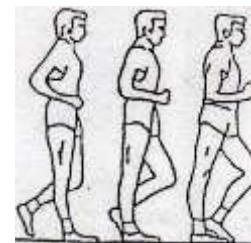


The Enfield Walker 2017

March



(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>

Keenly Contested Race Two

Excellent dry conditions, spring-like sunshine and an 11c temperature were ideal for a really good afternoon's sport and the number of close finishes illustrates that to have been the case. Malc Martin was never headed and Graham Chapman becoming known as 'the head waiter' bided his time before catching and passing Southern RWA President Chris Hobbs.

The women's battle was much closer, only a few seconds covering Helen Middleton and Maureen Noel. Melanie Peddle and Joyce Crawford both set pb's and Tessa Killingbeck caught the eye with a very good race walking debut. For Cath Duhig, it was probably her last race in UK for a while as she and husband Peter move to live in Spain in the next few weeks.

The race was started by Jon May, who received a warm welcome following his enforced absence from attending fixtures over the past four months, because of ophthalmic difficulties.

League tables after Two Fixtures Forty-seven walkers representing 19 clubs have turned out in the first couple of races which is a good start and the tables' show who the early pacemakers are. However, a further nine fixtures are planned so there is plenty of opportunity for athletes who have been slow off the mark, to make their presence and that of their teams felt.

Ladies

1. 127/2 Helen Middleton
2. 123/2 Melanie Peddle
3. 121/2 Maureen Noel
4. 120/2 Joyce Crawford
5. 101/2 Angela Martin
6. 101/2 Anne Jones
7. 94/1 Noel Blatchford
8. 94/2 Geraldine Legon
9. 67/1 Emily Ghose
10. 59/1 Cath Duhig ©

Men

1. 139/2 Malcolm Martin
2. 134/2 Graham Chapman
3. 127/2 John Ralph
4. 116/2 Dan Maskell
5. 114/2 Gary Smith ©
6. 110/2 John Borgars ©
7. 128/2 Ken Bobbett
8. 101/2 Chris Flint ©
9. 87/2 Stephen Cartwright
10. 85/2 Sean Pender ©
11. 84/2 Tony Wilkinson
12. 81/2 Dave Ainsworth ©
13. 79/2 Mick Barnbrook ©
14. 77/2 George Wilkinson
15. 70/1 Jim Ball
16. 68/1 Chris Hobbs
17. 68/1 Sebastian Parris
18. 67/1 Mark Culshaw
19. 66/1 Oliver Hopkins
20. 64/1 Stuart Bennett

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

- | | | |
|------------------|------------|---|
| 1. EHAC | 650 | 127 Middleton, 127 Ralph, 120 Crawford, 114 Smith, 85 Pender, 77 WilkinsonG |
| 2. Surrey WC | 554 | 139 Martin, 116 Maskell, 101 MartinA, 101 Flint, 49 Lightman, 48 Harran |
| 3. Ilford AC' | 415 | 68 Parris, 64 Bennett, 63 Uttley, 81 Ainsworth 79 Barnbrook, 60 Kates |
| 4. Hillingdon AC | 249 | 128 Bobbett, 54 Cox, 45 Miles, 42 Vroobel |
| 5. Loughton AC | 133 | 123Peddle, 110 Borgars |
| 6. Belgrave H | 232 | 121Noel, 67/1 Culshaw, 44 Hall |

The next League meeting is at

Donkey Lane on 11th March

The Distances

Seniors/Masters/u17's

Five miles at 1pm

YAGS/Newcomers

1, 2, 3 or 4 miles at 12.30pm

Entry fee £5 / u17's free - Enter on the day

The April League race is incorporated in

CECIL GITTINS MEMORIAL WALKS

Cyclopark, The Tollgate, Gravesend

at 1pm on 1st April.

5km/10km/15km

The ERWL distance is 10km

As usual Leaguers will be timed at shorter distances

Entry fee: £5 – u17's £2 Car Park £1

(Entry form attached)

2017 ERWL Race 2

Five Miles

18th February - Donkey Lane, Enfield

Men

© = Centurion - *=pb

1. Malcolm Martin (Surrey WC)	43.43	M60
2. Graham Chapman (Headington RR)	46.30	M50
3. Chris Hobbs (Ashford AC)	47.37	M60
4. Mark Culshaw (Belgrave H)	49.27	M50
5. John Ralph (Enfield HAC)	49.44	M60
6. Dan Maskell (Surrey WC)	51.41	M65
7. David Kates © (Ilford AC)	51.42	M65
8. Gary Smith © (Enfield HAC)	52.07	M60
9. John Borgars © (Loughton AC)	52.18	M70
10. Ken Bobbett (Hillingdon AC)	52.30	M70
11. Andrew Cox (Hillingdon AC)	53.12	M60
12. Arthur Thomson (Enfield HAC)	53.32	M80
13. Chris Flint © (Surrey WC)	53.36	M70
14. Tony Wilkinson (unattached)	*56.24	M55
15. Dave Hoben (Surrey WC)	56.28	M60
16. Stephen Cartwright (Colchester)	56.38	M55
17. Sean Pender © (Enfield HAC)	58.41	M60
18. Russell Vroobel (Hillingdon AC)	60.12	M55

4m Dave Ainsworth ©(Ilford AC)	53.51	M65
Mick Barnbrook ©(Ilford AC)	54.01	M70

5km George Wilkinson (Enfield HAC) *30.48 U17

3m Ken Livermore ©(Enfield HAC) 43.14 M80

2m Peter Hannell (Surrey WC) 22.11 M70

1m Patrick McAllister (unattached) 9.52 U17

Women

1. Helen Middleton (Enfield HAC)	49.52	w50
2. Maureen Noel (Belgrave H)	49.58	w50
3. Melanie Peddle (Loughton AC)	*50.20	w45
4. Joyce Crawford (Eastern MAC)	*51.02	w45
5. Cath Duhig © (Ryston R)	52.00	w60
6. Tessa Killingbeck (C Norwich AC)	52.11	sw
7. Fiona Bishop (Woking AC)	53.20	w55
8. Angela Martin (Surrey WC)	53.37	w50
9. Anne Jones (Steyning AC)	54.51	w60
10. Geraldine Legon (Bexley AC)	56.09	w55
11. Noel Blatchford (Abingdon AC)	56.21	w65
12. Sandar Wade (Abingdon AC)	64.32	w45



Photo courtesy of Nick Crawford

Damsels certainly not in distress: Fiona Bishop, Helen Middleton, Joyce Crawford, Melanie Peddle, Maureen Noel, Angela Martin and Cath Duhig

Judges: P. Cassidy, M. Croft, A. Garner, D. Hopkins©, P. Wilson© - **Judges Runner:** B. Ralph
Recorders: P. Welch, P. Ficken©, C. Lawton© - **Registration:** M. Livermore, J. Wallwork
Marshalls: R. Powell, G. Robinson, K. Crilley © - **Event Organiser:** R. Wallwork©, J. Hall

Result's Round-up/Leaguers in Action Elsewhere

Malcolm and Angela Martin were in action again on the day after ERWL race 2 at LVAC, this time in the **SCVAC indoor 3km** championship. Malcolm (M60) completed a weekend double, winning in 16.23.64 and Angela (W50) won her age group with 20.17.34.

Congratulations to Tom Bosworth on setting a national indoor 5km record of 18.39.47 at the **British Athletics Indoor championships** at Sheffield on 12th February. Somewhat off the pace, the runner-up was Callum Wilkinson in 19.49.23 who was over a minute ahead of Norwegian Frank Vaeng Rotnes.

Also on Sunday 12th February at 9am, with the temperature just a single degree above zero, over 1660 athletes, among them Anne Jones started the **Worthing half marathon**. Anne walked the course in 2.30.04 and wasn't the last to finish.

Ten ERWL regulars were among the 17 athletes who took part in the **EAMA Indoor Track & Field Challenge** staged at the LVAC on Sunday 26th February. The competition involved seven area masters teams and the distance was 2km.

Helen Middleton and Melanie Peddle (both EMAC) 11.30.94 and 11.33.92 respectively, were well clear of the other five ladies in the event which included Maureen Noel (VAC) 12.23.48, Angela Martin (SVAC) 13.01.63, Fiona Bishop (VAC) 13.03.63 and Geraldine Legon (SVAC) 14.14.24.

Malcolm Martin (SVAC) 10.16.34 was a comfortable winner in the men's race. In third was John Ralph (VAC) 12.00.56 and Arthur Thomson (VAC) clocked 12.49.73.

Letter from the 1965 EO7 winner - Dr.Peter McCullagh

Dear Ron, Thank you for thinking of me and for sending the memorabilia from the 90th Enfield. It was very kind of you to think of me and it was much appreciated.

Participation in the race walking competition was one of the highlights of my 3 years in Oxford. Apart from the enjoyment of competition, race walking enabled me to visit many parts of England and to make many friendships. I have maintained regular contact with Bruce Cole and with Arthur and Bon Thomson over the intervening 50 years (it doesn't seem anywhere near that long).

I recall English race walking each evening when I consume a copper tankard (3rd place in my 1st English race, the Chippenham to Calne, 1963) of my home brew. As I wasn't equipped with wheels, I became familiar with the railway system (change at Ashby for Sheffield, I think). I also have many memories of training and racing (and often beating) the buses up Headington Hill, past Robert Maxwell's place and on out to Old Marston. I guess the Oxford buses are faster now, although the traffic up the Hill may constrain their potential.

Sunday afternoons, especially in the last year of my time at Oxford, were memorable times for training. Don Thompson would come up to Oxford and we would embark on a friendly, albeit very competitive, 20 mile circuit around Otmoor. Passing the home base of Edward the Confessor at Islip each weekend was quite special for someone brought up on British history (Australian history didn't come into its own until I'd left school and started a medical course).

One memory from my last weeks in the UK stays with me. I was returning on the train to Oxford, on this occasion, carrying the (very large) cup after the 10 miles championship. This was the time of the World Cup in England and several days before the walk, someone had pinched the Jules Rimet trophy, which was as I recall a small mounted figure and I seemed to be under intensive scrutiny from other passengers all the way to Oxford.

After returning to Australia, I continued training for several years. I managed a second in the 20 Km trial for the 1968 Games - not good enough, they only sent one. Continued training but, 4 days before the 20 miles trial for the 1970 Commonwealth Games, I came down with chicken pox - contracted from a patient whom I'd seen several weeks previously (I was supposed to have had it as a child - no such luck).

From 1970 on, my major weekend activity was, and remains, farming. At present, I have one of the last 2 remaining Elliottdale flocks on the planet (a carpet wool breed derived from a mutant Romney Marsh ram). So, when I become extinct, the breed is likely to follow me. Such is life.

Thank you again for thinking of me and all the best for Brexit and 2017 - Peter McCullagh.

The photograph taken by Ron Linstead appeared on the cover (yes the cover) of Athletics Weekly and shows Peter and myself two week after the Enfield 7, in action at the 1965 Belgrave 7, where once again he got the better of me.



Forthcoming Events at Bury St.Edmunds

This year's Hundred is being arranged by Kevin Marshall c1001 and Sue Clements c950 for the weekend of 4th/5th August and the venue will be Bury St.Edmunds in Suffolk, on a 2 mile circuit. Details of St. Edmunds 100 event can be found on the Centurions 1911 website or email info@positivestepspt.com.

However, as part of the preparation for the Edmundsbury 100 a race walking event has been organised on **8th April** to test the course and trial marshalling, etc.

The venue is: Skyliner Sports Centre, Sybil Andrews Academy, Rougham Tower Avenue, Bury St.Edmunds, IP32 7QB start time is 1pm and distances 6 or 8 miles. The entry fee is £6, all participants will receive a memento and prizes for the first three teams (3 to score based on furthest distance in fastest time).

EHAC 2017 Walking Championships Results

3km track

Not Held

5 miles at Moulton, Suffolk on 3rd June

Lynn Jones	54.57	Pamela Abbott	64.48		
Callum Wilkinson	34.49	John Ralph	48.53	Arthur Thomson	51.03

7 miles at LVAC on 12th November

No Women

John Ralph	71.56	Amos Seddon	73.22	Arthur Thomson	73.24
------------	-------	-------------	-------	----------------	-------

20km BMAF at Champs, Warwick 10th July

Arthur Thomson	2.17.08	Sean Pender	
----------------	---------	-------------	--

30km Sean Pender (BMAF Champs, Warwick 10th July 3.49.49)

Long Distance *No Qualifiers*

Trophy Winners

Norman Easlea Cup <i>Best Walker</i> Callum Wilkinson	The Oliver Cup <i>Best Newcomer</i> <i>Not awarded</i>	Ken Easlea Cup <i>Club Member of the Year</i> Jon May	The George Brown Cup <i>Novice</i> <i>Not awarded</i>
Long Distance Trophy <i>Not contested</i>	Gazette Cup <i>Club 20km champion</i> Arthur Thomson	<i>Club 30km champion</i> Sean Pender	Borough of Enfield Cup <i>Club 7 mile champion</i> John Ralph
League Trophies:			
<i>Official of the Year</i> Carl Lawton	<i>Team Cup</i> Surrey WC	<i>Pam Philips Cup</i> Jo Miles	<i>Men's Cup</i> John Ralph
<i>Young Leaguer: George Wilkinson (48) – 156/5</i>			

Awards made to winner only this year

ALAN FLAVELL – R.I.P.

Alan's wife of 64 years June and their son Nick were with him when he quietly passed away in hospital on 30th January this year. He had been diagnosed with Myeloma about eighteen months ago, but died as the result of an aneurysm. He was 85 years old.

Alan was born in Birmingham at the time that it was the centre of the motor engineering world and not surprisingly had a vivid interest in engineering from an early age and enjoyed a life-long association with cars and particularly motor-cycles. He served his time as a design engineer and it was whilst he was studying in Bolton for his teaching qualifications in the late sixties that I met him, and we often trained together. He went on to become a College Lecturer. After retirement Alan became a member of the Executive Guild of Master of Toastmasters and Town Criers and his services in this role was in great demand.

He would be the first to admit that his athletic career was a modest one, but could boast three London marathons, completed a Manchester to Blackpool and being a good club-man often attended walkers at ultra-distance events. Peter Emery c625 (one of the Club's 13 Centurions) recalls Alan looking after him when he successfully completed his second 100 at Congerstone, Leicester in 1982.

His last appearance for the club was in the 2014 Hour meeting at Hemel Hempstead after which he enquired about becoming a race walk judge, but I guess the onset of myeloma put paid to that.

I understand that one of his treasured memories was being at the Iffley Road track, Oxford on the historic evening of 6th May 1954 when Roger Banister ran the first sub 4 minute mile.

Rest in Peace Alan and sincere condolences to June and Nick.

Ron Wallwork

