy (Loughton AC)	61.18	M75
22. Tony Wilkinson (Unattached)	61.41	M55
23. Paul Forshaw (FERC)	63.03	M60
24. Michael Harran (Surrey WC)	65.21	M75

Friendship Walks9th August at QEII stadium, Enfield**Women's 5 miles**

© = Centurion

1. Erin Taylor-Talcott ©USA (USA)	40.07	W35
2. Helen Middleton (Enfield HAC)	48.25	W50
3. Fiona Bishop (Woking AC)	52.10	W55
4. Noel Blatchford (Abingdon AC)	55.28	W65
5. Kim Howard © (Southend AC)	58.00	W60
6. Frans Fernandez (Loughton AC)	61.37	W65
7. Sue Clements © (Cambs/Col)	62.05	W60

3 miles

Norma Grimsey (Enfield HAC)	35.12	W60
Cathy Crilley © (Surrey WC)	37.21	W65
Michael Croft (Ilford AC)	37.47	M55
Mick Barnbrook©(Ilford AC)	38.18	M75
Bill Sutherland©(Highgate H)	39.15	M70
Dave Ainsworth©(Ilford AC)	40.33	M65
Ken Livermore © (Enfield HAC)	44.05	M80

1 mile

Abigail Smith (Blackheath & Brom)	9.25	U13
Amos Seddon (Enfield HAC)	11.20	W75
Geraldine Legon (Bexley)	11.29	W55

Club President Bernie Hercock, who hasn't been too good of late welcomed the Mayor and stayed throughout the proceedings much to the delight of his many friends.

Judges: Andrew Garner, Mick Graham, Shaun Lightman, Ray Pearce, Pauline Wilson ©

Registrations/Results: Margaret Livermore, Linda Spinks

Timekeepers/Recorders: Phil Welch / Pam Ficken ©, Ray Gibbins, John Hall, Carl Lawton ©,

Refreshments: Joan Wallwork, Russ Brown (ETFC)

Marshalls: Heather Hall, Malcolm Pearce, Daniel Spinks, John Whiteman

Referee: Ron Wallwork © - Thanks to Enfield Town FC for use of the Butler Bar

League Tables after Seven fixtures

Ladies

1. 459/7 Helen Middleton
2. 306/5 Fiona Bishop
3. 251/4 Melanie Peddle
4. 247/4 Maureen Noel
5. 246/4 Joyce Crawford
6. 198/4 Jo Miles
7. 195/4 Noel Blatchford
8. 178/4 Geraldine Legon
9. 152/3 Anne Jones
10. 134/2 Emily Ghose YAG

Men

1. 402/7 John Borgars ©	11. 270/5 Gary Smith ©
2. 382/6 John Ralph	12. 262/5 George Wilkinson YAG
3. 381/6 Mark Culshaw	13. 259/4 Stuart Bennett ©
4. 361/6 Ken Bobbett	14. 243/5 Steve Cartwright
5. 327/7 Sean Pender ©	15. 231/6 Dave Ainsworth ©
6. 324/6 Chris Flint ©	16. 198/3 Graham Chapman
7. 318/6 Dan Maskell	17. 197/4 David Delaney
8. 292/6 Dave Hoben	18. 169/5 Ken Livermore ©
9. 275/5 Andrew Cox	19. 166/4 Mick Barnbrook©
10. 271/4 Sebastian Parris	20. 165/3 Arthur Thomson

Team Table

1. EHAC	1946	459 Middleton, 382 Ralph, 327 Pender, 270 Smith, 262 WilkinsonG, 246 Crawford
2. Surrey WC	1407	324 Flint 318 Maskell, 292 Hoben, 197 Delaney, 139 MartinM, 101 MartinA,
3. Ilford AC'	1378	381 Culshaw 271 Parris, 259 Bennett, 231 Ainsworth, 166 Barnbrook, 70 Aidietye
4. Hillingdon AC	876	361 Bobbett, 275 Cox, 198 Miles, 42 Vroobel
5. Loughton AC	787	402 Borgars, 251 Peddle, 90 Cassidy, 44 Fernandez
6. EHAC 'B'	520	165 Thomson, 196 Livermore, 80 WilkinsonC, 39 Grimsey, 36 May
7. Steyning AC	406	139 Ball, 152 JonesA, 62 JonesT, 53 Penfold

Leicester Walking Club 90 Years Old! To mark and celebrate it, this year's Jim Sharlott meeting has special significance, with mementos for participants and officials. Includes BMAF 10km Details attached

World Championships – as I saw them

Although some personal expectations may not have been met, the event held in London on 13th August, gave race walking a great boost. Five walkers; Gemma Bridge, Bethan Davies, Tom Bosworth, Dom King and Callum Wilkinson, simply qualifying for the championships was something to shout about and that, along with Tom's high profile, forced the media into acknowledging that the discipline exists. Add to that, the thousands along the Mall, albeit many of them tourists, contributing to the making of a wonderful atmosphere and memorable experience. I spoke with several groups of people who were on the Mall to see the iconic sights, but who becoming engrossed in the event stayed for several hours and were quite taken aback at the drama, surrounding Tom's dq. I don't think many, if any of them will be taking up race walking, but at least they went away with an understanding about the event that they previously didn't have. The results of the championship walks have been well publicised by now, but if by some miracle you haven't seen them, be sure to get the next issue of Race Walking Record. Of particular interest to Enfield Leaguers was the performances of Callum Wilkinson (20km) who although expressing disappointment with his time of 83.54 in 41st place, was over the moon with the experience and it was a red card finish for Dom King (50km) which was unfortunate because his fitness levels have never been higher.

I have been fortunate enough to spectate at three global and two regional championships staged in the UK; the 1977 Lugano Cup at Milton Keynes, the 2012 Olympics and these World championships along with the 2002 Commonwealth Games in Manchester and the European Cup at Leamington in 2007. All five filled me with pride to see race walking promoted on a big stage highlighting the athleticism of the discipline, but confess that the most recent two with the advantage of the iconic location generated phenomenal atmospheres and whether or not you are were an ardent traditional race walk supporter or embrace modern race walking, you couldn't fail to have been affected by the sense of excitement and occasion, which for many was further heightened by meeting up with so many old friends.

Results and Leaguers in Action

Hot weather and a hot pace! Tom Bosworth Sped to a new British best performance for 5km at the **British Games** staged at Birmingham on 2nd July. The new figures are 18.43.28 and also inside the old figures was Callum Wilkinson with 18.56.96 Francisco Reis by far the oldest competitor in the race, or perhaps even the whole championships, clocked a very creditable 23.52.75, meanwhile juniors Chris Snook 21.39, Tom Partington 22.04 and Luc Legon 22.53 continue to progress.

Francisco Reis M55 9.15 was the leading *Leaguer* and quickest walker in the **BMAF inter-area match** at Solihull 2nd July. The distance was 2km and also there representing the South were Malcolm Martin M60 11.01, John Ralph M60 12.00, Ken Bobbett M70 12.09, Arthur Thomson M80 13.10 along with ladies Fiona Bishop W55 12.53, Angela Martin W50 13.35 and Pamela Abbott W50 14.13.

Performances by *Leaguers* at the **Senior inter-counties** at Kingston on 2nd July were; 5th Mark Culshaw 16.34, 6th John Borgars 19.31, 8th Peter Hannell 20.18 and in 9th clubman Sean Pender 21.30. In the women's race Penelope Cummings won in 16.37, Melanie Peddle 17.27 was 4th and Maureen Noel 18.43 6th.

With a congested fixtures list, it shouldn't have be a surprise that the field for the third **Woodford Tuesday 3km** race on 4th July was depleted, but I understand that so were most of the other events that evening. Of the six finishers four were Centurions. The result Melanie Peddle 17.17, Stuart Bennett 17.26, John Borgars 19.42, Sean Pender 21.25, Peter Cassidy 21.49 and Dave Ainsworth 23.40. Alex Macheath (u15) didn't finish.

BMAF 20km championship incorporated in the Midland RWA championship at Coventry on 9th July. Twenty-two walkers among them five women took part. There is little doubt that the outstanding veteran at the moment is M55 Francisco Reis (now I understand of Thames Valley Harriers) and he demonstrated this by the huge winning margin he had in this race. He broke the tape in 1.49.28 and had to wait nearly 10 minutes to greet the runner-up Mark Williams M50 1.58.48. Mark Culshaw M50 2.08.46 was 3rd overall and behind him the 5th 12th and 13th places were occupied by John Borgars M70 2.17.48, Chris Flint M70 2.29.00 and Pender 2.30.09. Maureen Noel the only *Leaguer* was the second lady to finish in 2.16.51.

In action at the Herts & N.Middlesex **Vets League** 2km on 10th July were Stuart Bennett 11.06, Mark Culshaw 11.13, John Ralph 12.17, John Borgars 12.50, Sean Pender 14.12 and Pamela Abbott 14.27. In the Hampshire division Suz Beardsmore clocked 12.02.

The fourth fixture of the **VAC summer season of 5** milers was held in a downpour and was the wettest for some time, the officials doing extremely well to handle the time recordings in such conditions. Mark Culshaw had an easy victory, both he and Chris Flint had competed in a 20k road event two days earlier which scarcely affected their times. John Hall returned to a good time and position in view of his extended absence from competition.

All but one of the eight competitors had ERWL qualifications and they were: Mark Culshaw 47.53, Steve Bishop 48.27, Maureen Noel 50.52, John Hall 51.16, Peter Hannell 55.38, Chris Flint 56.55, Michael Harran 58.36 and Dave Hoben 59.39.

At the **Schools' International** meeting held at The Morton stadium Dublin on Saturday 15th July, George Wilkinson finished third in the 3km walk registering a huge pb of 15.27.40. His previous was 16.17.03. It was George's international debut, replicating that of his brother Callum in 2013; international debut, same venue, same finishing position. The top two on the podium were Ireland's Oisain Lane 13.58 and Liam McDonagh 14.58.



A One mile race walk was included in the **Diamond League** meeting at the Olympic stadium on 16th July and received very considerable coverage by the BBC, although their experts weren't very expert. Views as to the event's success in terms of enhancing the discipline are split between traditional and modern day race walk followers. The race, unsurprisingly given his current form, was won by Tom Bosworth 5.31.08 which was a British best performance.



Twelve people made it to the eighth Captain Barclay re-union at The Bedford Lodge, Newmarket, on 20th July. The Bedford Lodge generously provided facilities for the successful bi-centennial re-enactment in 2009 of Barclay's 1000 miles in 1000 hours for 1000 guineas, the catch being that one mile had to be covered on foot during every hour, a total of 42 days. Former NH Jockey Richard Dunwoody completed the feat and in the process raised in excess of £150,000 split between several charities.

Dave Ainsworth, Sandra Barnes, Malcolm Blyth, Eric Mavis and Eric Hall, Margaret and Ken Livermore, Glyn Jones, Jon May, *pictured receiving the Ken Easlea Cup for the outstanding Club Member of 2016 from Ken Livermore*) Amos Seddon Joan and Ron Wallwork,

In the **Saint Edmunds Hundred** miles Centurion qualifying event at Bury St.Edmunds over the weekend of 5th/6th August, Red Lodge resident Joyce Crawford fulfilled a long held ambition to join the exclusive brother/sisterhood. Joyce demonstrated that perseverance pays off. She had been unsuccessful in two previous attempts, the last, two years ago at Southend when she was an agonising half a mile short of success.

There was no mistake in the Saint Edmunds event, walking within her schedule for most of the way she finished with 17 minutes to spare becoming 1183th Centurion since the brother/sisterhood was formed in 1911.

The first Suffolk woman and club member to become a Centurion was Angie Lunderdown number 1095 at Lingfield in 2011, who was at the finish line to congratulate Joyce on her wonderful effort.

The European Masters T & F championships which were held in Aarhus, Denmark from the 27th July to 8th August had three walks on the programme; 5km track M&W, 10km W and 20km M. Competing at the championships were six *Leaguers* and performed thus: In addition to Francisco's brilliant M55 double, Malcolm Marshall M60 collected a pair of 5ths with 29.57 and 2.03.50, John Borgars M70 5th 31.40 and 8th 2.15.14, meanwhile in the 10kms Angela Martin W50 11th 68.53, and Fiona Bishop W55 10th 72.29. Not yet a Leaguer, but strong connections, Melanie Peddle W45 was 10th 31.40 and 9th 61.40.

The last fixture of the **VAC summer series** was held in cloudy, humid conditions at Battersea Park on 22nd August. Newcomer Dave Annetts 43.16, who has made considerable inroads since taking up the sport, had a convincing victory. John Hall 49.38 was pleased to return to sub 10 minute mile pace since his return from a long term injury. *Leaguers* Maureen Noel 52.25, Dan Maskell 55.11, Peter Hannell 56.39 and David Hoben 58.27 were among the eight competitors.

Keep up to date

Get detailed results and reports from the **Race Walking Record** Published promptly at the end of each month. If you are not on the mailing list contact noel.carmody@bopenworld.com to be put on it

For GB and World Wide results and reports **Heel and Toe online** Australian publication out every Tuesday If you are not on the mailing list contact terick@melbpc.org.au to be put on it